



## CONTINUING PROFESSIONAL DEVELOPMENT

# PolyU School of Optometry — Short Course: Orthokeratology Principles and Management

### Syllabus

- \* Rigid lens fitting assessment and handling
- \* Corneal physiology in contact lens wear
- \* History of orthokeratology (ortho-k) and its development
- \* Refractive/ocular changes associated with ortho-k treatment and how ortho-k works in myopic reduction/control
- \* Interpretation of corneal topographic results and its application in ortho-k practice
- \* Updates in contact lens materials/solutions
- \* Clinical procedures in ortho-k practice - patient selection and preliminary examination
- \* Assessment of lens fitting in common ortho-k lens designs; delivery, aftercare and lens care procedures in ortho-k practice
- \* Common problems in ortho-k practice and their management protocols
- \* Specialized ortho-k lens fitting
- \* Non-compliance and microbial contamination associated with ortho-k
- \* Management of ortho-k related ocular complications
- \* Good clinical practice in ortho-k and case studies

### Study Period

Teaching Weeks: 1 Sep - 29 Nov 2025

Exam Period: 4-19 Dec 2025

### Class Schedule

Typically 3-4 weekday evenings per week during the teaching weeks.

### Tuition / Total Credits

HKD73,710 / 6 credits

### Notes

- \* Upon successful completion of the course, including passing the assessment elements, students can request a transcript of studies (subject to a fee).
- \* This course is one of the Doctor of Optometry subject offered by PolyU School of Optometry through subject-based admission.
- \* #This is a pre-approved CPD activity for registered optometrists in HKSAR. Participants who request the CPD credit proof must fulfil the attendance requirements of the course. [CPD Activity Code: POLY2501; CPD Points: Up to 78, according to actual attendance (Category 1) (For Optometrist#)]

### Highlights

- \* Offered by the PolyU School of Optometry, this unique course provides state-of-the-art professional training in orthokeratology practice and management for optometry practitioners.
- \* In addition to the classroom teaching, this course offers comprehensive skill training to enhance students' clinical techniques and professional expertise.
- \* Students who pass this course with a GPA of 2.7 or above can apply for credit transfer if they are successfully admitted to the PolyU Doctor of Optometry programme within 8 years.

### Admission Requirements

- \* A recognised 4-year or 5-year bachelor's degree in Optometry, or equivalent;
- \* At least 3 years of full-time experience in optometry practice.

### Application Deadline

8 August 2025 (or until vacancies are filled)

### Application Procedures and Documents

Please submit **softcopies** of the following documents **via email** with the subject line 'Application: Subject-based Admission to Ortho-K Short Course (Sem 1, 2025/26)':

- \* Completed and signed application form [AR137](#) (Click [here](#) to download)
- \* Transcript and graduation certificate for the bachelor's degree
- \* A valid Annual Practising Certificate issued by the Optometrists Board
- \* Proof of work experience

### Contact Information

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