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Completion Report of "Contact Lens Conclave"

NATIONAL WORKSHOP ON
"Contact Lens Conclave"
7TH-8TH JULY 2023(ONLINE MODE)

Arranged by
Department of Optometry , School of Allied Health Sciences
SWAMI VIVEKANANDA UNIVERSITY

Speaker 1:	Speaker 2:	Speaker 3:
Mr. Shivanand R Hadimani M.Optom, FIACLE Assistant Professor Bharati Vidyapeeth (Deemed to be) University, Pune.	Mr. Labishetty Sai Charan M.Optom, Ph.D.(Scholar) Assistant Professor and Head of the department for Department of Optometry Chandigarh University	Dr. Anitha Arvind Associate Professor and Head - Department of Optometry in School of Medical & Allied Sciences, G.D.Goenka University , Co-Founder & Director Academics LBV
Topic name "Empowering Vision: Redefining Clarity and Com- fort with State-of-the-Art Scleral Lenses"	Topic Name "A Comprehensive Review of Investigative Tests in Contact Lens Clinics: Analyz- ing Importance, Procedures, and Implications"	Topic Name "Contact lenses in irregular corneal conditions"

Organized by: Department of Optometry

Date: 7th & 8th July 2024

Venue: Swami Vivekananda University

Workshop Report: "Contact Lens Conclave"

Date: 7th & 8th July 2024

Event: Contact Lens Conclave

Speakers: Mr. Shivanand R. Harimani, Mr. Labishetty Sai Charan, Mr. Anitha Arvind

Location: Swami Vivekananda University, Department of Optometry

Organized by: Swami Vivekananda University, Department of Optometry

Introduction:

On 7th and 8th July 2024, the Contact Lens Conclave workshop was held at Swami Vivekananda University, Department of Optometry. This comprehensive two-day workshop was designed to provide in-depth knowledge and hands-on experience in the field of contact lenses. The workshop was led by Mr. Shivanand R. Harimani, Mr. Labishetty Sai Charan, and Ms. Anitha Arvind, who are well-known experts in the field of optometry and contact lens fitting.

The workshop not only included insightful lectures on the theory behind contact lens fitting and patient care but also provided hands-on training for students, where they learned to fit, evaluate, and manage various types of contact lenses.

Workshop Overview:

The workshop was divided into theoretical sessions and practical hands-on training. Each day focused on specific topics related to the various aspects of contact lens fitting, maintenance, and patient care. The Department of Optometry at Swami Vivekananda University facilitated the hands-on contact lens training, giving students the opportunity to work with different types of lenses and gain practical experience.

Key Highlights of the Workshop:

Day 1 - 7th July 2024:

1. Introduction to Contact Lenses:

The workshop began with a detailed overview of contact lenses, where Mr. Harimani discussed the basic types of contact lenses, including soft lenses, rigid gas permeable (RGP) lenses, and hybrid lenses.

The different materials used in lenses, such as hydrogel, silicone hydrogel, and gas-permeable materials, were also covered. He explained the advantages and limitations of each material and when each type is ideal for patient use.

2. Contact Lens Fitting Principles:

Mr. Sai Charan led a session on contact lens fitting principles, explaining how to select the appropriate lens for various corneal shapes and visual needs. He provided insights on pre-fitting evaluation, including:

Corneal measurements using keratometry.

Tear film assessment and the role of wetting agents in contact lens comfort.

Lens size and base curve selection for proper fit and comfort.

He also demonstrated how to assess lens fit and visual acuity in patients, helping students understand the nuances of selecting the right lenses for different eye conditions.

3. Complications and Solutions in Contact Lens Wear:

Mr. Harimani discussed the most common complications that can arise from contact lens wear, such as dry eye, corneal hypoxia, and lens-related infections.

He emphasized the importance of patient education and proper lens care to minimize risks. Solutions for managing discomfort and infection prevention were highlighted, such as the use of correct lens cleaning solutions, proper hygiene practices, and regular follow-ups.

4. Practical Session: Hands-on Contact Lens Fitting:

The hands-on training session took place in the optometry lab, where students were given the opportunity to practice contact lens fitting under expert supervision.

Students were introduced to soft lenses and rigid gas permeable lenses, with the opportunity to fit both types of lenses on model eyes and fellow students.

The session included:

Inserting and removing contact lenses: Students practiced how to properly insert and remove lenses without causing damage to the eye or the lens.

Fit assessment: Students assessed the lens-to-cornea fit, checking for proper alignment, movement, and centering.
Patient comfort evaluation: They learned to evaluate patient feedback regarding comfort and vision quality.

Day 2 - 8th July 2024:

5. Advanced Contact Lens Fitting Techniques:

On the second day, Ms. Anitha Arvind conducted a session on advanced contact lens fitting techniques. She covered specialized fitting procedures for:

Keratoconus patients using scleral lenses.

Post-surgical patients (e.g., after corneal transplants) requiring custom lenses.

Orthokeratology (Ortho-K) for myopia control.

Students were shown how to evaluate irregular corneas and determine the right lens type for these complex cases.

6. Innovations in Contact Lenses:

Mr. Sai Charan introduced students to the latest innovations in contact lenses, including the development of smart contact lenses and lens materials designed to increase comfort, reduce dryness, and enhance oxygen permeability. He also covered the role of extended-wear lenses and the impact of digital screens on eye health, stressing the importance of blue light-blocking lenses in today's digital world.

7. Lens Care and Maintenance:

A crucial part of the workshop focused on lens care and maintenance. Ms. Arvind demonstrated the correct cleaning techniques for different types of contact lenses, as well as how to handle lens cases to prevent contamination and extend the lifespan of the lenses.

The importance of using prescribed solutions and regular replacement schedules was also emphasized to ensure the safety and comfort of contact lens wearers.

8. Hands-on Training with Latest Innovations in Contact Lenses:

On the second day, students were also given hands-on exposure to the latest contact lens innovations:

Hybrid lenses combining the benefits of both soft and RGP lenses.

Scleral lenses for irregular corneas, including advanced fitting techniques for patients with conditions such as keratoconus.

Smart lenses with features like built-in UV protection and humidity sensors.

Students worked in small groups, practicing the fitting techniques on each other and learning how to handle advanced contact lenses.

9. Interactive Q&A and Discussion:

The workshop concluded with an interactive Q&A session, where students had the chance to ask questions about complex cases, fitting difficulties, and the future of contact lenses.

Discussions also included the ethical aspects of contact lens fitting, such as patient education, appropriate lens prescriptions, and the management of contact lens-related complications.

Conclusion:

The "Contact Lens Conclave" held on 7th and 8th July 2024 was an excellent opportunity for students at Swami Vivekananda University, Department of Optometry to expand their knowledge and practical skills in contact lens fitting. The hands-on training, guided by Mr. Shivanand R. Harimani, Mr. Labishetty Sai Charan, and Ms. Anitha Arvind, was invaluable in helping students develop the skills necessary to provide high-quality care to patients requiring contact lens correction.

By blending theoretical knowledge with real-world applications, this workshop helped participants better understand the complexities of contact lens fitting and patient management. With the exposure to the latest innovations in contact lens technology, students are now better equipped to provide cutting-edge contact lens care.

Acknowledgments: We would like to extend our sincere gratitude to Mr. Shivanand R. Harimani, Mr. Labishetty Sai Charan, and Ms. Anitha Arvind for their expert guidance and contributions to this workshop. We also thank Swami Vivekananda University and the Department of Optometry for organizing such a comprehensive and engaging learning experience.

Report Compiled by: Anusuya Das