

MYOPIA MOMENT

PATIENT FOLLOW-UP

This Myopia Moment gives you a brief overview of how often and what to check during a patient follow-up appointment. This document outlines best practices, however, please consider each family's understanding, interest, willingness to follow treatment regimen, financial status, and time availability. Please refer to the source references for more details.

FOLLOW UP FREQUENCY & WHAT TO CHECK

The frequency of follow-ups will vary depending on treatment. You will also want to complete the following during each appointment, though specific treatments will require additional examinations:

At each follow-up:

- Check case history
- Any issues related to treatment
- Corrected far visual acuity
- Over-refraction

At 6-month follow-up:

- Cycloplegic refraction (if available)
- Axial length measurement

At 1 year follow-up:

- Complete exam including eye health and fundus check



SOFT CONTACT LENSES

FREQUENCY OF FOLLOW-UP:

1 week » 1 month » 6 months » 1 year

Thorough slit lamp exam of the anterior segment at each appointment



ORTHOKERATOLOGY

FREQUENCY OF FOLLOW-UP:

1 day » 1 week » 1 month » 3 months » 6 months » 1 year

Corneal tomography or topography, if available, at each appointment



SPECTACLE LENSES FOR MYOPIA CONTROL

FREQUENCY OF FOLLOW-UP:

1 month » 6 months » 1 year



ATROPINE

FREQUENCY OF FOLLOW-UP:

1 day » 1 week » 1 month » 3 months » 6 months » 1 year

Check pupil size, intraocular pressure and sensitivity to bright light at each appointment

If myopia continues to progress, consider the following:

- Was the refraction accurate? Was the patient cyclopleged?
- Are parents and the child following treatment instructions?
- If not following treatment instructions, consider whether current control modality is best suited to lifestyle and needs.

If myopia stabilises, continue to follow up every 6 months.

Ideally, spectacles and contact lens wear should continue until end of childhood (18 years)*, and possibly into adulthood, to avoid any progression.

While there are no established guidelines for when to cease using Atropine, eye care practitioners should consider alternative treatments after two years of Atropine use.



WORLD COUNCIL
OF OPTOMETRY

The World Council of Optometry Myopia Management Standard of Care initiative is supported by a grant from CooperVision.

• Brian Holden Vision Institute: Guidelines for Myopia Management, June 2020.
• Cooper Vision: Misight 1 Day (omafilcon a). Soft (hydrophilic) contact lenses for daily wear. Professional fitting and information guide, November 2019.
• Gifford KL. / Myopiaprofile.com: Myopia Management in Practice, June 2021.
• Gifford KL, et al. IMI - Clinical Management Guidelines Report. Invest Ophthalmol Vis Sci. 2019;60(3):M184-M203.
• Wong HB, Machin D, Tan SB, Wong TY, Saw SM. Ocular component growth curves among Singaporean children with different refractive error status. Invest Ophthalmol Vis Sci. 2010; 51: 1341-1347.
• Myopia appears to progress fastest in preteens after which it slows down. Gifford et al (2019).