

IN PRACTICE: APPLYING THE CLINICAL MANAGEMENT GUIDELINES¹

Follow these steps to help develop your myopia management routine



1. Identify the patient, both for pre-myopia & myopia

Consider: refractive error, eye growth, age, family history, ethnicity, visual environment and binocular vision



2. Talk to child & parent in simple language about:

Causes (genetics & environment) and the **risks** of myopia associated pathology. Give the **options** available in your country (spectacles, contact lenses, atropine) and discuss how **effective** and **safe** they are. Follow **informed consent** guidelines.



3. Key elements of the clinical examination

Clinical Tests – all visits

- Appropriate history taking relevant to treatment
- Distance and near VA
- Subjective and/or objective refraction
- Accommodative and binocular vision assessment
- Ocular health examination

Annually, or on indication

- Cycloplegic refraction
- Dilated fundus examination, especially for >5D and/or 26mm axial length

Additional tests (if available)

- Axial length measurement, every 6 months

Treatment specific:

- **Contact lenses (CL)**
 - CL & anterior eye assessment
- **Atropine**
 - Pupil size and function
 - Intraocular pressure
- **Orthokeratology**
 - Corneal topography

Adapted from Figure 1, IMI Clinical Management Guidelines

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4. Recommend management strategy

Consider baseline **refractive error**; **binocular vision** status; **safety, compliance** and **capacity** of child and family to cope with recommended management..



5. Provide clinical and behavioural advice

Full time correction is encouraged

Near: avoid <20cm reading distance and >45min continuous

Outdoor time: most relevant to pre-myopes

CLs: proper handling and back up correction

Treatment duration: likely until age 18+

Late onset myopia: minimal data; apply similar strategies



6. Establish follow up schedule

	1 day	7 days	1 month	3 months	6 months
PAL/Bifocal spectacles					
Multifocal soft CLs					
Orthokeratology					
Atropine					

Adapted from Figure 2, IMI Clinical Management Guidelines

1. Gifford KL, Richdale K, Kang P et al. IMI – Clinical Management Guidelines Report. *Invest Ophthalmol Vis Sci* 2019;60:M184-M203

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