

A Novel Collaboration: Multifocal RGPs and Low Vision Aids Increase Quality of Life in Visually Impaired

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BACKGROUND

- Multifocal rigid gas permeable (MF RGP) contact lenses are an effective option for correcting presbyopic patients for distance and near
- No documentation is available on the use of such contact lenses in the presbyopic low vision population, particularly with low vision devices
- MF RGP lenses have the potential utility of decreasing reliance on low vision aids and promoting increased quality of life in the low vision patient population

CASE DESCRIPTION

- 2 visually impaired presbyopic myopes were fit with MF RGP contact lenses to be used in conjunction with low vision devices
- Visual Functioning Questionnaire – 25 (VFQ-25) was administered in order to quantify improvement to quality of life (QOL) with the new lenses



Figure 1. Patient #1 utilizing MF RGP contact lenses in conjunction with low vision devices

No.	Items
1	General health
2	General vision
3	Worry about eyesight
4	Pain around eyes
5	Reading normal newsprint
6	Seeing well up close
7	Finding objects on crowded shelf
8	Street Signs
9	Going downstairs at night
10	Seeing objects off to the side
11	Seeing how people react
12	Matching clothes
13	Visiting others
14	Going out to movies/plays
15	Driving in daylight
16	Driving in difficult conditions
17	Accomplish less
18	Limited Endurance
19	Amount of time in pain
20	Stay home most of the time
21	Frustrated
22	No control
23	Rely too much on others' words
24	Need much help from others
25	Embarrassment

Figure 2. Predictors of Quality-of-Life examined by VFQ-25

Patient #1

- Reported less reliance on her magnifier, a device she previously used to see poorly contrasted and small continuous text, and was now able to read bold contrast text with the contact lenses alone
- The patient gained greater independence during activities such as grocery shopping, preparing meals and writing checks

Patient #2

- Experienced an improvement in near visual acuity upon being fitted with his MF RGP and stated that the MF RGPs in conjunction with his low vision devices enhanced his ability to carry out daily activities
- The patient required less magnification on his computer as well as from his low vision aids, and no longer required reading glasses for large print

CONCLUSIONS

- For both patients, QOL increased nearly 100% for distance and near activities as well as for general vision; in categories such as social functioning, mental health, role difficulties and dependency, QOL nearly tripled
- The use of MF RGP lenses in conjunction with low vision devices is a novel utility of contact lenses
- Eye care practitioners caring for visually impaired patients, particularly presbyopic degenerative myopes, should consider using MF RGPs with a maximized add as a means of improving visual outcomes, decreasing reliance on visual aids and improving quality of life as it relates to visual needs

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