

MYOPIA MOMENT

MYOPIA MANAGEMENT:
HOW TO CHOOSE AN
INTERVENTION

Having an in-depth conversation with a myopic child and their parents can help you get a sense of the myopia management intervention that may be most suitable. Probing questions can help you determine the most appropriate options based on lifestyle and life-stage that are likely to offer the best outcomes.

This Myopia Moment gives you an overview of questions to ask and what to consider based on the responses from the child and parent.

PROBING QUESTIONS + PATIENT CONSIDERATIONS

Do your parents wear spectacles or contact lenses? Do your eyes ever hurt, feel sore, watery or itchy?

Parents who wear contact lenses and recognize the benefit may not realise they are suitable for young children.

It is important to detect allergies and eliminate or manage dry eye before choosing **contact lens** options for myopia management.

When do you put your spectacles on each day and when do you take them off?

Soft contact lenses may be a better option for myopia management if the child is physically very active.

Orthokeratology may be a preferred option if the child swims several times per week.

What do you like about wearing spectacles? What annoys you?

Orthokeratology or **soft contact lenses** may help ensure better compliance in controlling myopia if the child tends to remove their spectacles often.

Can you think of any times where you don't wear your spectacles?

Atropine, spectacles or **contact lenses** may all be good options to manage myopia if a child wears spectacles full time.

How much time do you spend outdoors?

Include **outdoor time** in your recommendations.

Do you use a tablet or phone? How often do you use them?



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