Managing Myopia

Course Outline
I think Optometrists are obligated to take a front line role in the management of myopia. If we can reduce Myopia by 40 or 50%, then that has a huge public health benefit. — Professor Earl Smith III

By 2050, it’s predicted that 50% of the population will have myopia, with 10% having high levels of myopia (>−5.00D); creating a potential major public health crisis. Research shows that there are ways to delay the onset and manage the progression of myopia, giving better visual outcomes for the child.

How will eye care practitioners manage this escalation?

Optometrists are the gatekeeper to reduce the onset and slow the progression of myopia in their patients. Practitioners are in need of an education program to build their knowledge and confidence in appropriately managing myopia.

How do we responsibly educate an entire profession in the fundamental aspect of optometry?

The Brien Holden Vision Institute is working to deliver an education program to stay in front of the curve. As a worldwide leader in eye care education for the past 30 years, the Institute has the track record to provide the newest data, clinical management techniques and communication strategies for practitioners to change the way they manage myopia.

The Myopia Management Education Package developed by the Brien Holden Vision Institute Academy has tools and modules built on supporting data, to educate practitioners and their staff to offer Myopia Management to every patient... everywhere.

“I think Optometrists are obligated to take a front line role in the management of myopia. If we can reduce Myopia by 40 or 50%, then that has a huge public health benefit.” — Professor Earl Smith III
Brien Holden Vision Institute Academy is a centre of excellence for global eye health and vision care education. With a commitment to quality life-long learning, the Academy promotes the implementation of sustainable programs by creating and providing the educational framework and support essential to capacity building.

The Brien Holden Vision Institute develops and strengthens the human capacity of emerging nations in a manner that enables them to contribute to global eye health and the United Nations Sustainable Development Goals in a marked, effective and sustainable way by targeting in particular, but not exclusively, avoidable blindness and visual impairment due to uncorrected refractive error. We also support developed nations in expanding the capacity of practitioners to respond to new technologies and emerging challenges such as the myopia epidemic.

The objectives of the Brien Holden Vision Institute Academy are:

- Effecting change through education and training
- Innovative, quality education programs, courses and resources
- Building local capacity in eye health education
- Enabling lifelong learning for eye care professionals

Vision for Myopia Management Program

Confident Practitioners

Grow the MM market

Vision for every child... everywhere.
Managing Myopia

Course Outline

**AIM**

This course aims for practitioners to be able to use the latest research and clinical procedures to successfully implement an appropriate myopia management plan, in order to limit myopia progression in their patients.

**LEARNING OUTCOMES**

On the successful completion of this course, participants should be able to:

1. Discuss the increasing epidemiology and burden of myopia across the globe and their local context with colleagues and patients.
2. Create a myopia risk profile for onset and fast progression of myopia in their patients utilising data from the literature and results from a full clinical exam.
3. Communicate the risks of myopia, prediction of progression for individual cases and the need to slow progression with children & parents.
4. Explain and discuss with children & parents likely myopia control outcomes, pros and cons of different management strategies, including behavioural, optical, and therapeutic options.
5. Create, justify and implement an appropriate myopia management plan to slow the rate of myopia progression for each patient.

**ACCREDITATIONS**

The course has been accredited for continuing education points with:

- Optometry Australia (OA)
- COPE, United States
- New Zealand Optometry Association (NZOA)
- South Africa Optometry Association (SAOA)
- Optometry Council of India (OCI)

---

Creating Change

504 participants to date
90% report they way they manage myopia has changed due to the course
100% of participants gained confidence in managing myopia after the course.
70% will start to use at least one new strategy to manage myopia as a result of the course
70% report persuading colleagues to make a change
95% will recommend the course to colleagues

**I took the Myopia Management Course and...**

“It was great to be able to get the latest evidence regarding myopia management and get ideas to try and implement it in everyday practice.”

“So much was presented in such a simple and practical way.”

“What was learnt could be applied instantly in practice.”

“The shared knowledge from the experts in the field and the summary/analysis of the research data were most helpful.”

“Excellent materials so that there is finally something I can do for young myopes or at risk myopes.”

“Good structure with the case studies and webinars reinforcing what you learn.”
COURSE FACILITATORS & SPEAKERS

FACILITATORS

Monica Jong
Senior Research Fellow
Brien Holden Vision Institute
Executive Manager,
International Myopia Institute

Judith Stern
Global Manager of Academy,
Brien Holden Vision Institute

Michael Morton
Online Education Coordinator,
Brien Holden Vision Institute

SPEAKERS

Associate Professor Padmaja Sankaridurg
Myopia Program Leader,
Brien Holden Vision Institute
Conjoint Professor, School of
Optometry and Vision Science,
UNSW Australia

Professor Earl Smith III
Dean,
University of Houston College of
Optometry

Dr Pauline Kang
Lecturer,
School of Optometry and Vision
Science, UNSW Australia

Dr Daniel Tilia
Clinical Research Manager,
Brien Holden Vision Institute

Dr Isabelle Jalbert
Senior Lecturer,
School of Optometry and Vision
Science, UNSW Australia

Dr Alex Hui
Lecturer,
School of Optometry and Vision
Science, UNSW Australia
This course is designed to be an engaging learning experience with videos, interactive case studies and webinars to allow participants to engage, apply and relate their learning to their daily practice. The course is optimised to be completed on desktop or tablet. It is also available on mobile.

The course includes:

- 14 instructional videos (can be completed at your own pace)
- 8 interactive case studies (can be completed at your own pace)
- An interactive webinar

The course is divided into 6 one-hour modules:

- Module 1: Epidemiology, etiology and risk assessment videos (50 minutes)
- Module 2: Risk assessment case studies (60 minutes)
- Module 3: Behavioural advice & spectacles (60 minutes)
- Module 4: Multifocal contact lenses & orthokeratology (60 minutes)
- Module 5: Low-dose atropine & clinical tools (50 minutes)
- Module 6: Interactive webinar (60 minutes)

More information on the content of each module can be found below.
Module 1: Epidemiology, etiology and risk assessment videos (50 minutes)

- Video 1: Epidemiology and burden of myopia, presented by Dr Monica Jong
- Video 2: Myopia etiology and risk factors, with Dr Monica Jong
- Video 3: Theories of myopia development, with Prof Earl Smith III
- Video 4: Future directions, with Prof Earl Smith III
- Video 5: Building a risk profile, with Dr Monica Jong
- Module 1 frequently asked questions

Module 2: Risk assessment case studies (60 minutes)

- Case study: Amelia’s case: part 1
- Case study: Jack’s case: part 1
- Case study: Daniel’s case: part 1

Module 3: Behavioural advice & spectacles (60 minutes)

- Spectacles videos: Principles (9 mins) and Prescribing (7 mins), presented by Associate Professor Padmaja Sankaridurg
- Behaviour video: Principles and prescribing (7 mins), presented by Associate Professor Padmaja Sankaridurg
- Case study: Amelia’s case: part 2
- Case study: Emma’s case

Module 4: Multifocal contact lenses & orthokeratology (60 minutes)

- Multifocal contact lenses videos: Principles (4 mins) and Prescribing (4 mins), presented by Mr Daniel Tilia
- Orthokeratology videos: Principles (6 mins) and Prescribing (4 mins) presented by Dr Pauline Kang
- Case study: Jack’s case: part 2
- Case study: Ethan’s case

Module 5: Low-dose atropine & clinical tools (50 minutes)

- Low-dose atropine videos: Principles (8 mins) and Prescribing (7 mins), presented by Dr Isabelle Jalbert and Dr Alex Hui
- Case study: Daniel’s case: part 2
- Myopia calculator exercise
- Module 2 frequently asked questions

Module 6: Interactive webinar (60 minutes)

A live, interactive webinar will allow participants to learn collaboratively by discussing the key areas of interest with the facilitators and their peers.

ASSESSMENT

There are assessment questions at the end of the course work in each module and at the end of the webinar. The assessment is not compulsory; however, to obtain full continuing education points the assessment must be complete with a pass rate of 70%.

A certificate will be available through participants’ Academy dashboard at the end of the course for those that successfully complete all assessment.

References

academy.brienholdenvision.org