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Course Title: "Collaborating to Catch, Correct and Correct Myopia"

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Course Description/Summary:

The purpose of this course is to discuss the importance of diagnosing and managing myopia in children, in order to decrease the development of ocular complications. It also reviews different treatments options and how ophthalmologists and optometrists are working collaboratively to decrease the long term effects of myopia.

Learning Objectives

1. Learn about myopia management/ treatment options.
2. Understand the ocular diseases and conditions that increase with high myopia.
3. Discuss how myopia management can be implemented into an optometric practice.
4. Discuss different refractive surgery options for highly myopic patients.
5. Learn from case examples how refractive surgeons analyze corneal topographies, corneal OCTs, refractions and pachymetry to determine what procedure a person is a better candidate for.
6. Learn how ophthalmology and optometry are collaborating to decrease the incidence of high myopia and help improve uncorrected visual acuity at the right time.

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Course Content

1. Incidence & Increase of Myopia
    a. Increase of myopia with more near activities such as computers, phones, video games, and online learning.
2. What is Myopia Management
    a. Different types of myopia treatment or management
        i. Decreasing screen time
        ii. Increasing outdoor activities
        iii. Progressive glasses
        iv. Low Dose Atropine eye drops
        v. Dual Focus or Multifocal contact lenses
        vi. Ortho Keratology Contact Lenses
        vii. Combination of different treatments
    b. How can myopia management be incorporated into a practice?
        i. Promoting to current myopic patients and parents
        ii. Establishing costs and office visits
        iii. Educating pediatricians and the community about importance of myopic management
        iv. Describe necessary equipment to fit patients with ortho-keratology contact lenses.
            1. Topographer
            2. Interferometry device to measure axial length
    c. Patient retention & increased revenue
3. Patient cases with successful myopia management treatment outcomes
    a. Discuss MiSight Study
    b. Case study of high myope with multifocal contact lenses and atropine treatment
    c. Case study of high myope with ortho K contact lenses.

4. Why is myopia management important?
    a. Risks & complications of Myopia
        i. Maculopathy
        ii. Retinal Detachments
        iii. Stretched blood vessels
        iv. Peripapillary atrophy
        v. Posterior staphyloma
        vi. Lacquer cracks
        vii. Geographic atrophy
        viii. Subretinal hemorrhages
        ix. Choroidal neovascularization
        x. Glaucoma
        xi. Early Cataracts
5. High Myopia & Refractive Sx Options
    a. LASIK
    b. PRK
    c. SMILE
    d. Implantable Collamer Lens (ICL)
    e. Clear Lens Extraction
6. How myopia management leads to safer Refractive Procedures & outcomes
    a. Importance of collaborative care between MDs & ODs to manage & correct myopia
    b. Discuss testing performed to determine refractive surgery options.
        i. Topography, Pachymetry, OCT Cornea
7. Steps necessary to discontinue Ortho K contact lenses & prepare patient for Refractive Surgery
    a. Waiting 2-3 months after discontinuing ortho K lenses
    b. Repeated topographies for stability

c. Determining right time for refractive surgery

8. Describe cases with high myopia & discuss how to determine safest procedure for patients

a. High Myope with thin cornea

b. High Myope with thick cornea

c. High Myope with Cataract Changes