

SO-BCLA-HKAOK Orthokeratology Continuing Education (OKCE) Course 2019

Course Objectives

Demonstrate (with respect to orthokeratology practice)

1. Evidence of understanding of the basic theory, the pros and cons, selection of patients, and other issues related to orthokeratology practice.
2. Safe practice and professional competency (including revision on corneal physiology in contact lens wear, use of corneal topographer, preliminary examination, selection of trial lenses based on preliminary data, assessment of lens fittings, interpretation of corneal topographical maps).
3. Knowledge on how to identify potential problems from data collected from examination.
4. Evidence of assimilation and consolidation of various principles/theories that govern patient management, and suggest appropriate treatments or actions.
5. Initiative, resourcefulness in seeking information/advice, and to be able to propose modification of decisions or alternatives in the light of new information and considerations, or to overcome learning gaps (if any) (i.e. apply knowledge/skills learned to new problems and situations).
6. Evidence of reflection and a higher degree of reasoning, decision making and judgment.

Learning Outcomes

On completion of this OKCE Course, candidates will be able to:

1. **assess/monitor** corneal integrity with clinical equipment (eg. slit lamp, corneal topographer).
2. **diagnose/interpret** information from assessments made in 1 above
3. **explain** the effect of ortho-k
4. **explain** pros, cons and limitations of ortho-k, including how to select suitable candidates
5. **identify and explain** factors affecting ortho-k effect
6. **explain** the indications and contraindications of ortho-k treatment.
7. **explain** the function/effect of each curve of an ortho-k lens on lens fitting and effect on the corneal topography
8. **demonstrate** competency in ortho-k lens fitting/assessment and management, including interpreting corneal topographical maps before and after ortho-k lens wear
9. **identify** common ortho-k-related problems and recommend appropriate management protocols
10. **communicate** clearly the purposes and procedures of each type of ortho-k consultations, including instructions and procedures related to lens handling, care and wear
11. **discuss** importance of compliance, possible sources of contamination, areas of non-compliance, and consequences of non-compliance
12. **reflect and analyse** ortho-k cases (via case analysis), including practical, professional and ethical issues

Indicative Contents & Syllabus (subject to final adjustments)

Distance learning textbook: Orthokeratology Practice – A basic guide for practitioners (eds: Cho P, Collins M, Sawano T)

For each chapter, candidates will be informed to read 1-3 chapters and relevant journal articles before attempting an on-line quiz (eg on BB or other e-platform). Candidates will be required to complete the reading & quiz before the deadline given. No marks will be given after the deadline. Each quiz will be given a mark which will contribute towards the overall marks for this OKCE.

Topics		Tentative dates
1.	Revision of corneal physiology	1 September
2.	Corneal topography (include webinars)	(deadline for submission of quizzes: 30 September)
3.	Reverse geometry lenses	
4.	Ortho-k lens fitting I	October
5.	Ortho-k lens fitting II	(deadline for submission of quizzes: 30 October)
6.	Ocular and refractive changes in Orthokeratology	November
7.	Ortho-k consultation	(deadline for submission of quizzes: 30 November)
8.	Complications in Orthokeratology	December
9.	Good practice in Orthokeratology	(deadline for submission of quizzes: 30 December)
	e-assignments (to be confirmed)	

Didactic Lectures

- Lecture 1: Introduction (1 hr)
- Lecture 2: Corneal topography & Ortho-k – an overview (2 hrs)
- Lecture 3: Legal aspects & Good clinical practice in ortho-k (2 hrs)
- Lecture 4: Ortho-k for Myopia control (2 hrs)
- Tutorial 1
- Lecture 5: Ortho-k and Corneal biomechanics (1 hr)
- Lecture 6: Ortho-k and Aberration (1 hr)
- Lecture 7: Case management 1 (1 hr)
- Lecture 8: Ortho-k and Peripheral Refraction (1 hr)
- Lecture 9: Case management 2 & Trouble shooting (2 hrs)
- Tutorial 2

Lab Sessions

- Labs 1 & 2: Corneal topography
- Labs 3, 4, & 6: Ortho-k lens fitting
- Labs 5 & 7: 1st Overnight aftercare
- Lab 8: Revision (&/or Routine AC (TBC))

Product Seminars/Workshops

- 4-6 brands (To be confirmed)

Tentative Timetable

SO-BCLA-HKAOK Orthokeratology Continuing Education (Comprehensive) Course 2019 (Sept 2019 - May 2020)													
Self study, Pre & Post Quizzes, Assignments : 1 Sept 2019 to Jan 2020													
Lectures, Tuts, Labs, Product Seminars (PS), Workshops (WS)					2 Groups of 12 candidates each : Group a & Group b								
2020	8.30-9.30	9.30-10.30	10.30-11.30	11.30-12.30	12.30-1.30	2.30-3.30	3.30-4.30	4.30-5.30	5.30-6.30	6.30-7.30	7.30-8.30	8.30-9.30	9.30-10.30
5 Jan (Sun)			Lec 1 Introduction	Lec 2 (topo)		Lec 3 (Legal & clinical issues)		LAB 1a (ORC)					
								LAB 1b (Clinic)					
6 Jan (Mon)	PS1	WS1	PS2	WS2									
7 Jan (Tue)	HKAOK MINI SYMPOSIUM (Members only)												
8 Jan (Wed)	PS3	WS3	PS4	WS4									
13 Jan (Mon)										LAB 2a		LAB 2b	
14 Jan (Tues)										LAB 3a		LAB 3b	
15 Jan (Wed)											Lec 4 (OK & MC)		
3 Feb (Mon)										LAB 4a (fit for 1ON)		LAB 4b (fit for 1ON)	
4 Feb (Tues)	LAB 5a (1ON AC)												
5 Feb (Wed)												Lec 5 (Corneal biomechanics)	Lec 6 (Aberrations)
6 Feb (Thurs)											Lec 7 (Case management/trouble shooting)		TUT 1
10 Feb (Mon)										LAB 6a (fit for 1ON)		LAB 6b (fit for 1ON)	
11 Feb (Tues)	LAB 7a (1ON AC)												
12 Feb (Wed)											Lec 8 (PR)	Lec 9 (Case management)	TUT 2
13 Feb (Thurs)										LAB REVISION (a)		LAB REVISION (b)	
16 Feb (Sun)	PRACTICAL TEST												
23 Feb (Sun)	Written test												

Reading List

- Cheung SW, Boost MV, Cho P. Pre-treatment observation of axial elongation for evidence-based selection of children in Hong Kong for myopia control. Cont Lens Anterior Eye. 2018 Oct 23. [Epub ahead of print]
- Lipson MJ, Brooks MM, Koffler BH. The Role of Orthokeratology in Myopia Control: A Review. Eye Contact Lens. 2018;44:224-230
- Cho P, Cheung SW. Protective role of orthokeratology in reducing risk of rapid axial Elongation: A reanalysis of data from the ROMIO and TO-SEE studies. Invest Ophthalmol Vis Sci. 2017;58:1411-1416
- Liu YM, Xie P. The Safety of Orthokeratology – A systematic review. Eye Contact Lens. 2016 ;42:35-42.
- Cho P, Cheung SW, Mountford J, White P. Good clinical practice in orthokeratology. Cont Lens Anterior Eye. 2008;31:17-28
- White P, Cho P. Legal issues in contact lens practice with special reference to the practice of orthokeratology. Ophthalmic Physiol Opt. 2003;23:151-161

Tentative and subject to change depending on availability of venue, staff and number of applicants