

## **MASTERCLASS- Myopia Management in Clinical Practice**

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**60 minutes**

**COPE Category: CL**

### **Course Learning Objectives**

1. Review how evidence applies to management of patients with any sub-classification of myopia.
2. Update participants on the use of both mainstream and novel alternative therapies for myopia management.
3. Present literature and advanced cases to demonstrate the importance of compliance, safety, and empathy-driven care in the myopia clinic.

### **Course Description**

Literature evaluating methods aimed at slowing myopia progression is increasing, yet numerous patients fall outside the studied range. This course will discuss mainstream and alternative myopia control modalities, with an emphasis on safety and compliance. Several challenging cases will illustrate key principles of myopia management for atypical patient presentations.

### **Practice Gaps:**

1. Understanding which population myopia management literature applies to and when/how to treat patients who fall outside of mainstream studies (ie adult myopia, infant myopia).
2. Compliance and empathy driven care - without compliance, myopia management strategies are ineffective. Practitioners must understand the impact of compliance and safety on any prescribed therapy for myopia control; optimizing compliance and safety must be a clinical priority.

## **Course Outline:**

1. Introduction
  - a. Myopia sub-classifications and applicable myopia management literature
  - b. Literature on mainstream & novel/alternative therapies for myopia management
  - c. Safety, compliance & empathetic care in the myopia clinic
2. Overview of Myopia Classifications with myopia management literature review
  - a. Infant high myopia
  - b. School aged myopia
  - c. Adult myopia
    - i. Progressive
    - ii. Pathologic
  - d. Patient scenarios of managing infant, school-aged, and adult myopia: rapid case review (3 cases)
3. Overview of treatment modalities for myopia management with **safety literature review**
  - a. Pharmaceutical
    - i. atropine
  - b. Optical
    - i. Spectacles
    - ii. Contact lenses
      1. Soft
      2. Orthokeratology
      3. Hybrid/scleral
  - c. Lifestyle and alternative therapies
    - i. Nutrition
    - ii. Light
      1. Blue
      2. Red
    - iii. Time outdoors
  - d. Combination therapies

- i. Literature
- ii. Case examples

#### 4. Best-practice co-management with other health care providers

- a. Off-label treatments versus on-label treatments
  - i. Ethical considerations: IMI report review, key points
- b. Addressing safety concerns about myopia control therapies with
  - i. Parents/caregivers
  - ii. Other health providers (ie pediatricians, ophthalmology, PCP)

#### 5. Compliance Driven Success

- a. Review of treatment efficacy
  - i. Product of patient action + appropriate treatment by myopia management provider
- b. Patient scenarios of non-compliance; rapid case review (3 cases)
- c. Empathetic care in the myopia clinic
  - i. Definition: Empathetic care is defined as caregiving that supports clients' socioeconomic capabilities and addressing their emotional needs. It is distinct from instrumental care, which involves assisting with physical needs such as activities of daily living.
  - ii. Involving the patient and caregivers in decision making process
  - iii. Decision making must involve multifactorial considerations

#### 6. Conclusions

- a. Evidence-based research drives clinical decision making.
- b. Safety and compliance are essential for success.
- c. Efficacy is the product of patient action + appropriate treatment.
- d. Recommendations of overall well-being (ie nutrition, rest, hydration, outdoor time) has coinciding general health benefits beyond a child's eyes.