

Masterclass Optometry's Contact Lens Commando program, a big hit

In-depth discussions, interactive sessions and hands-on training proved a popular formula for Indian students attending the latest Masterclass Optometry event, as Nilesh Thite reports



Masterclass Optometry organizes events aimed at bridging the gap between classroom education and practice requirements. The latest was an educational program entitled 'Contact Lens Commando', held at the Natasha Eye Care & Research Centre in Pune on 12 and 13 September 2015.

The program, designed to prepare students to deal with actual practice in clinical situations and boost their confidence while dealing with patients, was facilitated by IACLE Director of Educational Programs Nilesh Thite and FIAACLE Yeshwant Saoji for the benefit of final-year students from the [Lotus College of Optometry](#) in Mumbai and the [Bharati Vidyapeeth School of Optometry](#) in Pune.

The opening session on 'Why we should do CL practice' was designed to motivate the participants. The following session, a recap on 'Soft contact lenses', included the basics such as properties, materials and important terms, as well as new concepts like oxygen flux and oxygen consumption.

Getting the message across

Effective communication, vital for the success of any practice, was discussed in detail – the importance of communication, patients' expectations of a practitioner, common mistakes made by practitioners and simple ways to avoid them. The session also included tips on how practitioners could sound and feel more confident by being more aware of their body language and attire.



The session on 'Interacting with patients' addressed several points including frequently asked questions, the best ways of communicating with patients, dealing with their queries efficiently and professionally, and how to handle conflicts, should they arise.

Demonstrations of soft lens fitting showed how to avoid even the smallest of mistakes while fitting lenses. Participants fitted contact lenses on each other and checked the fitting on the video slit lamp.



Lens wear and care

The second day's program featured care and maintenance, the various regimen systems and recent advances in the field. As the follow-up examination is an important part of contact lens fitting, this was discussed in detail with pointers on the protocol to be followed.

The basics of toric contact lenses, the designs made by various manufacturers, and the procedures for fitting them made up another session. Fitting toric soft contact lenses and, most importantly, the decisions to be taken while troubleshooting were some key points that were addressed.

Playing their role

Role-plays on communicating with potential toric soft lens wearers were particularly insightful in guiding the participants on how to convert patients to toric lenses. Together with hands-on practise with various toric soft designs, this was a great learning experience for the students to be more confident about handling the lenses, and the estimation and compensation of axis mislocation.

The Contact Lens Commando program, with its in-depth discussions, interactive sessions and hands-on training, equipped and motivated the students to consider contact lens practice after their graduation. Overall, it was a valuable learning experience with fun activities, made all the more enjoyable thanks to the dedicated facilitators and the enthusiasm of the students.