

# Contact Lenses In Pediatrics (CLIP) Study: Benefits of Contact Lens Wear for Children and Teens Chair Time and Ocular Health

## *Fact Sheet*

### Study locations

- The CLIP Study was conducted at The Ohio State University College of Optometry, Columbus, Ohio; New England College of Optometry, Boston, Mass.; and University of Houston School of Optometry, Houston, Texas.

### Study purpose

- To examine the benefits of contact lens wear for children vs. teens as treatment for refractive error.
- To compare the ocular side effects of contact lens wear between children and teens.
- To compare contact lens fitting and follow-up times between children and teens.

### Study protocol

- At the baseline visit, study participants (84 children ages 8 to 12 and 85 teens ages 13 to 17) underwent a contact lens fitting that included visual acuity, manifest refraction, autorefractometry and biomicroscopy. They were trained on contact lens insertion and removal.
- On the first visit, participants also completed the Pediatric Refractive Error Profile (PREP) for Glasses — a pediatric quality of life survey related to spectacle wear for children.
- Participants were fitted with ACUVUE® ADVANCE® Brand Contact Lenses with HYDRACLEAR® or ACUVUE® ADVANCE® Brand Contact Lenses *for ASTIGMATISM*.
- Fitting time, insertion and removal training time, and the time of each follow-up visit were recorded and added to calculate total chair time.
- Visual acuity, contact lens fit assessment and biomicroscopy were performed at one-week, one-month and three-month follow-up visits.
- Participants completed the PREP for Contact Lenses — identical to the PREP for Glasses, except the word “glasses” was replaced with “contact lenses” — at each follow-up visit.

### Study results

- There were no serious adverse effects during the three-month study and no obvious differences in biomicroscopic findings between children and teens. (Three non-serious adverse effects were reported; all resolved completely, and subjects were able to resume contact lens wear.)
- Both children and teens appeared to adequately care for their contact lenses. However, potential for non-compliance may be further reduced by teaching parents how to properly care for the contact lenses and encouraging them to be supportive of their children.

*(continued on back)*

- Children and teens in the CLIP Study reported significant improvements in quality of life within one week of being fitted with contact lenses.
- After wearing contact lenses for three months, overall PREP scores increased by 23 percent (from 64.4 to 79.2) for children and by 24 percent (from 61.8 to 76.5) for teens.
- Areas of greatest improvement were satisfaction with correction, participation in activities and appearance.
- Total chair time for children and teens was similar, with children taking slightly more than 10 minutes longer than teens for insertion and removal training. Since insertion and removal is generally taught by staff members, the eye care practitioner spent a similar amount of time with child and teen patients.

### Study conclusions

- Contact lens wear dramatically improves children and teens' self-perception regarding their appearance and participation in activities, leading to greater satisfaction with refractive error correction.
- Eye care practitioners should consider routinely offering contact lenses as a treatment for refractive error to children as young as 8 years of age.

### Study sponsor

- The study was sponsored by VISTAKON®, Division of Johnson & Johnson Vision Care, Inc.

**Important Product Information:** ACUVUE® Brand Contact Lenses are indicated for vision correction. Eye problems, including corneal ulcers, can develop. Some wearers may experience mild irritation, itching or discomfort. Lenses should not be prescribed if patients have any eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. Consult the package insert for complete information. Complete information is also available from VISTAKON®, Division of Johnson & Johnson Vision Care, Inc., by calling 1-800-843-2020 or by visiting [ecp.acuvue.com](http://ecp.acuvue.com).

ACUVUE®, ACUVUE® ADVANCE®, HYDRACLEAR® and VISTAKON® are trademarks of Johnson & Johnson Vision Care, Inc.

© Johnson & Johnson Vision Care, Inc. 2008.