

Contact Lens Update

CLINICAL INSIGHTS BASED IN CURRENT RESEARCH

A Non-Clinical Study of Soft Contact Lens Compliance

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Dr. Rueff received her Doctor of Optometry degree from The Ohio State University (OSU) College of Optometry. She completed the Cornea and Contact Lens Advanced Practice Fellowship and undertook her PhD at OSU. She joined the Southern California College of Optometry in 2018 as an assistant professor in the Cornea and Contact Lens Service.

Erin Rueff and colleagues shared the results of a study examining certain aspects of contact lens compliance at the 2018 ARVO Annual Meeting.

They surveyed 307 adult contact lens wearers about their soft contact lens replacement, overnight (ON) wear, and contact lens case compliance.

Results

FACTOR	RESULT
Lens replacement	40% were non-compliant with their lens replacement. By modality, daily disposable wearers were statistically significantly more likely to be compliant than two-week and monthly wearers.
Overnight wear	Nearly a quarter (24%) were non-compliant with ON wear and slept in their lenses. Of interest was that subjects who were non-compliant with their contact lens replacement schedule were also more likely to sleep in their lenses.
Case replacement	Nearly three-quarters (73%) of those who used reusable lenses were unsure when they should replace their contact lens case.

Relevance for practice

- **Daily disposable wearers were most likely to be compliant with lens replacement** – which reaffirms this modality is a good option to recommend to patients to help encourage compliance to the correct replacement schedule.
- **Nearly 1 in 4 wearers reported overnight wear, with similar levels across all lens modalities, including daily disposable.** In light of this, the eye care professional must be alerted to the need for additional patient education about the risks of sleeping in contact lenses.
- **Nearly 3 out of 4 wearers were unsure when to replace their case, and this included subjects who were compliant in other areas of their lens wear.** Patients require clear education and information about the correct case replacement schedule.

In the clinical insight of this edition of CL update, Dr Keyur Patel shares some real-life practice tips to help support patients achieve safe, compliant wear.