COURSE DATA

DATA SUBJECT

Code: 34305
Name: Contactology practicum
Cycle: Undergraduate Studies
ECTS Credits: 7.5
Academic year: 2026-27

STUDY (S)

Degree	Center	Acad. year	Period
1207 - Degree in Optics and Optometry	Facultat de Física	3	Annual

SUBJECT-MATTER

Degree	Subject-matter	Character
1207 - Degree in Optics and Optometry	Contactology	COMPULSORY

COORDINATION

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SUMMARY

The course Contactology Practicum aims for students to carry out, step by step, the process of fitting soft and rigid contact lenses to real patients, their classmates, with spherical and astigmatic ametropias, and to acquire the ability to make decisions at each stage in order to achieve an appropriate and safe fitting.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

It is recommended that students have completed or be currently taking the Contactology subject. It is also advisable to have previous knowledge of Optometry I and II, in both their theoretical and practical aspects, Ophthalmic Optics, Human and Ocular Anatomy, Human and Ocular Physiology, Ocular Biology and Optical Materials.

COMPETENCES / LEARNING OUTCOMES

1207 - Degree in Optics and Optometry

To adapt contact lenses and ocular prostheses to improve vision and the external appearance of the eye.

To apply the clinical procedures associated with the adaptation of contact lenses to different refractive and ocular dysfunctions.

To detect, to assess and to solve anomalies associated with the wearing of contact lenses.

To know and to use clinical and instrumental protocols in the exploration associated with the adaptation of contact lenses.

To know the geometry and physicochemical properties of the contact lens and to associate them with the ocular and refractive characteristics.

To know the maintenance, diagnosis and treatment solutions and to associate them with the lenticular and ocular characteristics.

To know the properties of the types of contact lenses and ocular prostheses.

DESCRIPTION OF CONTENTS

1. Introduction. Hygienic standards. Biomicroscope or slit lamp.

The organisation of the practical sessions will be explained. Students will be instructed and trained in how to prevent biological or inert contamination of contact lenses during handling. They will be introduced to the use of the slit lamp or ocular biomicroscope through knowledge of its components and of how to use illumination, filters, image magnification and the orientation of its observation and illumination systems.

2. Preliminary examinations for contact lens fitting.

Completion of all pre-fitting stages, from recording patient identification data, anamnesis, examination and parameter measurement, among others, to determining whether contact lens fitting is possible and, where appropriate, which contact lenses should be considered the first-choice option for each individual case.

3. Handling and control of contact lens parameters and condition.

Handling of contact lenses for insertion onto and removal from the ocular surface. Cleaning, disinfection and conditioning of lenses for safe use. Assessment of contact lens parameters and cleanliness.

4. Soft contact lens fitting.

Based on the data obtained in practical session 2, students will select the soft hydrogel lens they consider appropriate for each case, according to the criteria explained in the Contactology subject. They will then assess whether the selected lens is appropriate and, if not, replace it with another lens with parameters adjusted according to their observations.

5. Rigid contact lens fitting.

Based on the data obtained in practical session 2, students will select the rigid lens they consider appropriate for each case, according to the criteria explained in the Contactology subject. They will then assess whether the selected lens is appropriate and, if not, replace it with another lens with parameters adjusted according to their observations.

6. Soft toric contact lens fitting.

Based on the data obtained in practical session 2, students will select the soft toric lens with a stabilisation system that they consider appropriate for each case, according to the criteria explained in the Contactology subject. They will then assess whether the selected lens is appropriate by observing the stabilisation system mark and, if not, replace it with another lens with parameters adjusted according to their observations.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Other activities	75,00
Total hours	**75,00**

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	10,00
Individual or group project	78,00
Independent study and work	18,50
Preparation of lessons	6,00
Preparation for assessment activities	0,00
Resolution of case studies	0,00
Total hours	**112,50**

TEACHING METHODOLOGY

This course is predominantly practical. Students will fit contact lenses of different materials and designs using their classmates as simulated patients, whom they will have previously examined to determine whether they are suitable for contact lens wear and, where appropriate, which lens design is most suitable.

Subgroups of four students will be formed so that each student fits spherical soft and rigid lenses, as well as soft toric lenses, on the other three members of their subgroup, selecting the lenses they consider most appropriate. Students will have access to the necessary diagnostic instruments, the contact lenses required for each practical session and the materials needed for their care and maintenance.

EVALUATION

Given the eminently practical nature of the course, attendance at the practical sessions is compulsory. In-person completion of the practical sessions is necessary to acquire the intended competences and learning outcomes, as well as to prepare the practical journal, in which students must record and analyse the activities carried out during the sessions.

Students cannot pass the course if they miss more than 4 sessions, whether justified or not, out of the total of 13 sessions that make up the course.

Course assessment will consist of two parts:

• Practical journal: 20 % of the final grade. In the practical journal, students must record, describe and analyse the activities carried out during the practical sessions, including the procedures applied, the results obtained and the decision-making process followed in each case.

• Practical exam: 80 % of the final grade. In the practical exam, students must demonstrate the acquisition of the knowledge, competences and clinical skills developed in the course.

To pass the course, students must meet the established attendance requirements, obtain a final grade of at least 5 out of 10 and achieve at least 5 out of 10 in each of the two assessment components: the practical journal and the practical exam.

Both assessment components are recoverable. In the second examination period, students must recover only the component or components not passed in the first examination period. If the practical journal is not passed in the first examination period, it must be resubmitted in the second examination period with the corrections or instructions established by the teaching staff. If the practical exam is not passed in the first examination period, it must be retaken in the second examination period.

The grades of the components passed in the first examination period will be retained for the second examination period of the same academic year. The same requirements as in the first examination period will apply to pass the course in the second examination period.

REFERENCES

Basic references:

- López Alemany A., Serés Revés C., Durban Fornieles J.J., Company Vidal J.L. *Lentes de contacto: teoría y práctica.* Editorial Ulleye - 2019 - ISBN 978-84-949495-6-2

- González-Cavada Benavides J. *Atlas de lámpara de hendidura y lentes de contacto.* Grupo ICM de Comunicación - 2015 - ISBN 978-84-939656-8-6

- López Alemany A. (ed.) *Superficie ocular y biomateriales: lentes de contacto.* Editorial Ulleye - 2011 - ISBN 978-84-937878-3-7