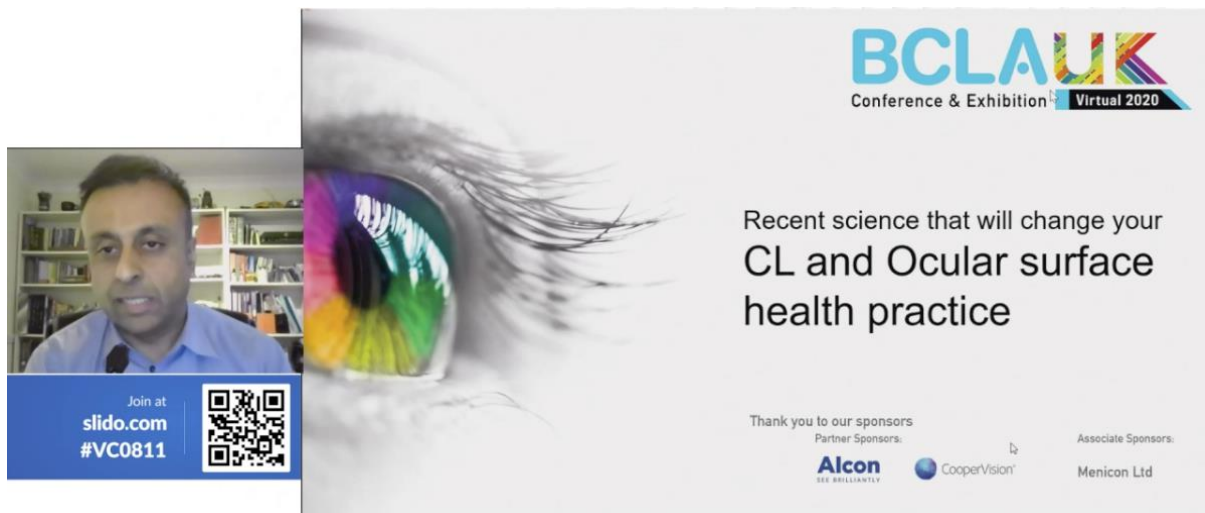




November 2020

## BCLA holds its first virtual UK Conference and Exhibition

With speakers and delegates facing travel restrictions due to the Coronavirus pandemic, the British Contact Lens Association held its annual BCLA UK conference and exhibition online for the first time (8 November). IACLE’s Executive Manager of Global Education Lakshmi Shinde reports on some of the highlights



The 2020 BCLA UK program on the theme ‘Evidence-based practice for today’ delivered three tracks – Digital Seminar, Ocular Surface Health and Myopia Management – and a virtual exhibition. The one-day event covered a range of topics, such as how to increase contact lens prescribing patterns, using recyclable materials in contact lenses, future contact lens practices in view of COVID-19, and the impact of dry eye on contact lens wear.

In a session chaired by the BCLA’s Immediate Past President **Jonathan Bench**, IACLE Vice President **Professor Philip Morgan** ([University of Manchester](#)) discussed international prescribing trends, and shared data from 10 countries collected over the past 20 years. According to the data, the average age of prescribing has increased in the UK and it was evident that prescribing of daily disposables is on the rise.

In an [Alcon](#) Exhibitor Spotlight, Professor Morgan explored tracking patient discomfort in contact lens wear using smart watches. The study found that patients would feel more discomfort towards the end of the day as they would make note of this on the watch. **Professor Fiona Phelan** spoke on behalf of [CooperVision](#) to discuss how industry helps practitioners support the patient journey.

A session on sustainability and how much contact lenses contribute to waste was conducted by **Sarah Morgan** ([University of Manchester](#)) where she presented data to explain that 21% of US contact lens wearers flush their used contact lenses down the toilet. She also talked about the Mobius loop recycling symbols and HDPE (high-density polyethylene) coding for recycling which guides practitioners in reviewing contact lens products.

IACLE member **Professor Katharine Evans** ([Cardiff University](#)) chaired a session on contact lens compliance and stressed that hand washing is the most non-compliant entity in contact lens patients. With lens types, practitioners assume daily disposables are the most compliant, but studies have shown that only 15% of daily disposables are compliant.

The concluding session included a presentation by IACLE President **Dr Shehzad Naroo** ([Aston University](#), Birmingham) on the topic of evidence-based practice, where he shared some interesting papers that had been published in the last year. FIAACLE **Dr Byki Huntjens** ([City University](#), London) discussed the future of contact lens practice and dry eye.

- **Find out more about BCLA UK and access the full program [here](#).**