

# 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)

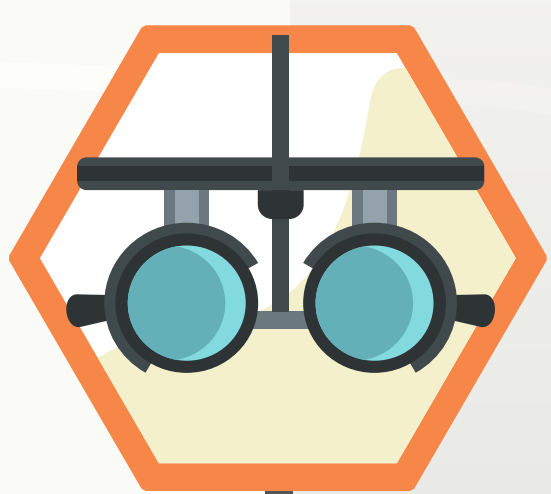
Optometric practice and routine eye care have changed during the COVID-19 pandemic. How can Eye Care Professionals (ECP) simplify contact lens fittings as they navigate the “new normal” ?

## TIP

### 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.

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<sup>1,2</sup>

- 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;43:195-5.

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.

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