

11 November 2021
Hong Kong Convention and Exhibition Centre

Hong Kong International Optometric Symposium

The Updates of Myopia in Pandemic

Event Report



Hong Kong International Optometric Symposium – Updates on Myopia under the Pandemic

- 7 experts from Canada, Hong Kong, Singapore, Mainland China and United Kingdom shared the latest research on myopia progression and tactics for myopia control under the pandemic
 - 1,609 participants from 12 countries and regions attended the Symposium
 - 99% respondents rated the Symposium as fair to excellent
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Organised by the Hong Kong Trade Development Council, with support from the Hong Kong Optometric Association and the Polytechnic University of Hong Kong, the Hong Kong International Optometric Symposium was held in hybrid format under the theme of “Updates on Myopia under the Pandemic”.

Heavy-weighted Speakers Gathering at the Symposium

Dr Tony Ko Pat-shing, Chief Executive of Hospital Authority, was the Guest of Honour who delivered remarks online during the Opening Ceremony and followed by seven experts from Canada, Hong Kong, Singapore, Mainland China, and United Kingdom shared the latest research on myopia progression and tactics for myopia control under the pandemic:

1. Prof. Deborah JONES, University of Waterloo, Canada
2. Prof. Pauline CHO and Dr Jeffrey LEUNG, The Hong Kong Polytechnic University, Hong Kong
3. Prof. SAW Seang-Mei, National University of Singapore, Singapore
4. Prof. Bruce LAN Wei-zhong, Central South University, Mainland China
5. Prof. Wai-ching LAM, The University of Hong Kong, Hong Kong
6. Dr Cindy TROMANS, European Council of Optometry and Optics, United Kingdom

Engaging Hybrid Solutions for Optometric Professionals

Considering that quite some optometrists had to work at clinics or retail stores during the weekdays and the evolving pandemic situation, the hybrid event format, running simultaneously in physical and online channels, of the Symposium offered convenience and flexibilities to optometrists who might not be able to attend the event physically for whole day.

To encourage knowledge exchanges and interactions between audiences and speakers both online and in-person, “Slido”, an easy-to-use Q&A online and polling platform, was used at the Symposium. For each speaker, about 8-10 questions were received via Slido. It was noticed that onsite audiences preferred to ask questions via an online platform instead of raising their hands on the spot at the Symposium.

Supports from Government's Funding and Commercial Sponsors

The Symposium has been one of the most important annual events for optometric and ophthalmological professionals to gather, interact and knowledge exchange. With its pivotal position in Asia and Hong Kong, the Symposium was proudly supported by the Professional Services Advancement Support Scheme (PASS) with another 4 commercial sponsors, namely Carl Zeiss Far East Co. Ltd., CooperVision Hong Kong Ltd., Euclid System Corporation and HOYA Lens Hong Kong Ltd.

Key Takeaways from 7 Experts



Prof. Deborah JONES, University of Waterloo, Canada

Prof Jones presented evidence-based information on the non-pharmacological options available for myopia management. The sharing covered the types of spectacle options that have been proven to be effective for myopia management as well as the contact lens options that are available. Efficacy of the various options was discussed as well as information on how to interpret the scientific literature.

Prof. Pauline CHO (right) and Dr Jeffrey LEUNG (left), The Hong Kong Polytechnic University, Hong Kong

The first part of this course was covered by Dr Leung who reviewed the risk factors for astigmatism and myopia development, followed by presenting recent research on the change of refractive errors in the Hong Kong schoolchildren population.

The second part was covered by Prof Cho who reviewed stand-alone orthokeratology (ortho-k) and 0.01% atropine treatments, including effectiveness, adverse events, limitations, and mechanisms. This will be followed by a presentation of a recent study using combination of the two treatments for myopia control. The efficiency of the combined treatment will be discussed.



Prof. SAW Seang-Mei, National University of Singapore, Singapore



Prof Saw shared approaches to prevent myopia-related blindness and attempts to prevent or delay the onset of myopia among children - by increased outdoor time, stunt progression from low/mild myopia to HM – through optical (e.g. defocus incorporated soft contact, orthokeratology, and progressive-additional lenses) and pharmacological (e.g. low dose of atropine) interventions, and stunt progression from HM to PM – through medical/surgical treatments (e.g. anti-vascular endothelial growth factor therapies, macula buckling and scleral crosslinking). Recent clinical trials aiming for retarding myopia progression were also shared which have shown encouraging results.

Prof. Bruce LAN Wei-zhong, Central South University, Mainland China

Prof Lan introduced relevant public health policies and strategies, as well as recent achievements reported by representative regions and present recent policies and strategies on myopia implemented by Chinese Central Government.



Prof. Wai-ching LAM, The University of Hong Kong, Hong Kong



Prof Lam covered key topics to enable the recognition and the current management of the different sight threatening complications associated with myopia, to review the different pathological features of myopic degeneration and its effects to the vision and prognosis, to understand the pathophysiology and the current management approach of myopic foveoschisis, retinal detachment and myopic macula hole, and to review the pathophysiology and the current management of myopic choroidal neovascular membrane.

Dr Cindy TROMANS, European Council of Optometry and Optics, United Kingdom

Dr Tromans presented the principles of infection control and how that relates to optometry practice. Her sharing looked at transmission of infection and principles of cleaning, sterilisation, disinfection, covered methods to prevent the transmission of infection including personal protection and cleaning and decontaminating the equipment in a consulting room. The COVID-19 pandemic, she shared, was considered and the changes that are required to enhance infection control and manage patients safely.



Well Recognised Event Quality by Attendees

A post-event questionnaire was conducted with a total of 219 respondents. 99% respondents rated the HKIOS as fair to excellent and found it very helpful/ useful to their work.

For more information or any inquiries about the Symposium, please contact hkios@hktcdc.org or (+852) 1830 668.

*This event is funded by the Professional Services Advancement Support Scheme of the Government of the Hong Kong Special Administrative Region.

*此活動由香港特別行政區政府的專業服務協進支援計劃資助。

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Appendix I – Event Programme

The 19th Hong Kong International Optometric Symposium 第十九屆香港國際視光學會議

Updates on Myopia under the Pandemic 疫情下近視發展

Date/日期	: 11 / 11 / 2021 (Thursday 星期四)
Time/時間	: 9am – 5pm / 上午 9 時至下午 5 時
Venue/地點	: Meeting Room S221, Hong Kong Convention and Exhibition Centre 香港會議展覽中心會議室 S221
Language/語言	: English (with simultaneous interpretation in Cantonese) 英語 (設廣東話即時傳譯)

Opening Ceremony Programme 開幕禮程序

08:15	Registration 登記入場
09:00	The 19th Hong Kong International Optometric Symposium – Kick off Session 第十九屆香港國際視光學會議 – 啟動儀式 Welcome Remarks 歡迎辭 <ul style="list-style-type: none">- Professor Chi-ho TO Chair Professor of Experimental Optometry, Henry G. Leong Professor in Elderly Vision Health and Head, School of Optometry, The Hong Kong Polytechnic University 香港理工大學科研眼科視光學講座教授、梁顯利長者健康視覺教授及眼科視光學院學院主任 杜嗣河教授- Mr Calvin KWAN President, The Hong Kong Optometric Association 香港光學會會長 關國輝先生 Opening Remarks 開幕辭 <ul style="list-style-type: none">- Dr Tony KO Pat-sing Chief Executive, Hospital Authority 醫院管理局行政總裁 高拔陞醫生
09:10	Presentation of Souvenirs to Speakers and Moderators 頒贈紀念品儀式 <ul style="list-style-type: none">- Ms Sophia CHONG Assistant Executive Director, Hong Kong Trade Development Council 香港貿易發展局助理總裁 張淑芬女士- Mr Calvin KWAN President, The Hong Kong Optometric Association 香港光學會會長 關國輝先生

09:15	<p>Ribbon Cutting Ceremony 剪綵儀式</p> <ul style="list-style-type: none"> - Ms Sophia CHONG Assistant Executive Director, Hong Kong Trade Development Council 香港貿易發展局助理總裁 張淑芬女士 - Prof David SHUM Yeung Tsang Wing Yee and Tsang Wing Hing Professor in Neuropsychology, Chair Professor of Neuropsychology and Dean of Faculty of Health and Social Sciences, The Hong Kong Polytechnic University 香港理工大學楊曾永儀曾永馨腦神經心理學教授、神經心理學講座教授及 醫療及社會科學院院長 岑浩強教授 - Mr Calvin KWAN President, The Hong Kong Optometric Association 香港光學會會長 關國輝先生 - Mr Evan TSE President, The Hong Kong Optical Manufacturers Association 香港中華眼鏡製造廠商會會長 謝小雁先生
09:20	<p>Group Photo with Speakers & Guests 講者及嘉賓合照</p>

Symposium Rundown 會議程序

09:30 – 12:45	<p>Morning Session 上午環節 Moderator 主持人: Dr Jessica NEUVILLE 眼科視光學博士 (Hong Kong 香港) Clinical Associate School of Optometry, The Hong Kong Polytechnic University 香港理工大學眼科視光學院臨床導師</p>
09:30 – 10:30	<p>Myopia Management – Non-pharmacological Options 近視治療 – 非藥理學選項 Speaker 講者: Prof Deborah JONES (Canada 加拿大) BSc, FCOptom, FAAO Clinical Professor School of Optometry and Vision Science, University of Waterloo 滑鐵盧大學眼科視光學與視覺科學學院臨床教授</p>
10:30 – 10:45	<p>Break 休息時段</p>
10:45 – 11:45	<p>Refractive Error Changes in Hong Kong Children during COVID-19 Pandemic and Combination Therapy for Myopia Control 2019 冠狀病毒病大流行期間香港兒童的屈光不正變化及控制近視的混合療法 Speakers 講者: Dr Jeffrey LEUNG 梁子榮博士 (Hong Kong 香港) PhD, BSc(Hons) Optometry Research Assistant Professor School of Optometry, The Hong Kong Polytechnic University 香港理工大學眼科視光學院助理教授(研究) Prof Pauline CHO 曹黃惠華教授 (Hong Kong 香港) PhD, FAAO, FBCLA, FHKAOK Professor School of Optometry, The Hong Kong Polytechnic University 香港理工大學眼科視光學院教授</p>
11:45 – 12:45	<p>Strategies and Public Health Policies on Myopia 應對近視的策略和公共衛生政策 Speaker 講者: Prof SAW Seang-Mei 蘇祥美教授 (Singapore 新加坡) MBBS, MPH, PhD Professor, Duke-NUS Medical School, Singapore Head of Myopia Unit, Singapore Eye Research Institute 杜克-新加坡國立大學醫學院教授 及 新加坡眼科研究所近視部門主管</p>
12:45 – 13:45	<p>Lunch Break 午膳</p>
13:45 – 14:00	<p>Registration 登記入場</p>
14:00 – 17:00	<p>Afternoon Session 下午環節 Moderator 主持人: Dr May WU 胡妙媚博士 (Hong Kong 香港) The Hong Kong Optometric Association 香港光學會</p>
14:00 – 15:00	<p>Public Health Policies and Strategies on Myopia in Mainland China 中國內地防治近視的公共衛生政策與策略 Speaker 講者: Prof Bruce LAN Wei-zhong 藍衛忠教授 (Mainland China 中國內地) MD, PhD Professor Central South University 中南大學教授</p>

15:00 – 16:00	<p>Surgical Management of Myopic Complication: Macular Hole Associated Retinal Detachment</p> <p>近視併發症的手術治療：與黃斑裂孔相關的視網膜脫離</p> <p>Speaker 講者: Prof LAM Wai-ching 林偉青教授 (Hong Kong 香港)</p> <p>MD, FRCSC</p> <p>Clinical Professor</p> <p>Department of Ophthalmology, The University of Hong Kong</p> <p>香港大學眼科學系臨床教授</p>
16:00 – 17:00	<p>Infection Control in Optometric Practices</p> <p>眼科視光學臨床應用中的感染控制</p> <p>Speaker 講者: Dr Cindy TROMANS (United Kingdom 英國)</p> <p>PhD, BSc(Hons), Hon DSc, FCOptom, DipTp(IP), FEAOO</p> <p>President</p> <p>European Council of Optometry and Optics</p> <p>歐洲眼科視光學及光學理事會主席</p>

as of 5 Nov 2021

Remarks: The Organiser reserve the right to alter the topic/content/speaker of the programme without prior notice.

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