

Keep it Legal (In Contact Lenses)

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Who makes the rules?

- GOC.....?
- Guidelines are drafted by:
College of Optoms & ABDO

Who can fit CLs in UK?

- **Registered** Optometrists, Medical practitioners & Contact lens Opticians (must be on specialty list)
- Optometry students, trainee CLOs – under direct supervision and 'in training'

What **MUST** we have before proceeding?

- *In date*, written, signed spec Rx, no longer than **2 years old (not 3yrs old!)**

This applies to ALL

(Opticians Act 1989 s 25[1A] (a&b))

Preliminary Assessment

- A detailed assessment of the anterior eye which might be affected by contact lens wear. This should require a slit-lamp examination, keratometry, the use of diagnostic stains and the assessment of tear film quality and quantity.
(Both bodies-identical statement)

Preliminary Assessment

- If the practitioner considers that the patient is unlikely to be able to handle or maintain contact lenses safely, it would be in the patient's interest for the fitting not to commence
(Both bodies-identical statement)

The Teach – can I delegate?

- Yes.....But.....
- This procedure should be considered part of the fitting process and so must be supervised

I.E. you must be there!!!!

The Teach – can I delegate?

- Appropriate elements of the instructions are given in writing to comply with the Medical Devices Directive. (See Medical Devices Directive. Directive 3/42/EEC)
- I would recommend written info on handling, WTs, care and acknowledgement form

Do I have to give the CL specification?

- Yes, of course, a legal obligation! (Opticians Act 1989 s 25(5))
- The Spec must be given on 'completion of the fitting'
- The advice is that this should be LESS than 3/12 after starting
- Longer is acceptable in complex cases. But Px should be pre-warned
- Given by last practitioner to see Px

What should be in the the CL specification?

The Contact Lens (Specification) Rules 1989 state that a contact lens specification must include the following particulars:

1. the name and address of the individual;
2. if the individual has not attained the age of sixteen on the day the specification is issued, his or her date of birth;
3. the name and **registration number** of the person signing the specification;
4. the practice address of the person signing the specification;
5. the name of the practice on whose premises the fitting was done;

What should be in the the CL specification?

(Cont)

6. the date the fitting was completed
7. sufficient details of any lens fitted to enable a person who fits or supplies a contact lens to **replicate the lens**
8. **the date the specification expires**; and
9. such information of a clinical nature as the person fitting the lens considers to be necessary in the particular case.

Who can sign a copy specification?

- The DO? The Receptionist/OA?
- NO! –recent clarification
- **ONLY an Optometrist or CLO on the 'Specialty list'**

NO ONE ELSE!

Extended Wear – is it safe?

Pxs wearing CLs on extended wear basis are at a significantly increased risk of microbial keratitis! (G6.02 & ABDO 3.3)

Extended Wear – is it safe?

Practitioners should ensure that the Px is aware of this!!

Because of the increased risk of complications, PXs on EW should have more frequent check-ups than those on daily wear modality (the exact amount is not specified)

Orthokeratology – is it safe?

Infectious keratitis is a significant, vision threatening complication of Ortho K. Optoms should be aware of this complication and educate PXs of the importance of hygiene and prompt medical care(G6.09)

How often must I do an aftercare?

Advice states:

'It is appropriate to reinforce to existing wearers the various aspects of contact lens wear that may have become less obvious over time'.

'Good practice would suggest that it is in patients' best interests for follow up care to be **at least every twelve months**' (ABDO & CoO)

I'm under 16. Where can I buy contact lenses?

For young people under 16, contact lenses can only be bought under the direct supervision of a registered optometrist, contact lens optician or medical practitioner. Similar restrictions apply to anyone who is registered as blind or partially sighted.

How long does my contact lens specification remain valid?

Your contact lens practitioner will advise you how long your specification is valid, depending on things like the lens type, wearing schedule and replacement frequency, and your eye health. Your practitioner may recommend that you receive only a limited number of lenses at any one time, such as a maximum of six months, depending on the number of lenses you are likely to need before the expiry date of your specification.

How often should I have a contact lens check-up?

Again, your contact lens practitioner will advise you when you need to return for a check-up, based on your individual needs. It is in your best interest for check-ups to be at least every 12 months or more often if necessary.

What should I do if I have a problem with my lenses between check-ups?

If you have a problem with your eyes or lenses, don't wait for your next scheduled check-up. If your eyes don't look good or feel good, or if you don't like well, you should consult your contact lens practitioner for advice as soon as possible.

Can I buy contact lenses from the internet?

Contact lenses can be sold online, as long as suppliers comply with regulations which ensure that professionals are involved in prescribing and selling lenses. To protect you from eye health problems, it is

Buying Contact Lenses



Some common **Questions and Answers** to help you buy your lenses safely

How often must I do an aftercare?

ABDO states:

'The exact frequency will depend upon factors such as patient's clinical status, history, type of lens and modality of wear'.

i.e. Use your clinical judgement!

Can I agree to keeping monthly lenses 6/52?

CoO advice states:

'unless there are **exceptional circumstances**, Optometrists should **not** recommend a wearing schedule that is contrary to the manufactures labelling instructions, **which are based on the terms of the products licence**'.

SO DON'T DO IT

Contact Lens Supply

2 appropriate methods

(Opticians Act 1989 s 27[1][b] and s 27 [3][d])

Under Supervision:

Usually in a practice

Under General Direction:

Usually internet based (UK)

Supervision

..... acting under the supervision of a registered optometrist, dispensing or contact lens optician, the registered optician has a duty to ensure that they are able to intervene in the supply if necessary, and exercise their professional skill and judgement as a clinician to make sure that the lens or lenses meet the specification, and that appropriate arrangements for the patient to receive aftercare are made.

I.E. you must be there!!!!

General Direction

.....acting under the general direction of a registered optometrist, dispensing optician or contact lens optician, the Optician has a duty to ensure that written protocols and procedures are in place to protect patient health and safety, that the person conducting the supply is appropriately trained and themselves able to ensure that the lenses meet the specification and make appropriate arrangements for the patient to receive aftercare. An audit trail must be in place.

ALL PXs MUST BE OVER 16 and not registered p.sighted

But no Optician in attendance required!

Before any Contact Lens Supply,
The Seller needs: (Opticians Act 1989, s27(3)(a)).

1. the original specification; or
2. a copy of the original specification which he verifies with the person that provided it; or

Before any Contact Lens Supply,
We need:

3. an order from the purchaser, submitted in writing or electronically, which contains the particulars of the specification of the person who intends to wear the contact lens. If the sale is made under the general direction of a registered optometrist, dispensing optician or contact lens optician, the law requires that the seller verifies the particulars of the specification with the person who issues it (Opticians Act 1989, s27(3)(a)).

Must I speak to the internet Company?

I would recommend.... YES!

BUT.....

ONLY verify the 'specification'

Must I speak to the internet Company?

'There is no confidentiality issue in confirming by receipt of an unambiguous 'yes' that the details in a complete specification as provided to the optometrist/contact lens optician by a supplier are correct..' (G3.10 CoO & 3.7.6 ABDO)

Must I speak to the internet Company?

However, if the specification is incorrect in any way, the supplier would need to confirm patient consent.

Additional 'supply advice'

- 1) The patient should still receive a full eye examination at appropriate intervals . This is

'Best Practice'

rather than law.

Additional 'supply advice'

Relevant advice varies for once:

Best practice would suggest that a CLO should not continue to supply contact lenses unless this eye examination has taken place. If necessary, only a limited supply may be given to allow time for the new examination to take place. (ABDO)

An Optometrist should advise the Px to have an eye examination if appropriate (CoO)

HOWEVER, LEGALLY YOU MAY SUPPLY AS LONG AS SPEC IS IN DATE

Additional 'supply advice'

For the CLO:

Contact Lens Opticians are reminded that contact lenses should always be dispensed to a current spectacle prescription. Once the initial fittings are completed, any changes of prescription should be confirmed with the referrer or by an eye examination. (ABDO 3.6.3)

Additional 'supply advice'

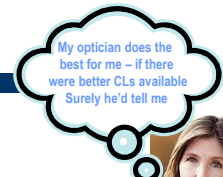
Do not over supply – If spec has only 3 months remaining, supply only 3 months of lenses (3.13.8 ABDO & G4.13 CoO)

Your Bible for Sound Sleep



The Code

1. Make the care of Px your 1st concern
6. Maintain adequate Px records
7. Respect the rights of PXs to be fully involved in decisions about their care



Practitioners have a legal duty to inform

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Explaining CL benefits 'fulfills duty of care'
 Claims that a contact lens practitioner failed in his duty of care to a patient by not recommending the latest contact lenses have been settled out of court.

The patient, a barrister who specialises in medical negligence cases, launched legal action against his former practitioner after visiting dispensing optician Robin Reed of Plaza Opticians in Ormskirk, Lancashire while his usual practitioner was away on holiday.

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The Code

8. Keep your professional skills up to date

The Code

- 10. Be honest and trustworthy
- 17. Register with and *maintain* registration of GOC
- 19. Ensure your conduct does not damage public confidence in your profession

And Finally.....in year 2010-2011

24,656 registrants
 21,000,000 eye exams in UK
 3,600,000 contact lens wearers
 ? Million dispenses took place

GOC received 169 complaints!

And Finally.....in year 2010-2011

36 were referred to FTP committee

And Finally.....in year 2010-2011

ONLY

4 WERE ERASED!

But remember.....

**Thank You
Sleep Tight**

<http://www.abdo.org/>

<http://www.college-optometrists.org/>

<http://www.optical.org/>