

Italian optometrists focus on sport and best practice

Best practice in contact lenses was on the agenda for an IACLE seminar at the Italian Optometric Society's Sports Vision Conference, held on the Adriatic coast last month. Judith Morris reports



IACLE's Regional President for Europe / Africa – Middle East **Judith Morris** joined the Italian Optometric Society, SOPTI ([Società Optometrica Italiana](#)), at its Sports Vision Conference (12 September). Judith was invited to present an 'Overview of contact lenses for sport' and then to be part of the discussion on 'Best practice' for contact lenses in Italy at the IACLE afternoon seminar. The conference was held at a coastal resort, Cesenatico, where there was a Triathlon weekend taking place. The SOPTI President and IACLE member, **Maurio Frisani**, took part in this Triathlon and completed the race successfully.

Judith opened the afternoon seminar session with an IACLE presentation updating the audience on the achievements in the past year and highlighting the [New IACLE Contact Lens Course](#). The session then went on to discuss the different subjects that needed to be addressed in a document on Best Practice for the members of SOPTI. The subjects chosen were 'Knowledge and skills', 'Patient selection', 'Contact lens instruction and informed consent', 'Equipment', 'Fitting procedures' and 'Lens care and follow up'. The importance of the last two subjects was covered by Judith.

There was a great deal of discussion as to when contact lens-induced complications might start and also on the appropriate recall period for lens wearers. Although no definitive answers were agreed on those two topics, the actual paper seems ready for publication for their members as an important aspect of contact lens practice. Hopefully SOPTI will go ahead with its document giving Italian opticians / optometrists an indication as to how they should structure their clinical work. IACLE was pleased to be part of those discussions and we hope this involvement will continue in future years.