

APPENDIX

MANAGING MYOPIA IN CHILDREN INTO EARLY ADULthood: QUICK GUIDELINES



COMPREHENSIVE EYE EXAMINATION¹

Care Process Includes:

- Visual acuity (OD/OS/OU Distance and Near)
- Objective and subjective refraction (with cycloplegia if possible)
- Binocular vision, ocular motility, and accommodation
- Color vision
- Pupil response
- Intraocular pressure
- Ocular anterior segment and adnexa
- Ocular posterior segment (internal eye)
- Supplemental testing as indicated based on clinical expertise

Identify children who have myopia or are at risk of myopia onset and discuss:

- Eye diseases associated with myopia
- Benefits of time outdoors
- Concept of myopia control therapy versus traditional vision correction
- The need for myopia control consultation and/or treatment initiation



MYOPIA CONTROL CONSULTATION, TREATMENT AND MONITORING

Consultation

- Perform baseline measurements as appropriate (e.g. refractive error, corneal topography, and axial length)
- Present personalized options for myopia control (if applicable) based on motivation, lifestyle, and ocular characteristics
- Discuss available treatment, expectations, potential adverse effects, and review consent for treatment
- Collaborate with parent to set goals, address potential barriers, and create an action plan

Treatment

- Train both child and parent to apply, remove, disinfect and care for the treatment (as applicable)
- Prescribe wearing schedule
- Provide emergency contact number, if applicable

Monitoring

- Monitor myopia control therapy use, acceptance, and maintenance frequently following treatment initiation and at least every six (6) months
- Evaluate progression using at least one (1) year of data to avoid seasonal changes and reduce measurement noise
- Treatment efficacy cannot be calculated for an individual patient because there is no way to know how an individual's myopia would have progressed untreated

REFERENCES 1. American Optometric Association, Comprehensive Pediatric Eye and Vision Examination. <https://www.aoa.org/AOA/Documents/Practice%20Management/Clinical%20Guidelines/EBO%20Guidelines/Comprehensive%20Pediatric%20Eye%20and%20Vision%20Exam.pdf>, accessed September 3, 2020.