

Myopia Management in Private Practice Analysis

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Abstract

This is a research abstract which serves to collect data from retrospective chart reviews to categorize myopia management treatment options from atropine drops, soft multifocal contact lenses, orthokeratology lenses, or combination therapy in a private practice setting. The data collects the first few months of three residents experiencing fitting lenses.

Introduction

Myopia has become a major public health concern in recent years and is the most common ocular leading cause of visual impairment in children. It is estimated that the myopic epidemic will affect half of the global population by the year 2050. The prevalence of myopia is increasing globally at a highly alarming rate with an increased risk of adverse ocular health risks including myopic maculopathy, cataract, glaucoma, and retinal detachment. Escalating global incidence of myopia has influenced a shift in practitioners from correcting the eye-focusing disorder with single vision spectacles to contact lens wear, atropine drops, and combination therapy.

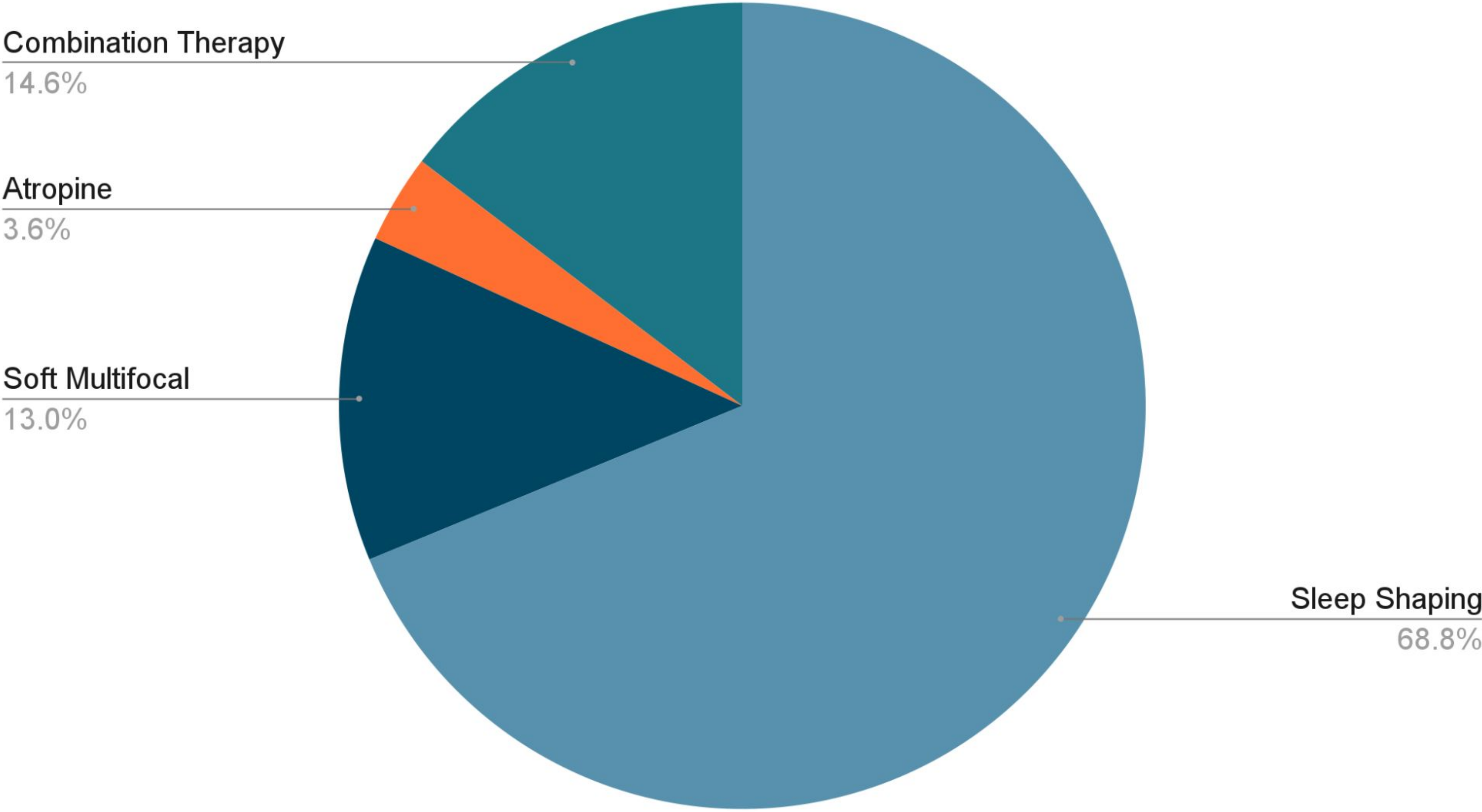


Methods & Materials

Retrospective chart review of patients successfully fit and managed in atropine drops, soft multifocal contact lenses (center distance), orthokeratology lenses, or a combination therapy of atropine 0.05% with orthokeratology lenses.

Results

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Of the 253 total myopia management patients, 68.8% of the patients are currently in orthokeratology lenses, 13.0% are in soft multifocal contact lens (NaturalVue Multifocals), 3.6% are in Atropine 0.05% only, and 14.6% are in combination therapy (atropine 0.05% with orthokeratology contact lenses).

Discussion

The end goal of myopia management is to improve the quality of life outcomes for our patients. Implementing an efficient process in private practice that leads from a myopia consultation to subsequent contact lens fitting and then finalized lens is contingent upon good patient and parent education, setting realistic expectations, and motivation as a practitioner. Combating the epidemic has pivoted practitioners to initiate earlier treatment for children to slow the myopic progression and increased the prescribing potential of eye care practitioners considering delving into myopia management. This review highlights the ease of myopia management for new clinicians wanting to implement myopia management into a practice.

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