

April 2018

Compliance in the spotlight for IACLE meeting at NCC2018

What can educators do to help encourage patient compliance? This was the question posed at an IACLE meeting held at last month's Dutch Contact Lens Congress in Veldoven, The Netherlands (11-12 March). Wim Borst reports on some of the proposals discussed



The theme for this year's Netherlands Contactlens Congress (NCC) was 'Making a difference'. FIACLES **Wim Borst** from [Deltion College](#), Zwolle and **Henri Eek** from [Hogeschool Utrecht](#) put together a presentation on this theme, around the topic of patient compliance. The IACLE meeting took place during lunch on 11 March and around 25 people attended. Most were IACLE members from several countries. There were also educators from the Netherlands and some interested practitioners.

Byki Huntjens (pictured above) welcomed everyone on behalf of IACLE. She explained what IACLE is, its aims to improve education on contact lenses worldwide and how many members IACLE has in its three global regions. Byki acknowledged IACLE's sponsors and thanked them for their support.



FIACLE **Wim Borst** (left) presented an overview of articles on compliance during the last 30 years. He reviewed non-compliant behaviours and the underlying reasons, and described the relative risk of microbial keratitis related to each non-compliant lens wear and care behaviour.

'It is a great pity to see that (non) compliant behaviour has not really changed over the last decades,' he commented.

In the third part of the session, FIACLE **Henri Eek** led the discussion on three theses:

- Educators and contact lens practitioners do not always realize how important good education on compliance is for their students and their future patients.
- Contact lens educators can provide a useful contribution to awareness of the importance of good compliance to our students and their future patients.
- An instruction manual with information and education on compliance which includes also some 'dirty pictures' (like the tobacco industry) could be helpful to improve awareness of compliance for educators, students and contact lens wearers.

The discussion on the first thesis appeared to cover the second thesis as well and resulted in some interesting points of view:

- Educators do not always realize the importance and impact of compliance.
- Educators must encourage their students to be compliant in all situations.
- At every aftercare visit patients must be instructed on lens care.
- Our colleagues in Jordan have their students plan aftercare visits every three weeks to practise instruction more often.
- The use of tap water in rinsing contact lenses and lens cases must be avoided in all situations.

Discussion on the third thesis gave the following results:

- Showing 'dirty pictures' is not the right way to emphasize to the patient to act compliantly – it might have an adverse effect.
- Practitioners should mention the positive effects of compliant behaviour, ie longer comfortable wearing time.
- It is difficult to give specific advantages for the patient.
- Many patients will experience enhanced comfort when their lenses are replaced more often.
- Daily disposables are less expensive than they seem – there are no costs for lens care and patients need less time (time = money).

Elsewhere on the NCC program, IACLE officers, members and FIACLES were busy chairing sessions and debates, and presenting lectures. The next NCC will be held on 15-16 March 2020.

