

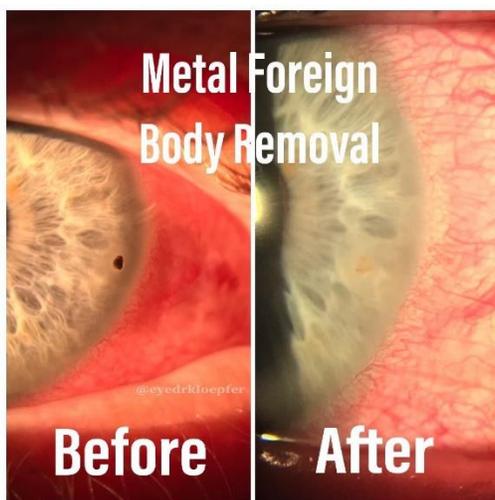
# PATIENTS DESERVE THE SECOND PAIR RECOMMENDATION

By Dr. Rob Kloepfer

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During an eye examination we get to know our patients' medical and visual history as it can influence their vision. Furthermore, we ask about employment, hobbies and interests to build a relationship and create a trust. As an eyecare provider we should also be discussing spectacle options to cover all activities within a day. Task-specific glasses not only help meet the various visual demands during the day but they can also serve as protection against ocular injuries. Specifically, safety glasses should be discussed for a variety of scenarios such as certain professions, hobbies, sports, or outdoor chores. Recommend the second pair of glasses, your patients deserve it.

An article written by the Alberta Eyesafe program in 2015 indicated that over 700 workers per day sustained ocular injuries while on the job in Canada. While this number is staggering, it is worse because 90% of the injuries were preventable if proper safety gear was worn, including safety eyewear. A variety of ocular injuries are treated every single year and are not necessarily just on the job.



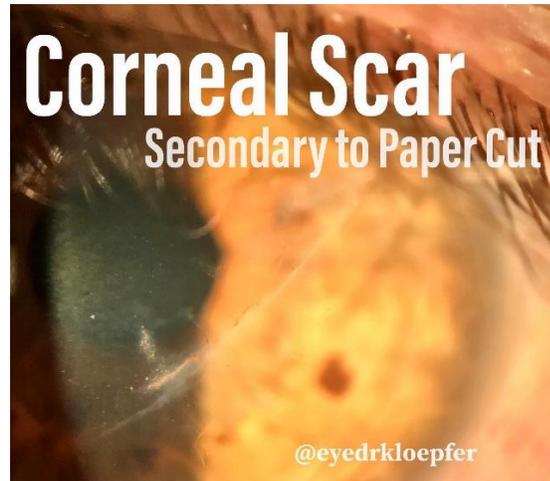
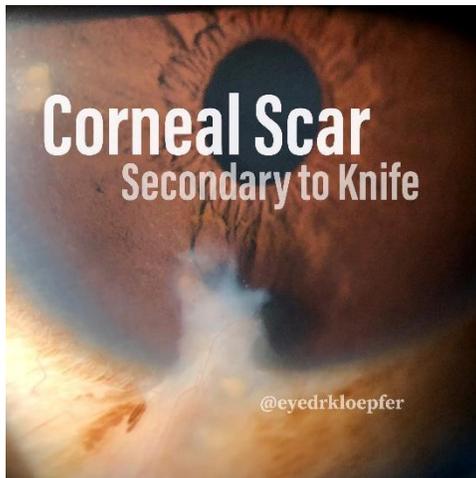
There are endless examples of ocular injuries that happen throughout the day and in various situations. Household products, such as cleaning agents may not be considered ocular risks. Sports-related injuries including flying debris or collision with other players at high speeds can cause significant ocular trauma. Woodworking, cutting the lawn, or gardening can result in airborne material harmful to the eye. Children can be exposed to various hazards while playing outside, participating in sports, or while in school. It comes as no surprise that farmers, mechanics, and oilfield workers experience higher exposure to ocular risks.

Patients may shy away from safety eyewear for a number of reasons. They may be unaware of the options that exist, uncertain how safety glasses differ in protection versus regular glasses, or don't realize sun protection can be integrated into safety glasses. Patients may be deterred from purchasing safety eyewear because they can be perceived as bulky, unfashionable or ill-fitting.

Following an ocular injury, a number of outcomes can occur. Simple removal of a foreign body or treatment of an abrasion may not result in long term damage. However, a resulting central corneal scar or a penetrating eye injury can lead to permanent vision loss. Early conversations regarding proper fitting safety eyewear is essential to prevent the many day-to-day injuries that can occur.



Many of us wouldn't hesitate to purchase a second pair of shoes because no one pair is a 'do-all.' This same concept should be applied as we further understand our patient's daily routine and activities. Are they involved in sports? Do they work in an industry where ocular hazards are common? Do they participate in activities around the home in which safety glasses would be beneficial? Furthermore, consider monocular patients, or patients with a history of ocular injuries or reduced vision – they should be wearing glasses at all times to prevent any further damage. Don't assume patients are unable to afford a second pair of glasses or deliberately avoid the conversation because you want to avoid being sales-like. If you believe the second pair will improve or protect a patient's ocular health, be confident in your recommendations!



Sports cars are not meant for off-roading and sandals are not adequate protection on a construction site. However, why are a majority of patients not familiar with task-specific glasses, specifically safety eyewear? Educating our patients will always remain at the forefront of our responsibilities as a healthcare provider. Don't let patients walk out the door without making a recommendation to invest in their long-term ocular wellbeing – recommend the second pair.

To contact the author: Instagram [@EyeDrKloepfer](https://www.instagram.com/EyeDrKloepfer) for more eye photos and videos.

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