



Contact Lens Management of Presbyopia
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Contact Lenses (2 Hours)
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Course Outline

Course Description

This is a comprehensive course covering the clinical evaluation of the presbyopic patient for the differential selection and fitting of the best material, design, and modality of multifocal contact lenses. The discussion is enhanced by commonly encountered cases.

Course Objectives

At the conclusion of the course, the participant will:

1. Be aware of the clinical and professional benefits of providing comprehensive presbyopic contact lens management.
2. Become proficient in the pre-fitting evaluation of the presbyopic contact lens patient.
3. Develop a clinical rationale for contact lens modality selection.
4. Understand the fitting goals of the various contact lens options.
5. Be able to successfully troubleshoot vision and fit challenges.

Course Outline

1. The Demographics of Presbyopia
 - a. Current U.S. prevalence
 - b. Estimates of current CL wearers approaching presbyopia
2. Navigating the Need and Clinical Gap
 - a. How are ECP's currently doing with respect to offering CL options
 - b. What are the professional barriers?
 - i. How can they be overcome?
 - c. What are the patients' needs and perceptions?
 - i. How can the primary care ECP better serve patient needs?
3. Monovision vs. Multifocal
 - a. Advantages of monovision
 - b. Advantages of multifocals
 - c. Ocular Dominancy
 - i. When and why, it is important.
 - ii. Methods of Assessment
 1. Localization
 2. Sensory
 3. Which is better and why?



4. Angle Kappa/ Lambda
 - a. Understanding offset optics
 - b. When to incorporate
 - c. Which designs are available for offset optics?
 - i. Custom soft
 - ii. Hybrid
 - iii. Scleral
5. Empirical vs. Diagnostic Fitting
 - a. Advantages of Each
 - i. Chair time
 - ii. Diagnostic sets
 1. Storage space
 2. Disinfection requirements
6. The Pre-fitting Evaluation
 - a. Contact Lens History
 - b. Patient Goals
 - c. Refractive Status
 - d. Anatomical Data
 - i. HVID
 - ii. Pupil size (scotopic/mesopic)
 - iii. Lid position
 - iv. Ocular dominancy
 - e. Ocular Surface Characteristics
 - i. Tear film
 - ii. Lid margins
 - iii. Conjunctiva (Palpebral and Bulbar)
 - f. Corneal Health
7. What are the current options for CL management of presbyopia?
 - a. Soft lenses
 - i. Sphere
 - ii. Toric
 - iii. Custom
 - b. Corneal GPs
 - i. Spherical
 - ii. Toric
 - c. Hybrid
 - i. Progressive
 - ii. Multifocal
 - iii. Made -to- order.
 - d. Scleral
 - i. Empirical
 - ii. Impression Molded
8. MF Soft Contact Lens Design (commodity/off the shelf) and Fitting
 - a. Aspheric
 - i. Center Near



- ii. Center Distance
 - b. Combination Aspheric and Concentric
 - c. Annular
 - d. Benefits of soft MF CLs
 - i. Comfort
 - ii. Similar to fitting monofocal CLs
 - iii. Patient familiarity
 - e. Limitations of “commodity” soft MF CLS
 - i. Astigmatism
 - ii. HVID/OZ
 - f. Patient Selection
 - i. Refraction
 - ii. Ocular Surface Condition
 - iii. Visual Demands
 - iv. Binocular status/visual “processing”
 - g. Fitting Goals and Tips
 - i. Patient education
 - ii. Lens Centration
 - iii. Fitting guide
 - iv. Follow-up
 - h. Troubleshooting
 - i. Poor Distance
 - ii. Poor Near
 - i. Case Report
- 9. Custom Soft MF Designs
 - a. Center near
 - b. Center distance
 - c. Hema and Silicone Hydrogel
 - d. Advantages
 - i. Virtually any refractive need
 - ii. Virtually any fit need
 - iii. Decentered Optics
 - iv. Can be fit empirically
- 10. MF RGP Design and Fitting
 - a. Simultaneous (Aspheric)
 - i. Center Near
 - ii. Center Distance
 - iii. Combination
 - iv. Patient Selection
 - 1. Refractive status/corneal vs. internal cylinder
 - 2. Visual Demands
 - 3. Previous lens wear
 - v. Troubleshooting
 - 1. Poor centration
 - 2. Excess movement



3. Poor Distance vision
 4. Poor Near vision
 - vi. Case Report
 - b. Translating (Alternating)
 - i. Bifocal
 - ii. Trifocal
 - iii. Front surface cylinder
 - iv. Truncation
 - v. Prism ballast
 - vi. Patient Selection
 1. Visual Demand/intermediate distance needs
 2. Physical tolerance
 3. Lid Position
 - vii. Troubleshooting
 1. Poor translation
 2. Vertical decentration
 - viii. Case Report
11. Hybrid MR Design Options
 - a. Multifocal
 - b. Progressive
 - c. EDOF
 - i. Understanding Extended Depth of Focus
 - ii. Advantages
 - d. The benefits of hybrid lenses
 - i. Stable
 - ii. Corrects corneal cylinder
 - iii. Empirical fitting
12. Scleral MFs
 - a. Advantages of Sclerals/selective prebyopic populations
 - b. Clinical indications
 - i. Normal cornea
 - ii. Irregular cornea
 - iii. Ocular surface disease
 - c. Fitting Pearls
 - i. Set expectations in cases of reduced BCVA
 - ii. Achieve acceptable fit prior to incorporating MF optics
 - d. Offset optics
 - i. Current manufacturing trends
 1. Empirical
 2. Center near
 3. Front surface optics
 - e. Case Report
13. Summary and Questions