

Implementing the
WSPOS 2025
Myopia Consensus
into Everyday Practice



WSPOS
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MEDICAL EDUCATION



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THE WSPOS 2025 MYOPIA CONSENSUS STATEMENT VIDEO SERIES brings together global experts Annegret Dahlmann-Noor, Ken Nischal, Mark Bullimore, Ramesh Kekunnaya, and Seo Wei Leo to share their insights on translating the consensus statement into real-world practice. Each video highlights interventions proven to be safe and effective, while addressing regional differences in access, regulation, and implementation.

Across six episodes, the series explores how optical, pharmacological, and behavioral myopia control strategies can be adapted to diverse clinical settings in Europe, Asia, and the United States. Emphasizing personalization, communication, and adherence, the experts demonstrate how clear conversations with families, regional awareness, and structured monitoring can transform clinical evidence into effective, everyday myopia care.



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OVERVIEW

EXPERT VIDEO 1:

Breaking Down the WSPOS 2025 Consensus Statement with Ken Nischal

Dr. Ken Nischal translates the 2025 WSPOS Myopia Consensus Statement into practical strategies, clarifying which interventions are effective, which lack evidence, and how to balance them with real-world accessibility. By distinguishing science from speculation, he equips clinicians, parents, and patients with clear, evidence-based tools for everyday myopia management.

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The consensus statement cuts through the noise - showing what truly works, what doesn't, and why it matters.

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EXPERT VIDEO 2:

Evidence-Based Strategies for Myopia Control with Mark Bullimore

Prof. Mark Bullimore reviews interventions proven to slow myopia progression in children, emphasizing that consistent adherence is key to success. Myopia control spectacle lenses show sustained benefits, while atropine remains limited by side effects and the need for additional optical correction. He stresses realistic expectations, clear communication, and adherence to consensus guidelines to ensure evidence-led care.

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The best myopia control treatment is the one the child will actually use—guided by evidence and practicality.

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EXPERT VIDEO 3:

Access and Awareness Across Europe with Annegret Dahlmann-Noor

Prof. Annegret Dahlmann-Noor highlights the importance of personalized myopia management shaped by each child's lifestyle, history, and preferences. Across Europe, access to treatments varies, and compounded low-dose atropine presents challenges in quality and availability. She reinforces the value of behavioral strategies, the need to raise awareness among families and clinicians, and the role of the WSPOS consensus in guiding tailored, practical care.

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Raising awareness, providing education, and supporting families is the biggest take-home message from this consensus statement.

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OVERVIEW

EXPERT VIDEO 4:

Customizing Myopia Care for Asian Children
with Seo Wei Leo

Dr. Seo Wei Leo contextualizes the WSPOS 2025 consensus for Asian populations, emphasizing a tailored approach based on each child's risk factors, age, and lifestyle. She advocates integrating pharmacological, optical, and behavioral strategies, supported by strong public health campaigns and school-based initiatives. Highlighting the importance of cost awareness, compliance, and regular monitoring, she encourages clinicians to stay current with evidence-based practice and engage parents in setting realistic, long-term goals.

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Once you see a myopic child, do not hesitate—examine, treat, and set realistic goals with parents.

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EXPERT VIDEO 5:

Applying the WSPOS 2025 Consensus in the United States
with Ken Nischal

Dr. Ken Nischal explores how to translate consensus principles into everyday U.S. practice amid challenges such as insurance constraints, variable access, and limited public awareness. He outlines how genetics, lifestyle, and early myopic signs inform risk assessment, and how clinical success is measured through axial length and refractive change. By combining behavioral interventions with optical and pharmacological options, he emphasizes the need to personalize management around each family's goals and circumstances.

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Behavioral interventions form the foundation of myopia control—everything else builds on them for greater impact.

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EXPERT VIDEO 6:

Building Better Parent Conversations
with Ramesh Kekunnaya

Dr. Ramesh Kekunnaya emphasizes that successful myopia management starts with communication, not just clinical data. Effective conversations help parents understand the goals, benefits, and long-term nature of treatment. He outlines how to personalize management based on eye growth patterns, lifestyle, and age, while setting realistic expectations and using measurable progress to guide decisions. By engaging the entire family and focusing on the first conversation as the foundation for trust, he shows how dialogue drives adherence and sustained success.

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The first conversation with parents is the most powerful tool we have—it builds understanding, commitment, and long-term success.

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Breaking Down the WSPOS 2025 Consensus Statement

with **KEN NISCHAL**



The consensus statement helps guide clinical decisions and communication with families.



Behavioral and lifestyle interventions—including everyday habits—play a crucial role in managing myopia progression.



Certain optical designs and pharmacological approaches are supported by strong evidence, while others commonly used are not.

- ❖ Am I clear on the evidence underpinning the WSPOS 2025 Myopia Consensus Statement?
- ❖ Do I base my myopia management decisions on the strongest available evidence?
- ❖ Do I consider how lifestyle and behavioral factors affect myopia progression in children?
- ❖ Am I tailoring treatment recommendations to each child's daily activities and family context?



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Evidence-Based Strategies for Myopia Control

with **MARK BULLIMORE**



TAKE-HOME POINTS



Multiple interventions can slow myopia progression, but their effectiveness depends on adherence.



Consider the practical challenges, limitations, and a child's daily habits when selecting a treatment.



Choose a myopia control strategy that fits the child's lifestyle and is feasible for long-term adherence.



Start with one evidence-based option and adjust the strategy over time as needed.



Use long-term clinical data to guide decisions and set realistic treatment expectations.



Communicate clearly with families to support adherence and optimize outcomes.

ASK YOURSELF

- ◆ Am I basing my myopia management decisions on the most current and robust evidence?
- ◆ Which myopia control options are available in my region, and what evidence supports them?
- ◆ What insights do long-term studies, provide for clinical practice?
- ◆ What challenges may arise when implementing treatments like atropine, and how can they be managed?
- ◆ How can I set measurable goals and effectively monitor myopia control over time?



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Access and Awareness Across Europe



TAKE-HOME POINTS



Tailor treatment to the child's preferences and lifestyle—adherence drives success.



Access to myopia management varies widely across Europe; compounded atropine presents challenges in preparation, quality, and availability.



Awareness of myopia's long-term risks is still limited in many regions, highlighting the practitioner's role in education and advocacy.



**Support families by
balancing realistic
guidance, reassurance,
and access to feasible
care options.**

ASK YOURSELF

- ◆ How do I individualize myopia management based on each child's lifestyle, history, and family factors?
- ◆ Are the myopia control options I recommend both accessible and sustainable for families in my region?
- ◆ How can I support awareness among colleagues and communities about the risks and management of myopia?
- ◆ Am I emphasizing outdoor time and healthy visual habits as essential parts of myopia care?



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Customizing Myopia Care for Asian Children

with **SEO WEI LEO**



TAKE-HOME POINTS



Every child's myopia journey is unique—tailor treatment to their lifestyle, environment, and family context.



Balance evidence and practicality when choosing interventions, from lifestyle modifications to pharmacological options.



Consider real-world challenges like cost, adherence, and access when planning care.



Structured monitoring and follow-up are crucial—axial-length percentile charts can help track progress.



Keep current with the latest evidence and use the consensus statement to guide decisions and conversations with families.

ASK YOURSELF

- ◆ How should I stratify a child's risk before choosing a myopia control plan?
- ◆ Have I assessed lifestyle drivers and can these be changed practically for this family?
- ◆ When is monotherapy appropriate versus starting combination therapy in patients with faster or a high-risk for progression?
- ◆ Do I have a realistic plan for cost, compliance, and follow-up that the family can afford and adhere to long term?



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Applying the WSPOS 2025 Consensus in the United States



Engaging families, addressing practical challenges, and monitoring outcomes over time are key to achieving successful myopia management.

Building Better Parent Conversations

with **RAMESH KEKUNNAYA**



TAKE-HOME POINTS



Effective myopia care begins with communication—not just clinical data.



Parents need clarity on both short- and long-term goals to stay committed to management plans.



Lifestyle guidance, regular monitoring, and measurable outcomes build trust and reinforce success.



Treatment strategies must be personalized, balancing optical, pharmacological, and behavioral options.



Involving the whole family strengthens adherence and helps establish sustainable habits.

ASK YOURSELF

- ◆ Am I making time for the first, crucial patient-parent conversation that sets expectations for myopia management?
- ◆ How can I explain long-term benefits and realistic outcomes to help parents commit to treatment?
- ◆ Do I personalize my communication and strategy based on the child's risk profile and family dynamics?
- ◆ How can I engage the entire family to build lasting habits that support myopia control?



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