

## ***Hands-on Workshop: What Makes Glasses Fit Correctly and How to Troubleshoot***

**Course Instructor:** Diane F. Drake, LDO, ABOM, NCLEM, FNAO  
**Course Length:** 2 hours ABO  
**Intended Audience:** All Ophthalmic Personnel  
**Subject Category:** ABO Ophthalmic Level 2 – Domain 5

**Course Description:** This hands-on workshop will present correctly fitting frames and the importance of the proper frame fit. Troubleshooting beginning at the fitting will ensure fewer complaints. The students will work together in fitting each other for fashion, fit and function. This course will present the proper methods used in fitting the patient, discuss where weight is distributed and how to ensure that it is done correctly. Discussion will include the reasons that eyeglasses fit badly and some solutions for solving these challenges

### **Learning/Instructional Outcome:**

At the completion of this course, the participant should be able to:

- Discuss how different materials and styles have an impact on the correct fit.
- Explain the fitting triangle and how it relates to the well fitting eyewear
- Visualize a good fit
- Analyze other considerations about anatomical measurements
- Communicate with the patient to determine what is the problem
- See the problem even if the patient can't explain
- Patient Education

**Teaching method:** Lecture with PowerPoint Presentation, flipchart and audience participation

### **AV Requirements:**

LCD Laptop projection system for PowerPoint presentation with appropriate size screen for room size  
Lavalier microphone  
Flip chart with markers

***Optical Bootcamp Part 2: What Makes Glasses Fit Correctly and How to Troubleshoot  
Outline***

***Diane F. Drake, LDO, ABOM, NCLEM, FNAO***

• **Introduction – 5 minutes**

- This course will include a short lecture followed with a complete hands-on experience for the participant

**Factors Affecting Fit – 5 minutes**

Lens material  
Lens size  
Frame material  
Frame size  
Bridge design  
Bridge size  
Temple design  
Temple size  
Shape of nose pads  
Size of Nose pads  
Shape of temple tips  
Size of temple tips  
Frame tilt  
Frame face-form  
Frame tightness  
Anatomical problems

**Frame Terminology – 2 minutes**

**Frame Material and Design –2**

Metals  
Combinations  
Styles  
Is material and design appropriate for usage

**Frame Design**

**The Fitting Triangle**

Bridge  
Tops of ears

**Frame Measurements – Discussed in part 1**

Eye Size  
Bridge Size  
Temple Length

**Frame Front**

**Bridge**

**Temple**

**Anatomical Considerations – 5 minutes**

Face shape  
Width of skull  
Width of patient's bridge  
Need to consider face form  
Skin type  
Medications...  
Position of ears

High  
Low  
Medium

Can temples be adjusted for proper face form

Long lashes

**Other Considerations**

Lifestyle

Intended use of eyewear

**Visualizing The Good Fit**

Know when to say no

Will it be a poor choice?

**Troubleshooting – 5 minutes**

**How to Determine the Problem and How to Fix It**

Observe

Ask questions

Listen

Watch patient

Observe again

**The Second part of course will be hands-on with participants and instructor/instructors demonstrating each measurement and different types of devices used for each. – 90 minutes**

**Questions and answers 10 minutes**