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Speice 3A

Independent Study and Mentorship

13, September 2018

A New Set of Eyes

Assessment 3- Research

Date: September 13, 2018

Subject: Corrective Lenses- Contacts

Works Cited:

Bekker, Mary. "Contact Lenses." *The Gale Encyclopedia of Nursing and Allied Health*, edited by Jacqueline L. Longe, 4th ed., vol. 2, Gale, 2018, pp. 949-952. *Health & Wellness Resource Center*, <http://link.galegroup.com/apps/doc/CX3662600284/HWRC?u=j043905010&sid=HWR C&xid=370423a6>. Accessed 14 Sept. 2018.

Assessment:

This week in ISM, I decided to research different corrective lenses that optometrists prescribe to their patients. Being able to find an article over this subject was hard in that certain databases were not pulling up current articles. Eventually, I was able to find a piece of text over a certain type of corrective lens: contacts.

When reading this article, basic information was covered, much of which I already knew, considering I own contacts myself. Although, when annotating, I learned new information including the material contacts are made with, the different types of contacts

prescribed, the side effects of contact lenses, and most importantly the overall purpose of corrective lenses. When analyzing the text, one piece of information that shocked me the most was the idea that contact lenses have different color tints. Some patients prefer to have more dense tint in their contacts because the individual desires a more crisp eye color. When I initially read this information, I wondered if the tint would affect the eyes negatively, such as diseases and irritation in the patient's eyes.

Additionally, the article explained how there are different plastic materials that make up contacts, along with hundreds of brands optometrists can choose from. There are different types of contacts that correlate with the various types of plastics used. For example, there are overnight, daily, and extended-wear lenses. This information allowed me to wonder how overnight lenses were different than regular ones. Having contacts myself, I am aware that wearing contacts overnight is detrimental to one's eyes. Every night, I have to take out my daily contacts, in order to prevent eye infections and my contacts eventually drying out. With overnight contacts, I wonder how these corrective lenses are able to remain in one's eye without resulting in infections. As I continued to read, I learned that different contact lenses have differing widths, depending on the contact, product, and the intention of the corrective lens. In this case, overnight and extended-wear lenses are thicker, compared to thin and flexible daily contacts. In general, optometrists prefer daily contacts in that they provide a more sanitary and easy disposable option for patients.

To conclude this article, the text included what information is given to the patient, when first prescribed contacts. When given contact lenses, the patient is provided with instructions and scheduled for a follow-up appointment. This appointment is necessary

because since “...contact lens is an FDA-approved medical device placed directly onto the eye...it cannot be issued until the eye’s proper health has been ascertained via a flow-up examination”. This part of the process is vital because it ensures that the correct product is used on one’s eyes that requires. Follow-up appointments result in cooperation with an optometrist’s patients. If the patient does not stick to the planned schedule, this means that the optometrist and staff must be flexible and understanding, as they work with a patient. This led me to think that being an optometrist would be an appropriate fit for me because I can be straight-forward yet considerate at the same time. Working well with other people as a team is a quality I have, so having patience with clients, as an optometrist, does not seem like a factor that would drive me away from this career.

Lastly, this article highlighted the intended purpose for corrective lenses. Corrective lenses, such as glasses and contacts, are supposed to redirect an individual’s vision back to 20/20. After I read this information, I wondered if corrective lenses actually enhanced eyesight or actually caused worsening vision. From personal experience, I am aware that my eyes have become more dependent to my glasses over time, and my vision has gotten worse within a short period of time. Once I get a mentor, I would like to ask if corrective lenses actually benefit or make their patients’ vision worse. My thought process when reading into this article has allowed me to have extensive thinking and ask questions about these certain optometry topics.

From my research this week, I have gained general knowledge about how optometrists prescribe certain corrective lenses. This article has allowed me to challenge my thinking and ask deep and thorough questions about a topic that I am genuinely interested

in. Next week, I plan to research further into how prescriptions are made and what the numbers behind the prescription really means. I also want to look into how optometrists prescribe different contact solutions and contacts to certain patients with various eye abnormalities. Lastly, I would like to research more about glasses, that way I can see the effectiveness of glasses, in comparison to contacts.

[Annotated Article](#)