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Joint position statement on standardizing the clinical use of contact lenses for myopia control from ophthalmology and optometry practices in the Asia-Pacific region

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Abstract

The increasing prevalence of myopia in Asia is a public health concern, necessitating prompt control strategies because of its progressive nature and long-term consequences for vision. Despite demonstrating efficacy, convenience, and a positive lifestyle impact, myopia control contact lenses are not widely used. Standardized guidelines on the use of myopia control soft contact lenses (MCSCSLs) and orthokeratology (ortho-k) lenses enable eye care professionals (ECPs) to achieve maximum potential for childhood myopia control. An expert panel of ECPs from the Asia-Pacific region was convened to examine prescribing behaviors, identify areas for improvement, and advance the discussion on myopia control contact lens usage. An online survey conducted among ECPs across Chinese Taipei (China), Hong Kong SAR (China), Japan, Malaysia, Singapore, and South Korea gathered insights on current practices, challenges, and preferences. The expert panel discussed the survey's results and deliberated on acceptable practices in a roundtable meeting in Kuala Lumpur. Recommendations for guiding patient selection, the fitting process, follow-up schedules, and treatment outcomes for MCSCSLs and ortho-k lenses were proposed. This position statement reports these recommendations and related consensus statements on incorporating MCSCSLs and ortho-k lenses into clinical

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