

# CONTACT LENS PRACTICE DURING COVID-19 :

## Recommended Considerations

The outbreak of COVID-19 has raised questions about how to ensure a safe contact lens practice. Please find below some important recommendations on how to organize your contact lens practice for the safety of both your staff and your contact lens wearers.

### 1 Protect People Safety



- ✓ Frequently clean door handles, payment terminals, furniture, computers, keyboards, phones, etc., with disinfectants
- ✓ Screen patients by phone and use triage questions to determine if the patient has COVID-19 symptoms or has tested positive for COVID-19. If you suspect an infection, do not book patient in for an appointment
- ✓ Good to ask the patient to use an individual mask at the time of admission
- ✓ Use personal protective equipment in line with your government/professional association advice: disposable apron; disposable face mask, disposable latex gloves, safety goggles or face shield as required/needed
- ✓ Apply personal hygiene measures: frequently and thoroughly wash hands with soap and water under running water for at least 20 seconds; do not touch your face with unwashed hands; provide hand sanitiser for staff and patient use
- ✓ Do not use air conditioning and have fresh air (open windows, door) within the practice whenever is possible

### 2 Manage the Eye Care Practice



- ✓ Make an appointment to avoid creating a queue, check the health and symptoms of the patient at the time of the appointment booking (direct or via phone etc.) and re-check the health prior to the appointment
- ✓ Whenever possible, use remote communication with patients (phone calls, online consultation via Skype or viewing using remote video communication)
- ✓ Reduce the number of appointments per day to allow time for sanitization of practice areas and clinic equipment
- ✓ Explain how the appointment will differ from previous examinations and the precautions that are in place
- ✓ Adjust the patient examination plan in order to reduce the time of admission
- ✓ Respect the social distancing rules in the reception/waiting area



### 3 Support the Contact Lens Patient & Perform the Exam



- ✓ Offer the patient an optional disposable mask before starting the eye examination
- ✓ Ask the patient questions related with COVID-19 before the visit (i.e. Symptoms, Contacts, Travelling)
- ✓ Use a protective bio-microscope slit lamp shield
- ✓ Avoid conversation when close to the patient during slit lamp examination and reduce the examination time
- ✓ Reinforce good contact lens and contact lens case hygiene to all contact lens wearers and include thorough hand washing and drying
- ✓ Disinfect all devices after each patient: use disinfectants to wipe forehead & chin rests for all used devices, chair handles, test frames, eyeglass lenses, occluders, measuring rulers, pupilometers, etc.
- ✓ Use disposable tools and supplies (cotton buds, wipes, diagnostic contact lenses, vital dyes, etc.)
- ✓ Dispose of used disposable tools and consumables in accordance to the local requirements

#### Sources and further reading:

- ▶ <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#How-to-Protect-Yourself>
- ▶ <https://www.aaopt.org/my-covid-hub>
- ▶ <https://www.aoa.org/optometry-practice-reactivation-preparedness-guide>
- ▶ <https://www.college-optometrists.org/the-college/media-hub/news-listing/coronavirus-covid-19-guidance-for-optometrists.html>
- ▶ <https://www.aoa.org/headline/alert-important-coronavirus-context>
- ▶ <https://core.uwaterloo.ca/covid-19/>
- ▶ <https://iaele.org/covid-19-resources/>
- ▶ <https://www.sfo-online.fr/actualites/les-fiches-de-recommandations-de-la-sfo-face-lepidemie-covid-19>
- ▶ <https://www.dropbox.com/sh/5tspuu2j2921rri/AAAT1dfnVZBAHwfkDpHMTCa?dl=0> (Visión y Vida)
- ▶ <http://rcla.info/>
- ▶ "Contact lens practice in the time of COVID-19" by Fabrizio Zeri & Shehzad Naroo - CLAE Journal [https://www.contactlensjournal.com/article/S1367-0484\(20\)30050-3/fulltext](https://www.contactlensjournal.com/article/S1367-0484(20)30050-3/fulltext)
- ▶ "The COVID-19 pandemic: Important considerations for contact lens practitioners" by Lyndon Jones, Karen Walsh, Mark Wilcox, Philip Morgan & Jason J. Nichols - CLAE Journal [https://www.contactlensjournal.com/article/S1367-0484\(20\)30055-2/fulltext](https://www.contactlensjournal.com/article/S1367-0484(20)30055-2/fulltext)
- ▶ "Could telehealth help eye care practitioners adapt contact lens services during the COVID-19 pandemic?" Manbir Nagra, Marta Vianya-Estopa & James S. Wolffsohn - CLAE Journal [https://www.contactlensjournal.com/article/S1367-0484\(20\)30075-8/fulltext](https://www.contactlensjournal.com/article/S1367-0484(20)30075-8/fulltext)

THIS DOCUMENT AIMS TO SUPPORT THE EYE CARE & CONTACT LENS PRACTITIONER AND IS NOT A SUBSTITUTE FOR ANY LOCAL REQUIREMENTS. IT IS ALWAYS NECESSARY FOR THE EYE CARE PRACTITIONER TO COMPLY AND RESPECT THE RECOMMENDATION OF THE LOCAL GOVERNMENTS, THE NATIONAL REGULATORY BODIES AND LOCAL PROFESSIONAL ORGANIZATIONS.

<https://euromcontact.org> - Update version: May 8, 2020