Promoting Healthy Contact Lens Care

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Importance of Rub and Rinse

- Failure to use a manual cleaning-disinfection procedure may help to explain the increased incidence of Fusarium keratitis associated with contact lens wear (Ahearn, et al)
  - “even after vigorous rinsing with multipurpose solution, the fungal attachments were not broken”

Reducing Risk

- Rinsing of a hydrogel contact lens alone will not consistently remove fungal surface deposits as efficiently as a rub and rinse process, particularly for some SH lenses.

- We strongly recommend the incorporation of a rubbing step in the MPS disinfection of hydrogel lenses to reduce the risk of fungal keratitis associated with contact lens wear.

Clinical Recommendation on Rub and Rinse

“On reviewing all the available data, it would appear that failing to rub lenses as part of the cleaning process, with the concurrent absence of adequate rinsing, does not seem to be prudent behavior.”


Rubbing and Rinsing of Contact Lenses Is Now Widely Recommended

- ASCRS – literature and website
- Academy of Ophthalmology – literature and website
- American Optometric Association “Optometric Clinical Practice Guideline”
- AOA Contact Lens Section – Literature and website
- American Academy of Optometry Cornea and CL Section – Literature and Website
- CLAO – John Massare, Exec, and an Ad Hoc Committee are preparing a “Standard of Care” BCLA – literature and website
- Other world professional organizations
Practitioner Contact Lens
Standard of Care

- Clean environment
- Proper hygiene
- Replacement of contact lenses as prescribed
- Rub/rinse care regimen with appropriate application and removal of contact lenses
- Disinfection of contact lenses and replacement of lens cases
- Documentation and follow up
Reinforce compliance through ongoing communication to:

- Clinicians
- Office Staff
- Professional Societies
- Educational Institutions
- Patients
Practice Educational Materials

- Educational placemat
- Patient brochures
- Compliance contract
- Compliance business cards
- Educational compliance poster
- Application/removal compliance video
- Lens rubbing acrylic demo
- Patient visit reminder card
Reinforcement of Compliance Through Labeling
Summary

- Current literature and professional organizations support importance of
  lens care compliance to enhance patient safety:
  - Rub and rinse
  - Lens case replacement
  - General hygiene

- Target Group:
  - Professional organizations
  - Clinicians and staff
  - Educational institutions
  - Patients and families

- Comprehensive education programs require:
  - Easy-to-understand materials
  - Prominent labeling on product packaging
  - Multiple channels for acquisition of information
  - Process for reinforcement of messages