



## **BCLA Myopia Management Certificate**

This is an online course that consists of 6 lectures. These are narrated lectures and include the latest evidence based research presented in a format suitable for ECPs to translate the research findings to their clinical practice. There is a compulsory MCQ element for each lecture. It is expected that the lectures will be completed within a 6 month timeframe.

In addition to the 6 lectures you will need to complete the following:

1 CET component of your choice

OSCE/Skype viva

Learning outcomes:

On the successful completion of all 6 online lectures of this course, you should be able to:

- appreciate the increasing epidemiology and burden of myopia
- understand the risks for onset and progression of myopia
- differentiate between the different myopia management strategies and consider when to implement them
- communicate effectively the rationale for myopia management with children and their parents
- develop an appropriate myopia management strategy to use in your clinical practice

The structure of the course is shown below:

- Lecture 1: **Why Myopia management:** Prof Ian Flitcroft
- Lecture 2: **Behavioural advice and Spectacles lenses :** Dr Nicola Logan
- Lecture 3: **Soft Contact Lens Options: *Coming Soon!\****
- Lecture 4: **Orthokeratology in Myopia Management:** Dr Pauline Cho
- Lecture 5: **Pharmacological interventions:** Prof Kathryn Saunders
- Lecture 6: **How, putting it into practice:** Ms Gillian Bruce

*\*Due to the fast changing area of Myopia Management, this lecture is being updated before release.*

### **Course curriculum**

**Why Myopia management:** In this lecture the epidemiology and aetiology of myopia along with the risk factors for development and progression will be reviewed. In addition the consequences of having myopia will be discussed.

**Behavioural advice and Specs:** The topic of whether modifying behaviour will have an impact on myopia development and progression will be discussed. In this lecture the evidence base for management of myopia with spectacle lenses will be reviewed.

**Soft Contact Lens Options\*:** In this lecture the theory behind the use of multi-focal and dual focus soft contact as a strategy to manage progressing myopia will be discussed. Specific evidence on when to implement this type of intervention, how to measure success of an intervention and the expected efficacy of this strategy will be explored.

**Orthokeratology in Myopia Management:** The theory behind use of orthoK alongside its efficacy will be discussed in this lecture. In addition the suitability of children for myopia management with this intervention will be explored.

**Pharmacological interventions:** The rationale behind using pharmacological interventions for myopia management will be discussed. Efficacy and safety considerations will be explored.

**How, putting it into practice:** The lecture will translate the evidence presented in the previous lectures into clinical guidance for use in practice. Ways in which myopia management can be implemented into your clinical practice will also be discussed.

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### **CET component**

Participants' choice of approved CET component – evidence of completion of CET and participants are required to complete a reflection on knowledge learnt.

OSCE/Skype viva – there will be a structured viva held either face-to-face or via Skype to discuss participant's knowledge and how they would respond to case scenarios relevant to myopia management.