Ease of Contact Lens Fitting and Training in a Child & Youth Population

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Introduction

Practitioners appear reluctant to suggest contact lenses to parents of young children. This may relate to concerns that younger children may not be mature enough to handle and care for contact lenses, or that the fitting of contact lenses will take more chair time.

Goss reported that myopia often develops at around 8 years of age. Children who require a vision correction can often benefit from contact lens wear, and should not be denied this option.

Results

The characteristics of the participants who were enrolled in the study were as follows:

Group 1 - 34 children (17F, 17M) with a mean age 9.6 ± 0.6 yrs.

Group 2 - 66 children (39F, 27M) with a mean age of 12.0 ± 0.87 yrs.

Group 3 - 68 children (42F, 26 M) with a mean age of 14.8 ± 0.7 yrs.

An acceptable lens fit was achieved for all 168 participants. During the screening visit, 3 children were not enrolled due to an inability for the clinical researcher to insert lenses, while 4 others decided they did not want to try SCLs at all.

The time taken to complete the training visit is described in Table 1.

The results of this study suggest that practitioners should not be reluctant to recommend contact lenses as a vision correction option for children.

Discussion

Children and youth with no previous contact lens experience were easily fit with contact lenses and able to care for their lenses.

The average training time for all children in the study was 30 minutes.

Five (5.4%) required a second training visit.

After the one week visit, 94% of children continued successfully with contact lens wear.

The results of this study suggest that practitioners should not be reluctant to recommend contact lenses as a vision correction option for children.

Table 1: Mean/Median Contact Lens Training Time

<table>
<thead>
<tr>
<th>Group 1</th>
<th>Group 2</th>
<th>Group 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>34</td>
<td>66</td>
</tr>
<tr>
<td>Age (years)</td>
<td>9.6±0.6 yrs</td>
<td>12.0±0.87 yrs</td>
</tr>
<tr>
<td>Mean time required to complete the training visit (minutes)</td>
<td>34±19 minutes</td>
<td>30±11 minutes</td>
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<tr>
<td>Median time required to complete the training visit</td>
<td>30 minutes</td>
<td>25 minutes</td>
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<tr>
<td>Range for training visit (minutes)</td>
<td>5 to 90 minutes</td>
<td>8 to 195 minutes</td>
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</tbody>
</table>

References


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