



# Masterclass Video Series

# Myopia Workflow

KEYS TO EFFECTIVELY MANAGING MYOPIA PATIENT  
WORKFLOW IN TODAY'S PEDIATRIC PRACTICE



CONTENT DEVELOPED BY  
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## FACULTY

**THE MYOPIA WORKFLOW MASTERCLASS SERIES** features a collection of videos showcasing best practices for managing myopia in pediatric patients. Experts Dominique Bremond-Gignac, MD, PhD, FEBO; Erin Tomiyama, OD, PhD, FAAO; Ken Nischal, MD, FAAP, FRCOphth; and Ramesh Kekunnaya, MD, FRCS provide insights into essential diagnostic tools for routine exams, with a focus on identifying key risk factors for progressive myopia. The series also presents strategies to streamline practice workflows, ensuring timely diagnosis and treatment. Additionally, it highlights the importance of educating patients and parents about treatment options and underscores the need for robust follow-up plans to monitor progression and coordinate care with other healthcare professionals.



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## OVERVIEW

### **MASTERCLASS 1:** Managing Myopia Patients with Ken Nischal

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Dr. Ken Nischal highlights the urgent need for efficient workflows to manage the rapidly increasing prevalence of myopia, projected to impact 50% of the global population by 2050. He emphasizes adopting evidence-based clinical effectiveness guidelines and using educational videos to enhance patient and parent understanding while reducing chair time. Dr. Nischal also highlights the importance of identifying critical red flags and using the AIDET communication framework to improve the overall patient experience.

*“You have got to know your literature so that when something new comes along, you can decide to adopt it or not adopt it, depending on your foundation knowledge.”*

### **MASTERCLASS 2:** Best Practices for Routine Exams with Erin Tomiyama

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Dr. Erin Tomiyama stresses the importance of early detection and myopia prevention in routine pediatric exams. She advocates for comprehensive diagnostic protocols, including cycloplegic refraction for the accurate assessment of accommodation, and discusses distinguishing axial from refractive myopia. Dr. Tomiyama covers key genetic and environmental risk factors, provides lifestyle recommendations for risk reduction, addresses common pitfalls in myopia management and provides strategies to avoid them.

*“Routine exams to diagnose myopia early are crucial for arresting myopia’s progression and improving outcomes for patients.”*

### **MASTERCLASS 3:** Subjective and Objective Myopia Risk Factors with Ken Nischal

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Dr. Ken Nischal discusses the importance of thorough risk assessment, emphasizing both subjective and objective risk factors. He outlines essential clinical indicators for early intervention, cautions against misleading social media advice, and advocates for professional eye care. Dr. Nischal highlights key diagnostic tests for effective myopia detection and shares a success story demonstrating the benefits of timely intervention in slowing myopia progression.

*“By carefully evaluating both subjective and objective risk factors, we can develop effective treatment plans and significantly improve patient outcomes.”*

## OVERVIEW

### MASTERCLASS 4:

#### Effective Communication in Patient Management with Ramesh Kekunnaya

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Dr. Ramesh Kekunnaya emphasizes the critical role of educating both patients and parents in effective myopia management, focusing on dispelling common misconceptions and tailoring treatments to each patient's needs. He highlights that myopia management requires a long-term commitment, with adherence to treatment being essential to slow myopia progression and minimize future complications. Dr. Kekunnaya advocates for integrating digital tools and behavior modifications alongside clinical treatments, creating a more personalized approach that aligns with long-term management goals.

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*The child must understand what I am doing and why I am doing it.*

”

### MASTERCLASS 5:

#### Overcoming Myopia Treatment Objections with Dominique Bremond-Gignac

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Dr. Dominique Bremond-Gignac explores the challenges of educating parents about the risks of childhood myopia and the importance of myopia control, especially where awareness is limited. She discusses concerns regarding cost and compliance, underscoring the value of clear and effective communication with families. Dr. Bremond-Gignac emphasizes the need for individualized treatment plans to address each child's unique needs to achieve the best outcomes.

“

*There is very little information known by the parents about myopia.*

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### MASTERCLASS 6:

#### Tracking Myopia: Essential Follow-Up Care with Erin Tomiyama

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Dr. Erin Tomiyama emphasizes the critical role of consistent follow-up care in myopia management, particularly for patients with high-risk factors requiring more frequent monitoring. She shares strategies for communicating the importance of regular visits to patients and parents and outlines specific scenarios where co-management with other healthcare professionals may be necessary to ensure optimal patient care.

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*Myopia treatment is a marathon, not a sprint. It doesn't end with just a prescription.*

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# 2

## Best Practices for Routine Exams

ERIN TOMIYAMA, OD, PhD, FAAO



### TAKE-HOME POINTS



Early detection of myopia is crucial because the condition cannot be reversed.



Cycloplegic refraction is critical for early myopia detection, while axial length measurements are essential for monitoring its progression.



Assessing family history and the child's behavior is important for evaluating the risk of developing myopia.



Specific, actionable lifestyle changes can be effectively integrated into children's daily routines.

### ASK YOURSELF

- ♦ What are the essential components of a comprehensive routine pediatric eye exam?
- ♦ Are you familiar with the current procedures for cycloplegic refraction?
- ♦ Can you differentiate between axial myopia and refractive myopia?
- ♦ What genetic and environmental factors increase the risk of developing myopia?
- ♦ How do you counsel patients with heightened environmental risk factors for myopia?
- ♦ What common pitfalls should be avoided in modern myopia management strategies?



### NOTES

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# 4

## Effective Communication in Patient Management

RAMESH KEKUNNAYA, MD, FRCS



### TAKE-HOME POINTS



Utilize relatable examples to explain myopia progression and clearly outline a customizable management approach.



Engage both children and parents in understanding the role of behavior changes in the treatment plan.



Foster ongoing communication and education with families to ensure long-term adherence for effective myopia management.

### ASK YOURSELF

- ◆ What are common misconceptions that parents might have about myopia management?
- ◆ Can you simplify complex information to help both the child and parents clearly understand the pros and cons of different treatment options?
- ◆ How do you approach discussions about the costs associated with long-term myopia management?
- ◆ What strategies do you use to build trust with children and their parents to encourage adherence to the treatment plan?
- ◆ Are you familiar with digital tools and resources for managing myopia?



### NOTES

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