EMPOWER TIGER KNOWLEDGE OF THE EYES

e-brochure

2022 MINI-SYMPOSIUM

The Hong Kong Academy of Orthokeratology
HKAOK

HKCCLS
HONG KONG CORNEA AND CONTACT LENS SOCIETY

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REFERENCES

1. Morgan IG, French AN, Ashby RS, Guo X, Ding X, He M, Rose KA. The epidemics of myopia: Aetiology and prevention. *Prog Retin Eye Res.* 2018 Jan;62:134-149

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Message from President

17-Jan-2022

Dear members and colleagues,

To start the new year, HKAOK and HKCCLS will be hosting our 2022 Mini-Symposium on the morning of the 19 & 20 Jan-2022.The theme is to empower tiger knowledge of the eyes with focus on dry eyes and orthokeratology updates for myopia control.

Day 1 and Day 2 will be completely online due to the latest Hong Kong government restrictions. We had originally reserved Day 2 for HKAOK members but have now opened Prof Pauline Cho's presentation to invited guests too.

To encourage all optometrists to better prepare for the year of the tiger, we have incorporated some "tiger facts" in the online videos. All eligible attendees that complete the Tiger facts form will be entitled to an Ambu bag. It is a simple color matching activity.

Come and join our Jan Mini-Symposium.

Video for Ambu Bag Gift

Helen Eng
President of HKAOK/HKCCLS

Registration Fee

Day 1: $800 for association members and $1000 for non-member (videos for 3months)
Day 2: $800 for association members and $1000 for non-member (no video-recording)
Day 1 & Day 2: $1200 for association members and $1500 for non-members

Please register via the different links with payment methods
1. Bank in payment to ICBC 072-7185-0200-5808 or
2. PayMe (Helen Eng 91268299)

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EMPOWER TIGER KNOWLEDGE OF THE EYES

Program Schedule

Zoom Online

Time	Day 1 (19 Jan 22)
9:15 - 10:15	**Title:** Navigating dry eye cases using TFOS DEWSII guidelines **Speaker:** Prof. Etty Bitton **CPD:** 1.0 credit **Click for: SEMINAR & MCQ**
10:15 - 10:30	Break
10:30 - 11:30	**Title:** Research updates from the Shanghai Orthokeratology Study (SOS) Group **Speaker:** Dr Peter Chen Zhi **CPD:** 1.0 credit **Click for SEMINAR & MCQ**

Join our Tiger facts for Ambu bag Gift

(till 26-Jan-2022)

Note: Day 1 CE and product seminars will be available online for 3 months

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ASK YOUR EYE CARE PROFESSIONAL FOR COMPLETE WEAR, CARE, AND SAFETY INFORMATION. *TERMS & CONDITIONS APPLY.

REFERENCES: 1. GRANT T. ET AL. A SURVEY OF CONTACT LENS WEARERS AND EYE CARE PROFESSIONALS ON SATISFACTION WITH A NEW SMART-SURFACE SILICONE HYDROGEL DAILY DISPOSABLE CONTACT LENS. CLINICAL OPTOMETRY 2020:12 9–15. 2. TUCKER B, LEVEILLEE E, BAUMAN E, SUBBARAMAN L. CHARACTERIZATION OF THE SURFACE PROPERTIES OF A NOVEL DAILY DISPOSABLE SILICONE HYDROGEL CONTACT LENS. POSTER PRESENTED AT THE AMERICAN ACADEMY OF OPTOMETRY ANNUAL CONFERENCE, OCTOBER 23-26; ORLANDO FL. 3. IDDROP COMPARATIVE STUDIES; ALCON DATA ON FILE, 2019.

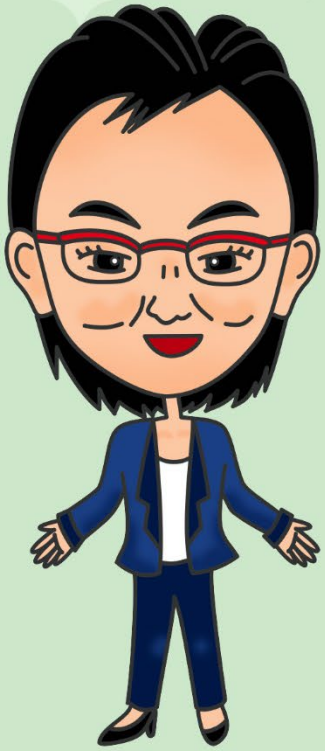
Alcon

EMPOWER TIGER KNOWLEDGE OF THE EYES

Program Schedule

Online NOW!

Time	Day 2 (20 Jan 22)
9:15 - 9:45	**AGM** - only members • First Aid Kit for Optometrists for attendance
9:55 - 10:55	**Title (Part I):** The variation of orthokeratology lens treatment zone (VOLTZ) study – 1 year results **Title (Part II):** Wait and see approach to myopia control management using orthokeratology **Speakers:** Ms Guo Biyue and Dr Sin Wan Cheung **CPD**: 1.0 credit **Registration Link:** Exclusive to HKAOK members (Email)
11:00–12:00	**Title:** A novel povidone-iodine based disinfecting solution for orthokeratology (rigid) contact lenses **Speaker:** Prof. Pauline Cho **CPD:** 1.0 Credit **Click for: SEMINAR & MCQ**
12:00-13:00	**To Impact Myopia Today, Partner with Us Now – Our ACUVUE® Abiliti™** **Click for: SEMINAR** 



Note: CPR has been postponed until further notice

Mini-Symposium Gifts

Play

Tiger Facts

(Click here)

Code of Practice (Optometrist Board)

8.4 An optometrist who is entitled to use specified drugs (other than staining agents) in the course of his practice must have knowledge of cardio-pulmonary resuscitation (CPR) and be proficient in this technique. Relevant accessories for resuscitation (e.g. Ambu bag) should be made available on the premises.

10 Tiger Facts throughout CEs & Product Videos

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- 10 Tiger facts
- identify background color

ie **yellow** for

"Tigers are adaptable & smart"

Score 70% on the Tiger Fact Activity by 26-Jan-2022 to obtain an Ambu Bag in Feb 2022

Product Seminars & other gifts

Company	Product Fitting/Updates
Johnson & Johnson VISION	**To Impact Myopia Today, Partner with Us Our ACUVUE® Abiliti™**  Email: RCheng1@its.jnj.com Email: BTam@its.jnj.com
	https://youtu.be/tdJBdR4UbZM

New Product

Orthok Book – Sponsored by CooperVision

Company	Product Fitting/Updates
CooperVision® Live Brightly®	**Link: CRT Fitting and MiSight 7 years update** Email: ACho@hk.coopervision.com E&E hk@eandeoptics.com
	https://www.youtube.com/watch?v=DbtWxHaP-OY&t=477s

Must correctly answer CooperVision Tiger Facts

by 26-Jan-2022 to receive the

“Orthokeratology – A Collection of Cases”

by Dr Peter Chen Zhi (First come basis)

Product Videos – Look for Tigers Facts

Company	Product Fitting/Updates
Precilens INNOLEDGE	**Link: DRL fitting** Email: stella.au@innoledge.com **D**ouble **R**eservoir **L**ens (DRL) for better centration, better comfort and faster treatment
	https://www.youtube.com/watch?v=teQuDYVKyng
OCULUS VTI | naturalVue REDEFINING VISION	**Link: EDOF-NaturalVue – Neurofocus Optics** Email: soe.wong@oculuslens.com Which contact lens brings great vision to presbyopes and myopes, and is easy to fit? Learn about a new extended depth of focus design for patients from 7 to 70.
	https://www.youtube.com/watch?v=21vTsqe1Bho
Ophtecs	**Link: Ophtecs Solution** Email: info@skyview.hk Povidone-Iodine disinfection for contact lenses
	https://www.youtube.com/watch?v=1hLvPL9mLhA
Alcon	**Link: Latest contact lens Update** Email: bena.pak@alcon.com Alcon continues to support eye care professionals and patients with innovative products, Hong Kong launched a mainstream daily disposable contact lens to use SMARTSURFACE Technology to deliver lasting visual performance and comfort. For more information in regards to the Alcon's latest novel products, please click our logo on the left.
	https://www.youtube.com/watch?v=6ZzgG289NO0

Note: All video recordings are available for 3 months but Ambu Bag gift available until 26-Jan-2022

DAY 1

Speaker - Professor Etty Bitton
BSc, OD, MSc, FAAO, FBCLA

Dr. Bitton completed her Optometry degree at the University of Waterloo (1988) in Canada, followed by a Master's in Physiological Optics (1994) from the Université de Montréal in the area of tear film clinical physiology and its relevance in patients exhibiting dry eye.

Dr. Bitton presently holds the rank of full professor, and is the Director of the Externship Program at the School of Optometry at the Université de Montréal. She is a member of several national and international professional organizations. Her areas of interest are in the evaluation of the tear film, dry eye and contact lens wear. In 2012 she inaugurated and became the Director of the Dry Eye Clinic at the school, a first in an optometry school in North America. In 2015, Dr. Bitton was invited by the Tear Film Ocular Society (TFOS) to participate in the TFOSDEWSII, a global initiate to redefine dry eye. She represents this organization as one of the ambassadors for Canada. More recently (2019) Dr. Bitton received a certificate on the Management of Dry Eye from the British Contact Lens Association.

Title - Navigating dry eye cases using TFOS DEWSII guidelines

MCQ

Abstract :
Dry eye disease (DED) is a growing problem and a common complaint of patients consulting eye care professionals. The Tear Film Ocular Society dry eye workshop report (TFOS DEWSII) provides a diagnostic and management approach based on the latest evidence in the literature.

Through this case presentation series, attendees will learn how to use a systematic approach based on the latest evidence-based TFOS-DEWSII algorithm and adopt it to clinical practice for a more effective approach to DED. Managing DED can improve both the comfort and vision of patients and assist them in an improved quality of life.

DAY 1

Speaker - Dr. Zhi (Peter) Chen
MD, PhD, FIOAMC

Dr. Zhi Chen is an ophthalmologist from Fudan University Eye and ENT Hospital in Shanghai, China. He completed his joint PhD program with Fudan University and University of California Berkeley in 2013. He became the fellow of International Academy of Orthokeratology and Myopia Control (FIAOMC) in 2018 and is the leading member of Shanghai Orthokeratology Study (SOS) group. His research interests are in the mechanism underlying myopia onset and development, optical and pharmaceutical interventions regarding myopia control, especially those related to orthokeratology. He has published over 30 research papers, and authored three books. With a huge amount of myopic patients in his database, he's able to develop novel methods and deliver customized myopia control treatment plans to patients. He's been invited to lecture both nationwide and overseas to share his research and experience in myopia management.

Title - Research updates from the Shanghai Orthokeratology Study (SOS) Group

MCQ

Abstract :
Orthokeratology (ortho-k) is a molding technique to temporarily reshape the cornea and restore vision during the day. Ortho-k treatment in children also slows down myopia progression and axial elongation, with substantial individual variation. Age, the extent and location of myopic defocus, and pupil diameter may be factors affecting the myopia control efficacy of ortho-k. To help those fast myopia progressors, combined ortho-k and low-concentration atropine might be of help, especially within the first year of treatment. When evaluating myopia control efficacy from axial length measurement, it is noteworthy that axial length can be shortened during ortho-k treatment, partly due to the thickening of the choroid. The relationship between axial elongation and myopia progression in ortho-k children differs from that in adults, which may help practitioners estimate refractive change from axial elongation, especially in ortho-k treatment.

DAY 2

MCQ

Speaker - Dr. Sin-Wan Cheung

Dr Cheung received her bachelor degree in Optometry in 1996 and her PhD degree in 2018 from the Hong Kong Polytechnic University. She is a Fellow of the American Academy of Optometry and the Fellow of the British Contact Lens Association. She is currently a Postdoctoral Fellow at The Hong Kong Polytechnic University and her research interests are related to myopia control and contact lenses.

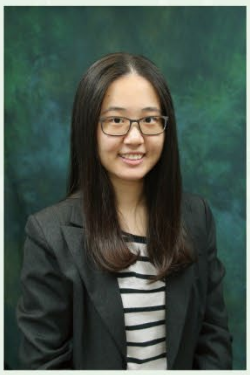
Title - Wait and see approach to myopia control management using orthokeratology

Abstract (Part I) :

The goal of myopia control is to slow axial elongation and myopia control has been shown to be more beneficial to myopic children with moderate to fast progression. Ocular biometry is essential to determine axial growth, however, in clinical practice, the effectiveness of myopia control intervention is generally determined based on changes in refractive errors. It has been shown that changes in refractive error usually underestimates the actual progression of the eyeball in myopia control studies using various interventions, therefore, not knowing the amount of eye growth is inadequate in myopia control therapy. The current presentation will review the efficacy of different myopia control studies, with and without considering history of progression, to help eyecare practitioners reflect and update their clinical practice in myopia control management.

DAY 2

Speaker - Ms. Guo Biyue (Ella)



Received Bachelor's degree in Optometry with first class honours from The Hong Kong Polytechnic University in 2016. Worked as resident optometrist in the School of Optometry after graduation. Continued graduate training in the area of orthokeratology in The Hong Kong Polytechnic University under the supervision of Prof. Pauline Cho starting from January 2017. Focused on the treatment zone analysis in orthokeratology and myopia control using smaller back optic zone orthokeratology lenses. Conducted the two-year randomized controlled trial – the Variation of Orthokeratology Lens Treatment Zone (VOLTZ) study.

Title - The variation of orthokeratology lens treatment zone (VOLTZ) study - 1 year results

Abstract (Part II) :

Myopia is increasing in prevalence worldwide, especially is Asia countries. Of many myopia control methods, orthokeratology is one of the most used optical intervention, which is shown to effective retard axial elongation (AE) by 30 – 56% in school-aged children. Recently, researchers have been investigating potential ways to enhance the myopia control effect (AE) of current methods. Using orthokeratology lenses with smaller back optic zone diameter (BOZD) is one of them. During orthokeratology, the central cornea is flattened and mid-peripheral cornea is steepened, and the central flatten area is referred to as the treatment zone (TZ). It is hypothesized that smaller BOZD orthokeratology lenses create smaller TZ and thus results in greater increase in higher-order aberrations (especially spherical aberration) and induced peripheral refraction, which in turn, results in slower AE after orthokeratology treatment.

In order to investigate the myopia control effect of smaller BOZD orthokeratology lenses, a two-year randomized controlled trial was conducted, recruiting Chinese children aged 6 to <13 years old with low to moderate (-4.00 to -0.75 D) myopia to wear orthokeratology lenses with 6 mm or 5 mm BOZD. This presentation describes the one-year results of this study, comparing the AE, TZ size, and clinical performance of orthokeratology lenses with 6 mm or 5 mm BOZD.

DAY 2

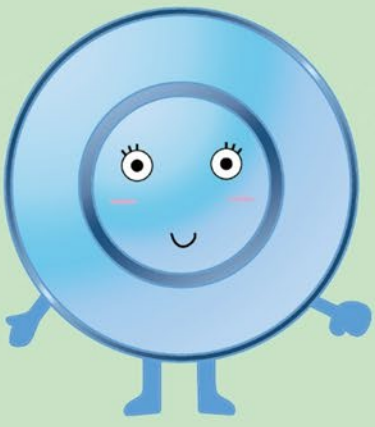
MCQ

Speaker - Professor Pauline Cho

Pauline Cho is a Professor of School of Optometry of PolyU (Hong Kong). She obtained her Bachelor of Optometry at the University of New South Wales, Australia, her Master in Professional, Vocational and Higher Education at PolyU, and her PhD at the University of Bradford, UK. She has published over 180 papers on tears, contact lenses, and orthokeratology and is a frequent invited speaker at international, regional, and local conferences.

Pauline has worn several awards from PTeC (PolyU Technology & Consultancy Co., Ltd), including Research Excellence Grand Award of PolyU's Distinguish Knowledge Transfer Excellence Awards 2012, for outstanding achievement in clinical research on myopia control and contact lenses. She was also one of the Winners of 2018 GSLS Awards of Excellence (Pioneers in Myopia Control). In 2021, she was named as the Most Impactful Author of orthokeratology based on the total number of citations and publications in the journal Contact Lens & Anterior Eye and ranked as one of the top 100 optometry researchers globally in a recently published paper (Global optometrist top 200 research ranking) in the journal Clinical and Experimental Optometry.

Pauline is currently a Visiting Professor of West China Hospital, Sichuan University, a Fellow of the American Academy of Optometry and British Contact Lens Association, and a founding member of The Hong Kong Academy of Orthokeratology. She is also an Associate Editor of the journal 'Contact Lens and Anterior Eye'.



DAY 2

Title - A novel povidone-iodine based disinfecting solution for orthokeratology (rigid) contact lenses

Abstract :
Increased interest in the use of orthokeratology and scleral lenses in recent years has led to a revived market for rigid lens care solutions. The use of multipurpose rigid lens solution containing quaternary ammonium compounds or biguanides may select for the carriage of organisms harbouring antiseptic-resistance (QAC) genes. Recently, a newly formulated disinfecting solution containing povidone-iodine (PI), which has been used for many years as a reliable pre-surgical disinfectant, has been marketed for rigid contact lenses.

A series of studies has been conducted to investigate the effectiveness and clinical performance of this PI-based solution. The solution has been shown to be as effective, when compared to a PHMB and a hydrogen peroxide-based solution, with respect to antimicrobial properties and long-term stability. It is not associated with the development of antimicrobial resistance and is not toxic to the eye. The solution was also shown to be able to penetrate the biofilm, formed in lens cases of orthokeratology users, and kill the organisms. In addition, the overall content of the ocular microbiome in ortho-k wearers was not affected by the use of this solution and the incidence of ocular pathogens was low, which suggested that risk of ocular infection was not substantially increased.

Hence, the use of this PI-based solution may offer advantages over currently available formulations and can improve the safety of overnight orthokeratology lens wear.

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