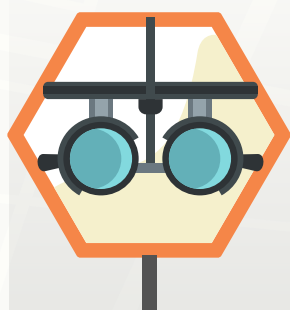


Contact Lenses: Helping to Keep it Simple in a COVID-19 Environment

A Roadmap to Operating Your Practice: Safety, Care and Opportunities for Eye Care Professionals (ECPs)

Optometric practice and routine eye care have changed during the COVID-19 pandemic. How can Eye Care Professionals (ECP) simplify contact lens fittings as they navigate the “new normal” ?



Pre-Appointment Contact: All Scheduled Patients

Prior to visit, conduct patient history and COVID-19 screening remotely (by phone or email).
Follow your local guidelines for all practice-related measures.

TIP

Use the practice website and patient reminders to talk about the option of contact lenses for new wearers, and upgrade opportunities for existing wearers too.

Pre-Visit Questions to Ask When Booking the Appointment

Existing Contact Lens Wearers

Have you experienced any lifestyle changes (increased digital device use, changes to hobbies or sports, etc)?

How are your contact lenses performing?

Are you able to wear them comfortably for as long as you need?

Do they allow you to see clearly?



Glasses Wearers

Do you ever find your glasses inconvenient? For example, do they get in the way while wearing a face mask?

Have you experienced any lifestyle changes (new hobbies or sports, etc) that could be easier to do with contact lenses?

Have you ever wished you could try contact lenses?

Preparing for an In-Person Contact Lens Focused Visit

Source trial lenses, and when possible, order or put trial lenses with the record card ready for appointment.



COVID-19 SAFETY RECOMMENDATIONS^{1,2}

Wear a mask—everyone!
Use barriers and breath shields.
Disinfect surfaces and shared equipment between patients.
Wash hands regularly.
Reduce time spent in close contact with patients.

During the Appointment

Existing Contact Lens Wearers

Confirm current lens use and any lifestyle changes, address any **mask associated dry eye symptoms, digital eye strain or any other patient concerns.**

To reduce contact time, allow patient to apply new trial lenses themselves.

Vision and contact lens fit assessed by the ECP.



Glasses Wearers Interested In Trying Contact Lenses

Highlight contact lens options (no fogging, daily disposables, etc).

Trial contact lenses can be applied to aid glasses selection at end of eye exam.

Conduct application and removal training physically distanced, using video technology to demonstrate techniques, barriers between patient and staff, and time limited if required.

**AFTER-VISIT:
REMOTE
FOLLOW UP**
(where suitable)

Schedule Date and Time of Follow Up Call Within Two Weeks

Check on progress with handling, comfort and vision with new wearers; flag any concerns to ECP.

Check on performance of new lenses with existing wearers trying alternative products.

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1. Zeri F, Naroo SA. Contact lens practice in the time of COVID-19. Contact Lens & Anterior Eye. 2020;43:193-5.

2. Nagra M, Vianya-Estopa M, Wolffsohn JS. Could telehealth help eye care practitioners adapt contact lens services during the COVID-19 pandemic? Contact Lens & Anterior Eye. 2020;43:204-7.