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## IACLE plays key role in contact lens content at EAOO conference

An afternoon seminar for members and a debate on contact lens fitting controversies on the main program, gave IACLE a high profile at the European Academy of Optometry and Optics annual meeting in Berlin, Germany (19-22 May). EMEA Regional President Judith Morris reports



Fourteen members attended the IACLE seminar at the Beuth Hochschule für Technik Berlin, University of Applied Sciences (19 May). The countries represented were Russia, Croatia, Israel, Iran, Latvia, Bulgaria, Germany and UK. Three members from different institutions in Germany presented their current research topics to the audience.

**Dr Peter Moest** (pictured below), who is in charge of contact lens teaching at the Berlin School, first gave an extensive tour of the optometry facilities and students were seen working in the contact lens clinic. The optometry department is now on a single site, an old building with large rooms which gives many opportunities for lectures, computer labs and clinics for different topics.



The lecture program began with **Judith Morris** presenting an IACLE Update. This was followed by Peter Moest who explained the format of the contact lens program in Berlin. He then covered the research topics of 'Orthokeratology' and 'The effects of rewetting drops and sprays for dry eye patients', trials of which are being studied in the department, and provided a useful handout of his presentation. At the EAOO Conference Welcome Party Peter was wished a Happy 65th Birthday.



FIACLE **Dr Stefan Bandlitz** from the School of Optometry in Cologne was a speaker on the main program at the EAOO Conference.

FIACLE **Professor James Wolffsohn** (pictured left), 2016 IACLE Contact Lens Educator of the Year for the Europe / Africa – Middle East region, delivered a keynote lecture, on developments in contact lens and surgical presbyopic correction.

Dr Bandlitz spoke to IACLE members about the use of OCT in the fitting of contact lenses. In his opinion, OCT was not essential to fit contact lenses but there were situations where it was necessary. What had been interesting to see with OCT was the conjunctival impression caused by various soft and silicone hydrogel lenses and their different thicknesses. Dr Bandlitz believes OCT might also make it possible to analyze a rigid lens fitting without fluorescein, by measuring the tear film thickness under the lens and viewing the tear meniscus.

FIACLE **Sebastian Marx** from Jena was the third speaker, having driven 300 km to attend our seminar. He outlined two particular research topics. The first was ‘Can special tinted soft contact lenses help to reduce migraine attacks?’ Even a placebo lens had shown an improvement, which suggested that personality was a factor. However, further studies with a larger sample were now required.

The second study reported on was ‘Assessment of wettability of different silicone hydrogel lenses by a novel method’. This involved measuring tear break-up time with a modified topographer device used in a vertical position to capture a reflected picture. The group used many different materials to determine surface wettability and also investigated the influence of different care regimes. As significant differences were found in the lab, the study needed to be repeated *in vivo*.

The seminar was well received by all the participants and will be repeated at future EAOO Conferences.

### **Special Interest Group debates contact lens controversies**

Nearly 30 people attended the Special Interest Group (SIG) which was held in association with IACLE. The event on the main EAOO program, entitled ‘CL fitting controversies in 2016’, was chaired by **Dr Daniela Nosch** on behalf of the European Academy. The IACLE members attending were from Portugal, Russia, Israel, UK and Germany. Judith Morris presented an introduction on what IACLE has to offer its members, to inform those attendees who might be unaware of the benefits of joining.

There were two topics on the program for discussion, both introduced by IACLE members. The first – on ‘Do we still need keratometers?’ – was presented by **Professor Bruce Evans** (UK). There was general agreement that we do still need to use/teach keratometry, especially as about 50% of the audience still used the technique in their practices. The educators were more in favour of retaining the topic as they realised not every practice had a topographer, partly because of the higher cost.

The second discussion point was introduced by FIACLE (and new Academy Fellow) **Dr Fabrizio Zeri** (Italy) entitled: ‘Is basic RGP knowledge needed for specialist semi-scleral/scleral fitting?’ He started

by reviewing the decline of RGPs up to 2010 and then showed the growth that has since occurred, mostly in the semi-scleral and scleral market. The main discussion was on the fact that these lenses still have issues related to physiological complications and so should not be the first choice. The practitioner still needs the basic knowledge and experience to manage such cases.

The SIG discussion was so successful that IACLE has been approached to help organize it again next year in conjunction with the EAEO, at their 2017 Conference in Barcelona, Spain (12-14 May).

- For more information on the EAEO and its annual meeting visit [www.eaoo.info](http://www.eaoo.info).