

**COURSE DATA****Data Subject**

<b>Code</b>	34305
<b>Name</b>	Contactology practicum
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	7.5
<b>Academic year</b>	2024 - 2025

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. Period</b>	<b>year</b>
1207 - Degree in Optics and Optometry	Faculty of Physics	3	Annual

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1207 - Degree in Optics and Optometry	13 - Contactology	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
LOPEZ ALEMANY, ANTONIO	280 - Optics and Optometry and Vision Sciences

**SUMMARY**

The Contact Practices course aims to make the student go through the process of fitting soft and rigid contact lenses to simulated patients with spherical and astigmatic ametropias. In order to know how to make decisions at each step to achieve a suitable and safe adaptation.

**PREVIOUS KNOWLEDGE****Relationship to other subjects of the same degree**

There are no specified enrollment restrictions with other subjects of the curriculum.



### Other requirements

The student must have completed or be enrolled Contactología matter. It would be advisable that the student / to have the knowledge imparted in areas such as Optometry I and II, both theoretical and practical aspects, Ophthalmic optics, and Ocular Anatomy, Human Physiology and Ocular, Ocular Biology and optical materials.

## COMPETENCES (RD 1393/2007) // LEARNING OUTCOMES (RD 822/2021)

### 1207 - Degree in Optics and Optometry

- To know the properties of the types of contact lenses and ocular prostheses.
- To know the geometry and physicochemical properties of the contact lens and to associate them with the ocular and refractive characteristics.
- To know and to use clinical and instrumental protocols in the exploration associated with the adaptation of contact lenses.
- To know the maintenance, diagnosis and treatment solutions and to associate them with the lenticular and ocular characteristics.
- To apply the clinical procedures associated with the adaptation of contact lenses to different refractive and ocular dysfunctions.
- To detect, to assess and to solve anomalies associated with the wearing of contact lenses.
- To adapt contact lenses and ocular prostheses to improve vision and the external appearance of the eye.

## LEARNING OUTCOMES (RD 1393/2007) // NO CONTENT (RD 822/2021)

The student, at the end of his teaching must know how to know in which cases could adapt the contact lens and how to adapt it to meet their goals safely.

## DESCRIPTION OF CONTENTS

### 1. Introduction. Hygienic standards. Biomicroscope or Slit Lamp.

It will be explained how the practices will be developed. It will be indicated and practiced how to avoid biological or inert contamination of contact lenses in their handling. You will be introduced to the operation of the slit lamp or ocular biomicroscope by knowing its parts and how lighting, filters, image magnifications and orientation of its observation and lighting components are used.

**2. PRELIMINARY EXAMINATION FOR CONTACT LENSES ADAPTATION**

Performing all phases of preadaptation since making the parentage of patient history, examination, decision parameters, etc. and conclude whether or not it is possible to adapt contact lenses and, where appropriate, that contact lenses should be considered as first choice for each particular case.

**3. CONTACT LENS HANDLING AND CONTROL OF THEIR PARAMETERS AND CONDITION.**

How to Manipulate the lens for insertion and extraction of the ocular surface. How to clean, disinfect and condition these lenses for safe use. How to evaluate the parameters and morphology and cleaning of contact lenses.

**4.****5. RIGID CONTACT LENSES ADAPTATION**

From the data obtained in Practice II, the student will select the rigid lens deemed appropriate for each case according to methods described in terms of Contactology. Then evaluate whether the lens is suitable, otherwise change this lens for other suitable parameters based on observed.

**6. SOFT TORIC CONTACT LENSES FITTING**

From the data obtained in Practice II, the student will select soft toric lens with stabilization system deemed appropriate for each case according to methods described in terms of Contactology. Then evaluate whether the lens is properly by observing the stabilization system reference, otherwise change this lens for other suitable parameters based on observed.

**WORKLOAD**

<b>ACTIVITY</b>	<b>Hours</b>	<b>% To be attended</b>
Other activities	75,00	100
Attendance at events and external activities	5,00	0
Study and independent work	35,00	0
Readings supplementary material	17,50	0
Preparation of evaluation activities	5,00	0
Preparation of practical classes and problem	50,00	0
<b>TOTAL</b>	<b>187,50</b>	



## TEACHING METHODOLOGY

The assignature will be developed through practicals classes you will develop the theoretical concepts in a practical application in the contact lens fitting. These classes, small group of up to eight students, will be conducted with patients simulados. De first step so that fit soft lenses and rigid at least three student-simulated patients.

## EVALUATION

The evaluation of the matter will be composed of several sections that are detailed below with the value on the final grade of each one of them. The student will not be able to pass the subject if they miss more than 4 justified sessions out of the total of 13 that make up the whole development of the subject. 10% of the grade will be obtained from the evaluation of the practical notebook. 30% of the grade will be obtained from a practical case exam. 60% will be from the practical exam that will be held where the student will demonstrate their knowledge and practical skills. After completing the previous sections, to pass the subject, the student must obtain a sum of 5 or more points over the maximum of 10.

## REFERENCES

### Basic

- Referencia b1: LÓPEZ ALEMANY, ANTONIO; SERÉS REVÉS, CARMEN; DURBAN FORNIELES, JUAN JOSÉ; COMPANY VIDAL, JOSÉ LUIS.  
LENTES DE CONTACTO: TEORÍA Y PRÁCTICA  
Editorial Ulleye. Xàtiva. 2008 ISBN 978-84-935497-5-6
- Referencia b2: GONZÁLEZ-CAVADA BENAVIDES  
ATLAS DE LÁMPARA DE HENDIDURA  
Editorial Complutense, 2001

### Additional

- Referencia c1:  
LOPEZ ALEMANY, ANTONIO, ed.  
LENTES DE CONTACTO Y SUPERFICIE OCULAR: BIOMATERIALES  
Ed. Ulleye, Xàtiva, 2020.
- Referencia c2: HOM, MILTON.  
MANUAL DE PRESCRIPCIÓN Y ADAPTACIÓN DE LENTES DE CONTACTO.  
3ª EDICION, ED: MASSON, 2007
- Referencia c3: LÓPEZ ALEMANY, ANTONIO; SERÉS REVÉS, CARMEN; y cols.  
USO PROLONGADO DE LENTES DE CONTACTO.  
Ed. Ulleye. Xàtiva 2003.



Referencia c4: LOPEZ ALEMANY, ANTONIO.  
SUPERFICIE OCULAR Y BIOMATERIALES: LENTES DE CONTACTO.  
Ed. Ulleye, Xàtiva, 2010.

