

The Optimal Environment

2 Minutes Read

The 3 Cs: The optimal teaching & learning environment

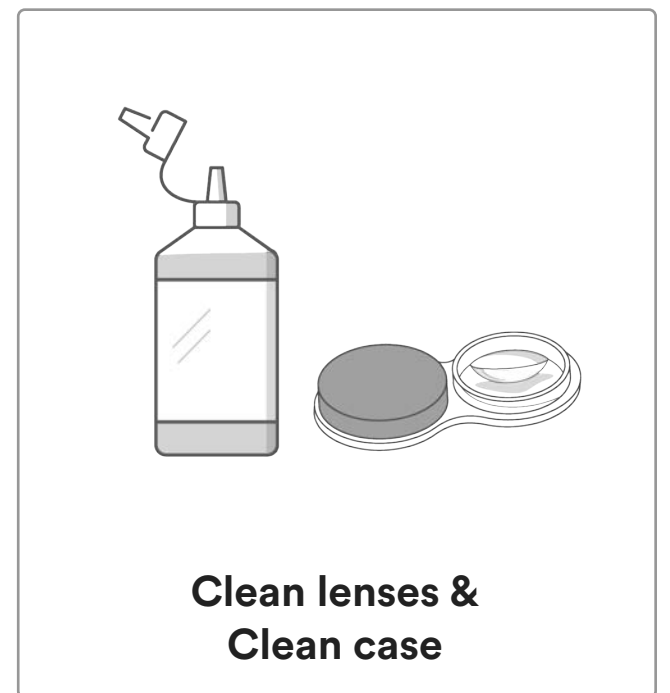
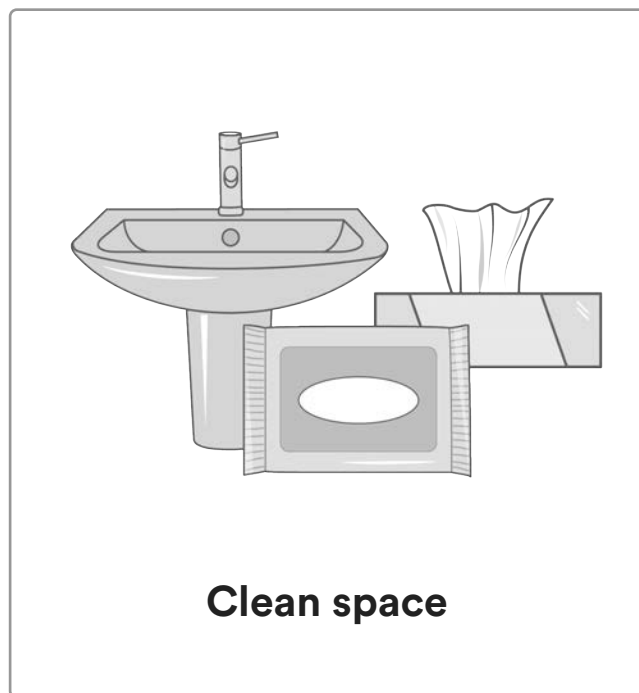
Calm



Where possible the teaching environment should avoid:

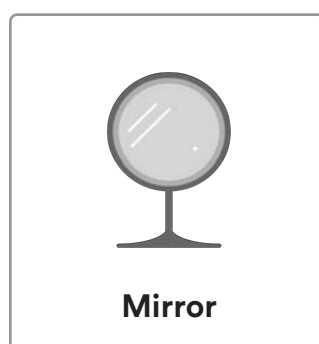
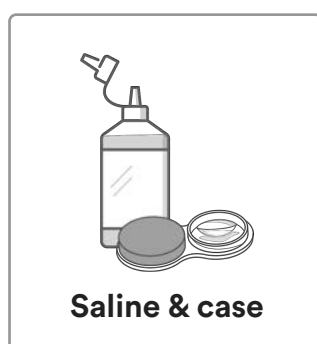
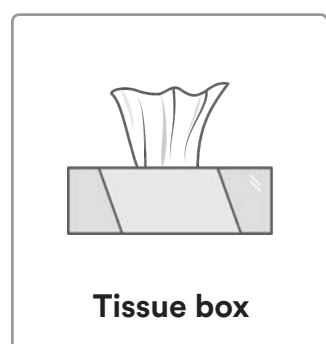
1. Crowded places
2. Open places
3. Cluttered spaces

Clean



Complete

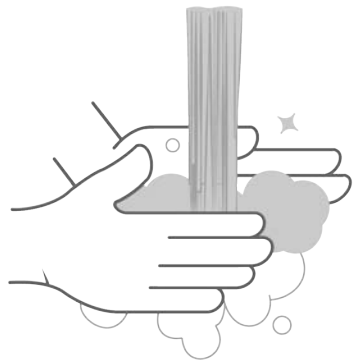
You can build confidence (for yourself and your patients) by having simple tools at hand



Clean

Cleanliness is crucial

- Remember you are the role model – demonstrate handwashing in front of the patient
- Remind your patients “Clean hands, Clean lens, Clean case”



Clean hands

- Wash hands with soap and water
- Dry hands with a lint-free towel



Clean lenses & Clean case

- Tap water must **NEVER** touch the lenses or case
- Never use saliva to wet the lenses (or clean your hands)
- Daily disposable lenses should always be thrown out after being worn
- Always clean reusable contacts immediately after removal

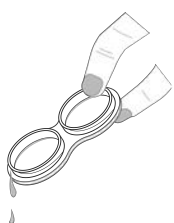
Routine

Reusable contact lenses cleaning routine

- | | | | |
|---|---|---|---|
| 1. Fill
Fill each chamber of your contact lens case with fresh contact lens disinfecting solution | 2. Rub
Place one lens in the clean, dry palm of hand, and apply a few drops of your contact lens disinfecting solution. With one finger, gently rub the lens back and forth on your palm to clean the lens surfaces | 3. Rinse
Rinse lens thoroughly with more of the solution, and put it into clean contact lens case | 4. Repeat
Repeat this routine for other lens, close the case and leave lenses to soak overnight |
|---|---|---|---|



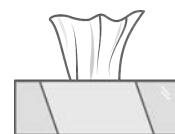
Lens case cleaning routine



- 1. Empty**
Empty contact lens case of the old solution



- 2. Rinse**
Rinse it with fresh contact lens solution



- 3. Air-Dry**
Allow case to air-dry upside down on a clean tissue



- 4. Replace**
Replace contact lens case on a regular basis, at least every 3 months