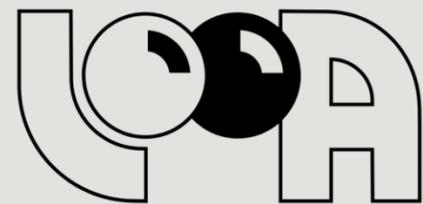
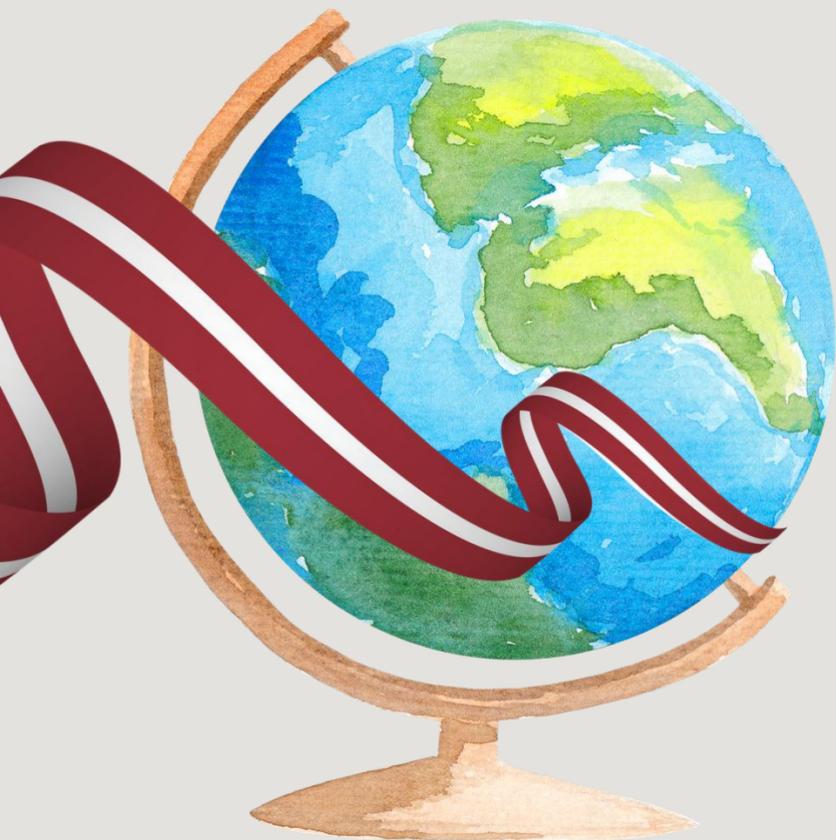


Kā Latvija izskatās

2025

pasaules kontaktlēcū kartē



LATVIJAS
UNIVERSITĀTE

LOOA 32.KONGRESS

KAROLA PANKE

22.03.2026



VARŠAVA, POLIJA

2018

W POSZUKIWANIU
INNOWACJI



VARŠAVA, POLIJA

2025

LATVIJU PĀRSTĀVĒJA:

KAROLA PANKE
KRISTA CAUNE-BĒRZIŅA
BAIBA SKRIDSKA-RUDĀKA
UNA EPNERE
ARITA DANILĀNE
LIĀNA ČAČA

 **Kavita**

METROPOLE
OPTIKAS SALONI

Johnson & Johnson





Philip Morgan

W Meeting with an Expert for Contactology Educators

Professor Philip Morgan, BSc, PhD MCOptom, FAAO, FBCLA **Atlantis (1th floor)**

9:00 - 10:00

Closed



Session II
Contact Lenses in a New Era:
Adapting to Evolving Lifestyles
and Environmental Demand

Moderator: Sylwia Chrobot, Poland

- 14:00 - 14:20** • **Lecture**
Changing Lifestyles & Ocular Surface
Anna Maria Ambroziak, Poland
- 14:20 - 14:50** • **Lecture**
Evolution in Focus – The Past, Present and Future of Contact Lenses
Philip Morgan, UK
- 14:50 - 15:15** • **Lecture**
Modern technologies in contact lenses that improve your patients' vision and experience
Lenora Copper, USA
Patricia Martin, USA
- 15:15 - 15:45** • **Discussion**
Expert Matter: A Fireside Chat on Digital Age Eye Care
Philip Morgan, UK
Lenora Copper, USA



Globālā KL apsekojuma anketa

→ **Ikgadēja starptautiska** kontaktlēcu izrakstīšanas aptauja, kas aizsākās 1996. gadā un šobrīd tiek realizēta > 30 gadus, padarot to par, iespējams, ilgāko nepārtraukto klīnisko pētījumu/aptaujū optometrijā un pat visā veselības aprūpes nozarē!

→ Aptaujas galvenais **mērķis**: apkopot un pētīt datus par to, kāda veida kontaktlēcas tiek izrakstītas visā pasaulē un kā šīs tendences mainās laika gaitā

→ **Globāls mērogs**: līdz 2024. gadam tajā ir piedalījušās jau 71 valsts un **Latvija** no 2025.gada pievienojas kā **72.valsts!**

→ Katram speciālistam ir jāaizpilda dati tikai par pirmajām **desmit kontaktlēcu pielaikšanām** (izrakstīšanām), kas veiktas tūlīt pēc aptaujas anketas saņemšanas!

→ **Zinātniskā ietekme un piensums nozarei**: iesaistoties mēs kļūstam par daļu no milzīgas datubāzes! Līdz šim projektā apkopoti 460 000 lēcu pielaikšanas gadījumu un, balstoties uz šiem datiem, ir publicēti 55 zinātniskie raksti un 87 raksti klīniskajos žurnālos!

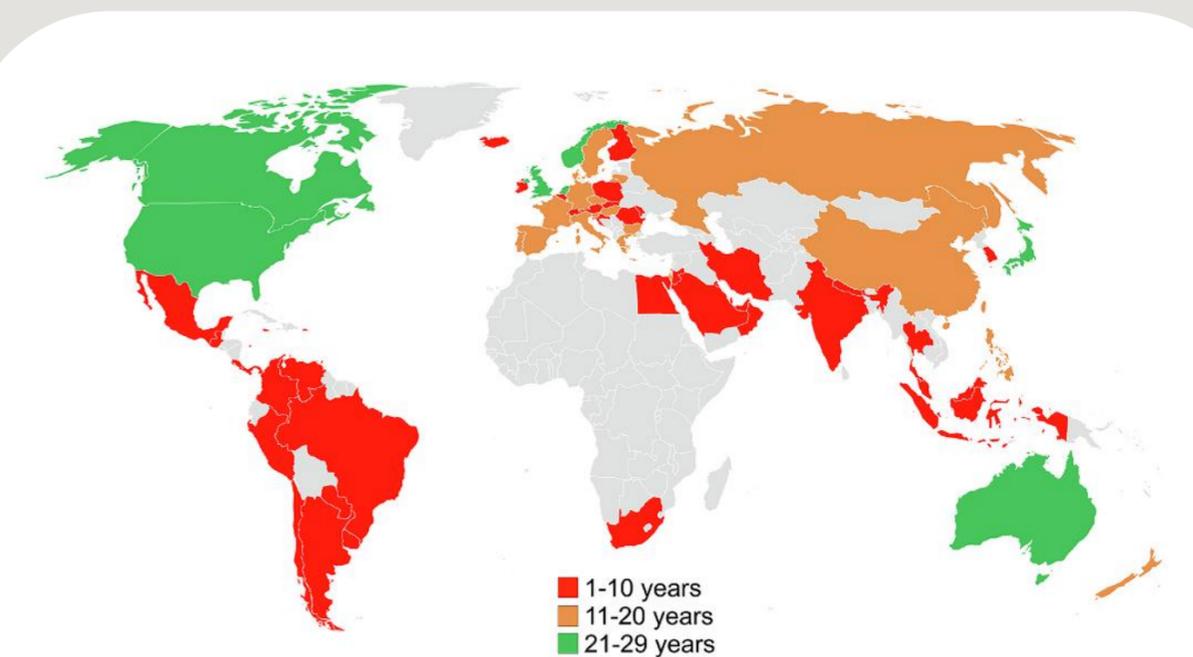
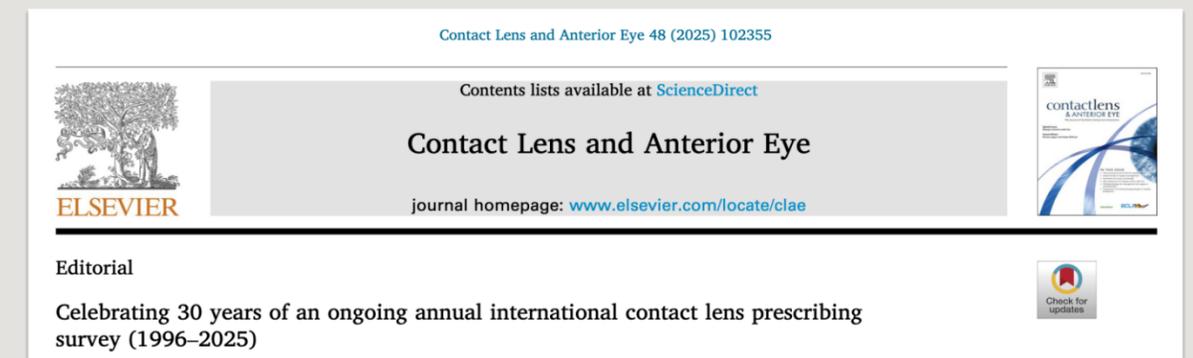


Fig. 2. World map showing the 71 countries that have participated in this survey between 1996 and 2024, colour-coded according to the total number of years of participation.

The International Contact Lens Prescribing Survey Consortium

Country	Coordinator	Country	Coordinator
United Arab Emirates	Waleed Alghamdi	Japan	Motozumi Itoi
Argentina	Edgar Dávila-Garcia, Guillermo Carrillo Orihuela, Nelson Merchan, Patricia Magnelli, Paula Faccia, Doris Rivadneira	Korea	Byoung Chu
Austria	Mario Teufl	Kuwait	Razmig Knajian, Waleed Alghamdi
Australia	Craig Woods, Nathan Efron	Latvia	Karola Panke
Aruba	Edgar Dávila-Garcia	Lithuania	Jolanta Bendoriene
Belgium	Eef van der Worp, Marco van Beusekom, Tijn Van Mierlo	Moldova	Veronica Ziziuchina
Bulgaria	Christina Grupcheva	Mexico	Edgar Dávila-Garcia, Jose Monroy, Nelson Merchan, Raúl Ramos Gomez, Ricardo Pintor
Bahrain	Waleed Alghamdi	Malaysia	JhoYan Chia
Brazil	Rafael Lemos, Sergey Cusato	Netherlands	Eef van der Worp, Jeroen Mulder, Marco van Beusekom
Canada	Debbie Jones, Lyndon Jones	Norway	Ann Ystenæs, Magne Helland
Switzerland	Marion Beeler-Kaupke	Nepal	Suresh Awasthi
Chile	Nelson Merchan, Patricio Quezada	New Zealand	Geraint Phillips, Wanda Lam
China	Kah Ooi Tan, Polo Qi, Weizhong Lan	Oman	Waleed Alghamdi
Colombia	Edgar Dávila-Garcia, Leonardo Orjuela, Lina Maria Rodriguez Cely, Nelson Merchan, Yanneth Gonzalez	Panama	Nelson Merchan
Costa Rica	Edgar Dávila-Garcia, Nelson Merchan	Peru	Guillermo Carrillo Orihuela
Czechia	Alice Pesinova, Jitka Bělíková, Šárka Bělová	Philippines	Carmen Abesamis-Dichoso, Jeanette Romualdez-Oo
Germany	Han-Juergen Grein, Heiko Pult, Sebastian Marx	Poland	Ania Ambroziak, Weronika Leszczyńska
Denmark	Ole Ravn, Svend-Erik Runberg, Amond Adersen	Puerto Rico	Edgar Dávila-Garcia, Nelson Merchan
Egypt	Razmig Knajian	Portugal	Jose Manuel González-Meijome, Rute J. Macedo-de-Araújo
Spain	Jacinto Santodomingo-Rubido	Paraguay	Nelson Merchan
Finland	Panu Tast, Tarja Paussoi	Qatar	Waleed Alghamdi
France	Florence Malet, Louise Bloise	Romania	Simona Radu
Greece	Aris Chandrinos, Athina Plakitsi, Ioannis Tranoudis, Konstantinos Londos	Russia	Vadim Belousov
Guatamala	Nelson Merchan	Saudi Arabia	Vishakh Nair, Waleed Alghamdi
Hong Kong	Chi Shing Fan, Leon Sze, Patrick Cheng	Sweden	Anna Lindskoog Pettersson, Inga-Lill Thunholm-Henriksson, Jörgen Gustafsson, Oskar Johansson, Peter Gierow
Croatia	Hrvoje Raguž	Singapore	Alex Ong, Anna Yeo Chwee Hong, Cindy Sim, Danny Sim, Kah Ooi Tan, Lee Kai Hung
Hungary	Edit Vodnyanszky, Mihály Végh	Slovenia	Mirna Štabuc Silih
India	Chi Shing Fan	Slovakia	Alice Pesinova
Ireland	Shona Delaney	Thailand	Chi Shing Fan
Israel	Nir Erdinest, Philip Fine	Trinidad and Tobago	Edgar Dávila-Garcia
India	Prema Chande	Taiwan	John Hsiao
Iran	Ali Reza Jafari	United Kingdom	Nathan Efron, Philip Morgan
Iceland	Hreinn Ingi Hreinsson, Jona Birna Ragnarsdóttir	United States	Carla Mack, Jason Nichols, Joseph Barr, Lisa Starcher
Italy	Edoardo Marani, Giancarlo Montani	Uruguay	Nelson Merchan, Paula Faccia, Doris Rivadneira
Jamacia	Edgar Dávila-Garcia	Venezuela	Guillermo Carrillo Orihuela
Jordan	Mera Haddad, Razmig Knajian	South Africa	Razmig Knajian

LV dati 2025: Kā mums gāja?

SOLIS 1

30-31 MAIJS 2025

UZRUNĀJU PROF.MORGAN
KONFERENCĒ

SOLIS 2

2-9 JŪNIJS 2025

ANKETAS TULKOŠANA, TULKOJUMA
VALIDĀCIJA, LV VERSIJAS IEVADE
PROJEKTA ONLINE SAITĒ

SOLIS 3

11 JŪNIJS 2025

LOOA IZSŪTA APTAUJU
(*deadline 30.08.2025*)

SOLIS 4

16 SEPTEMBRIS 2025

SAVĀKTI DATI PAR 78 KL
PIELAIKOŠANĀM

LOOA IZSŪTA INFO PAR
PAGARINĀJUMU
(*deadline 21.09.2025*)

SOLIS 5

23 SEPTEMBRIS 2025

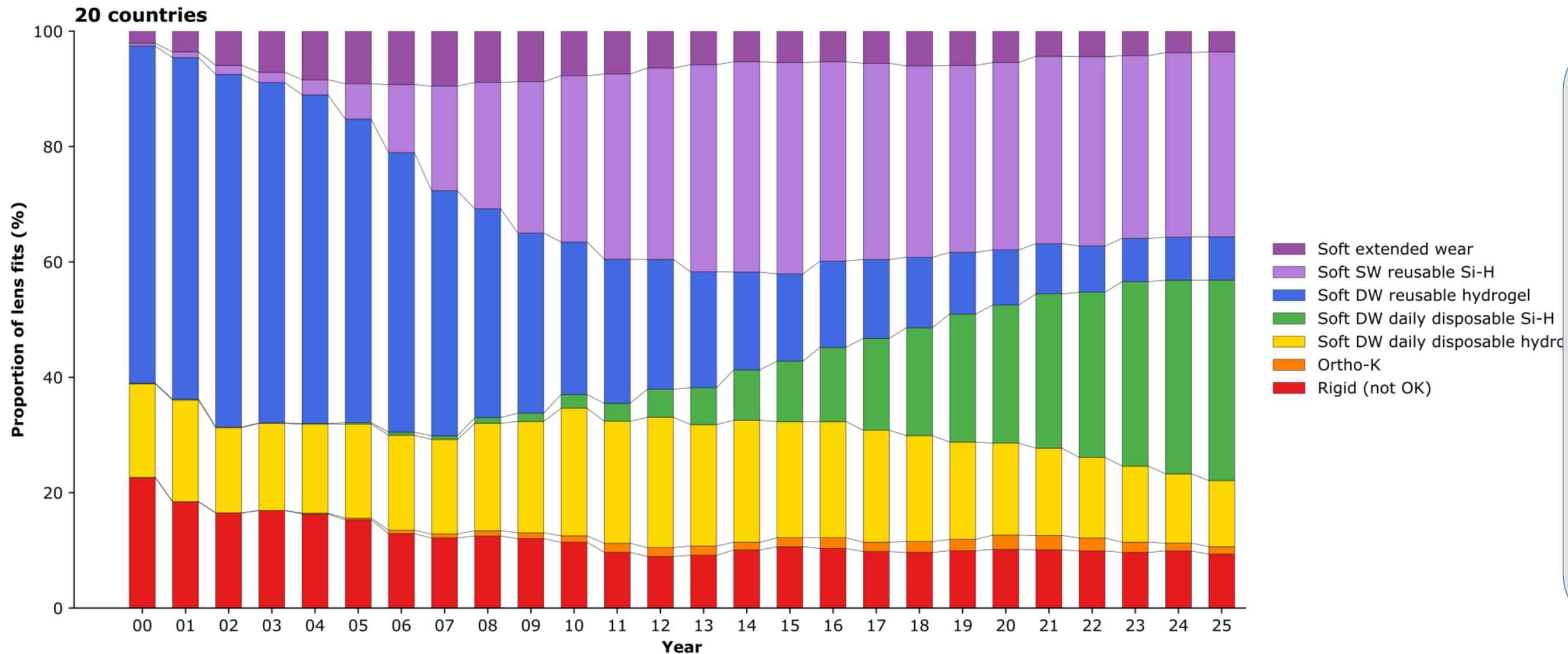
SAVĀKTI DATI PAR 94 KL
PIELAIKOŠANĀM

SOLIS 6

INDIVIDUĀLA KOLĒĢU
UZRUNĀŠANA, GALĀ DATI PAR
140 PIELAIKOŠANĀM

Grafikā vidējie dati no 20 valstīm par kurām pieejami dati par ≥ 15 gadiem!

- Pagarinātā režīma KL proporcija nedaudz samazinās ●
- Pēdējos 10 gadus stabilu pozīciju notur mēneša Si-Hi KL ●
- Mēneša hidrogēla KL proporcija samazinās ●
- Palielinās 1 dienas Si-Hi KL proporcija ●
- Nedaudz samazinās 1 dienas hidrogēla KL proporcija ●
- Ortokeratoloģijas KL ap 2-3 % ●
- Pēdējos 10 gadus stabilu pozīciju notur cietās KL ap 10% ●



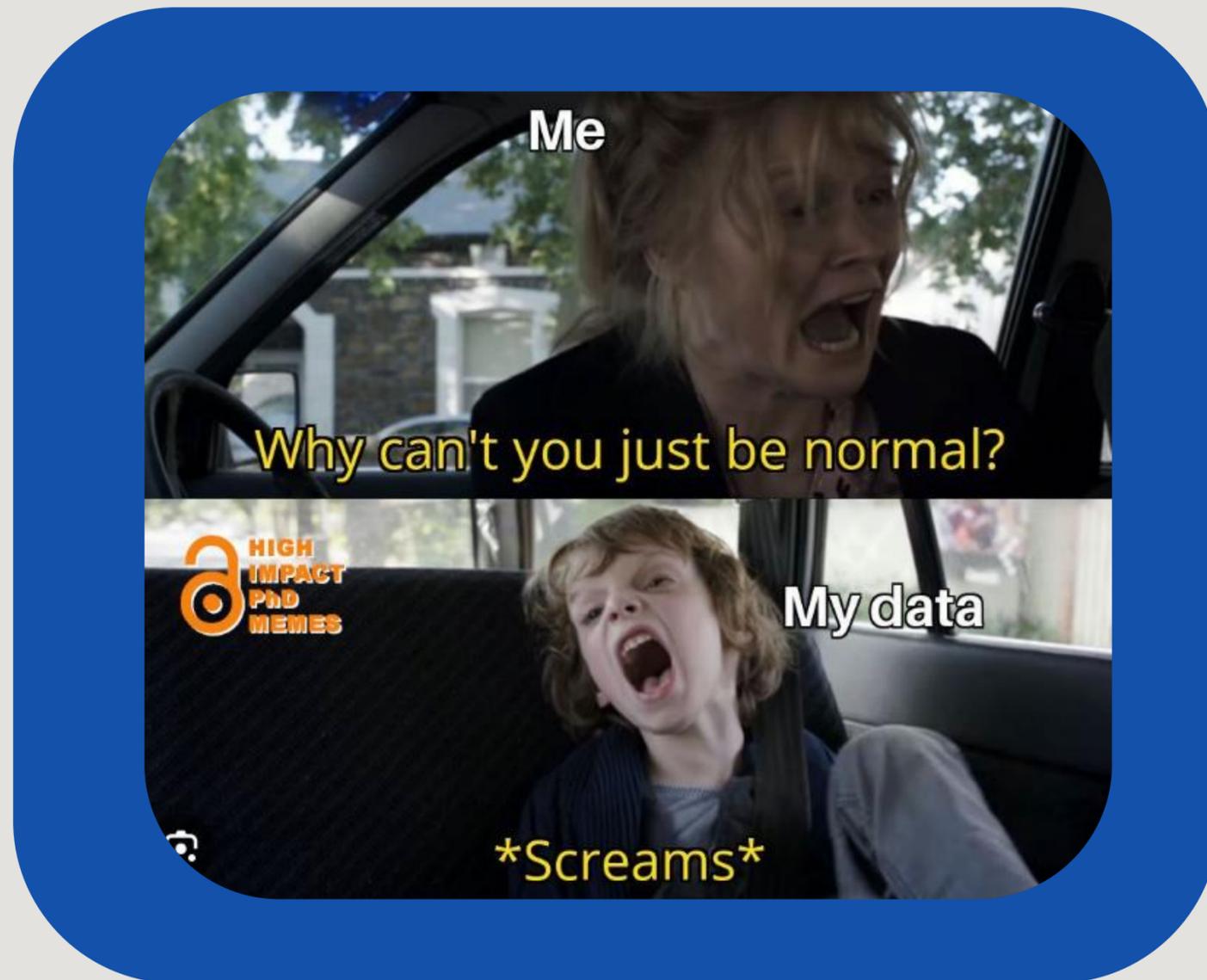
**Kāda KL veida
“lielvalsts”
Latvija ir
2025.gada datos?**

A) 1 dienas Si-Hi

B) Cieto KL

C) Mēneša hidrogēla KL

73% cietās KL?

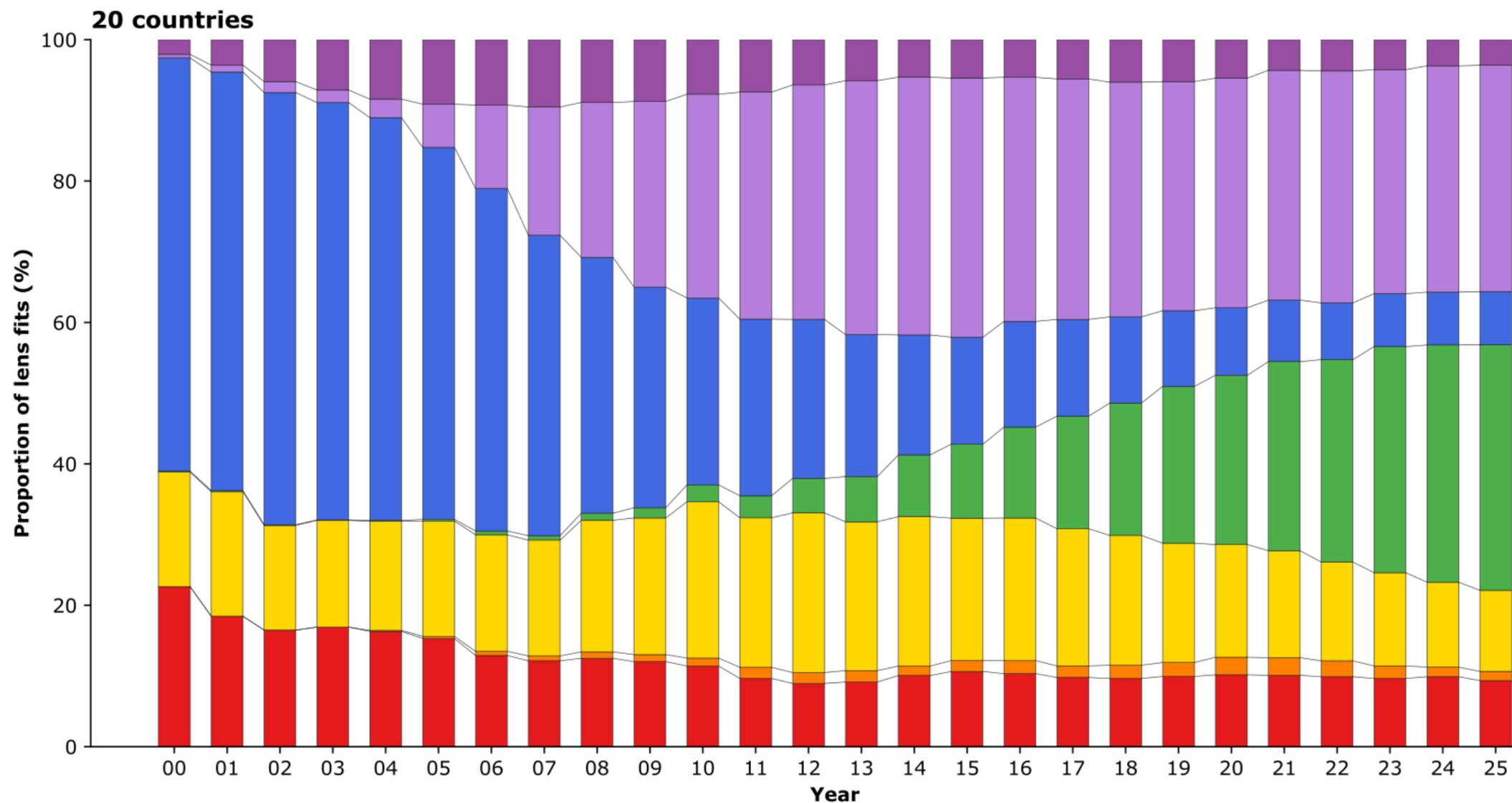


Datu analīzē tiek izmantots svēršanas (*weighting*) princips, kur katrai KL pielaišanas vizītei tiek piemērots koeficients, ko aprēķina ņemot vērā KL pielaišanas intensitāti (**Datums**)!

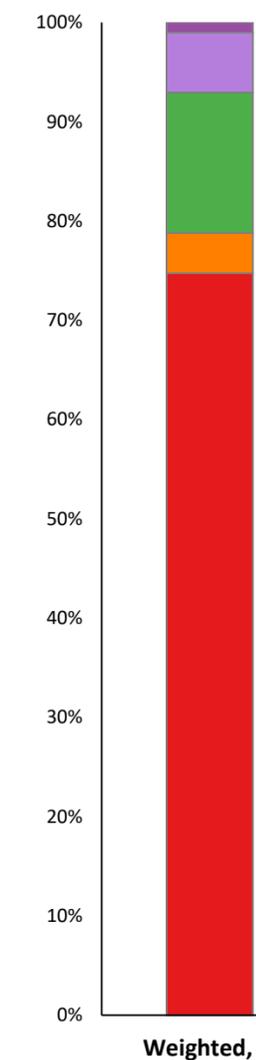
Vispārīga informācija ¹					
Datums	Nr.	Vecums	Dzimums	Pirmreizējs	Alkār-tots
	1				
	2				
	3				
	4				
	5				
	6				
	7				
	8				
	9				
	10				

→ Speciālistam, kurš 10 KL pielaišanas veic, piemēram, 3 mēnešu periodā ir mazāks “datu svars” nekā tam, kas šīs 10 vizītes veic 1 nedēļā vai 1 dienā!

**LATVIJA
2025**



- Soft extended wear
- Soft SW reusable Si-H
- Soft DW reusable hydrogel
- Soft DW daily disposable Si-H
- Soft DW daily disposable hydrogel
- Ortho-K
- Rigid (not OK)

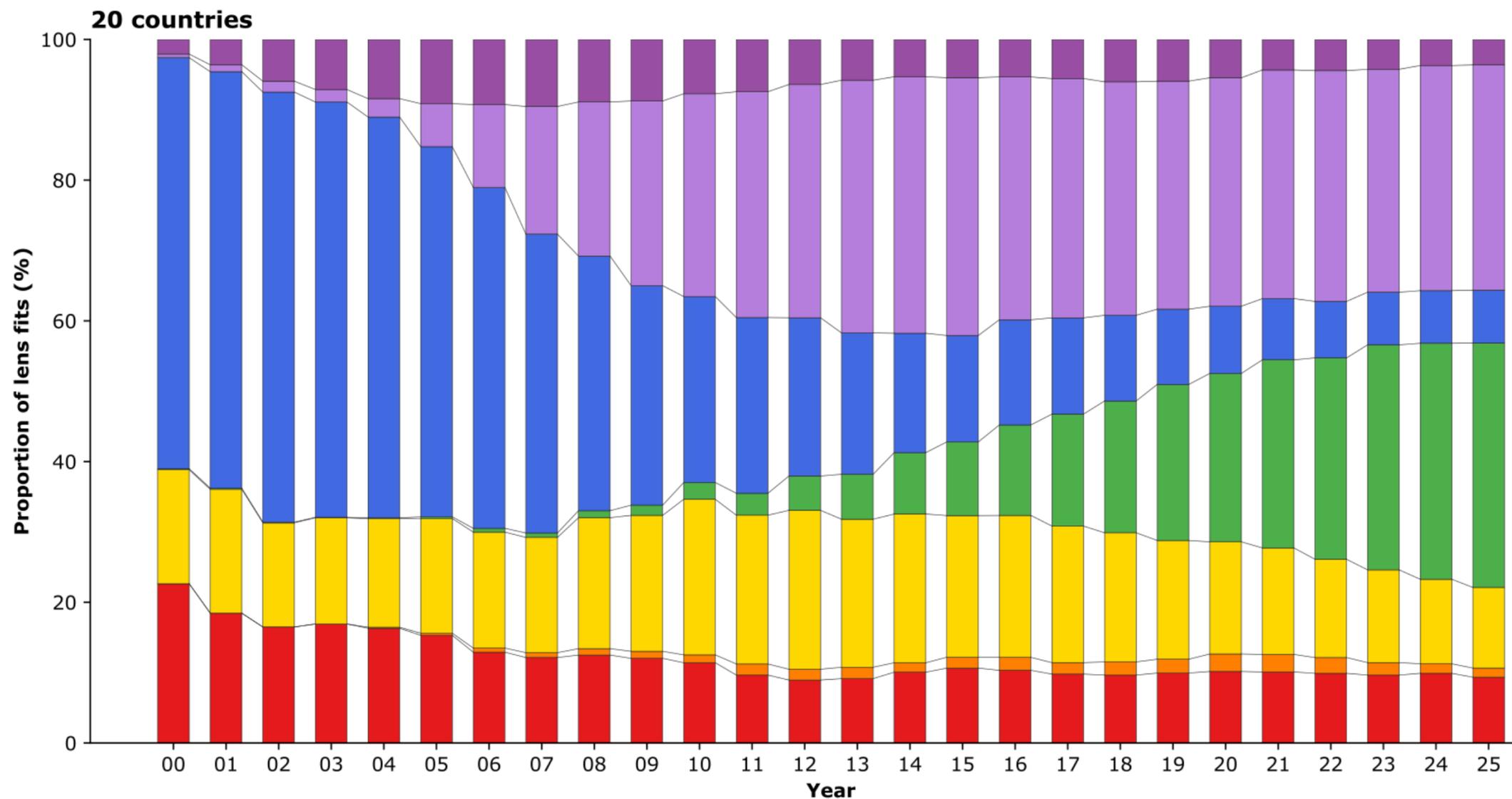


Datu analīzē tiek izmantots svēršanas (*weighting*) princips, kur katrai KL pielaišanas vizītei tiek piemērots koeficients, ko aprēķina ņemot vērā KL pielaišanas intensitāti (**Datums**)!

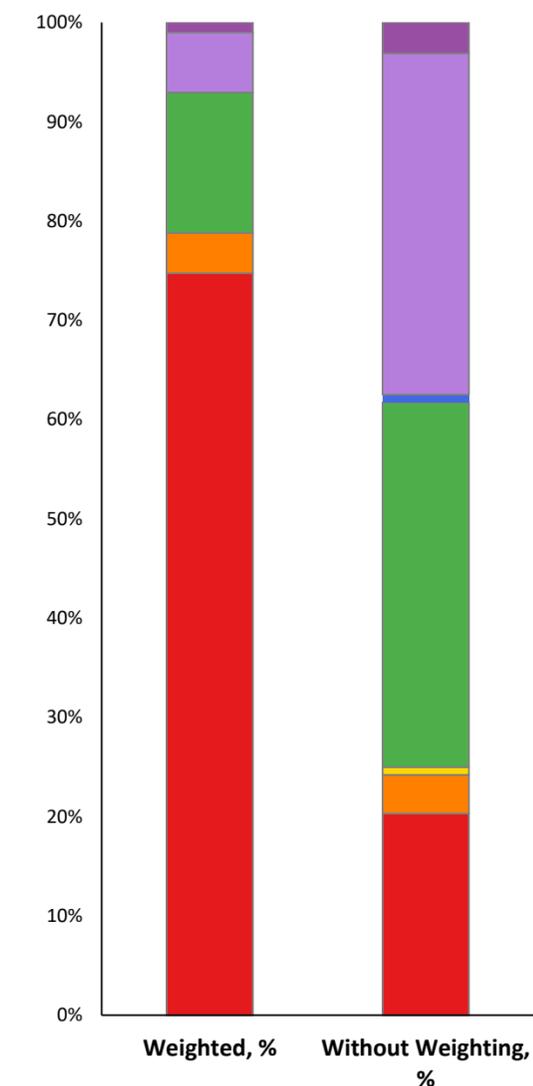
Vispārīga informācija ¹					
Datums	Nr.	Vecums	Dzimums	Pirmreizējs	Alkār-tots
	1				
	2				
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	4				
	5				
	6				
	7				
	8				
	9				
	10				

→ Speciālistam, kurš 10 KL pielaišanas veic, piemēram, 3 mēnešu periodā ir mazāks “datu svars” nekā tam, kas šīs 10 vizītes veic 1 nedēļā vai 1 dienā!

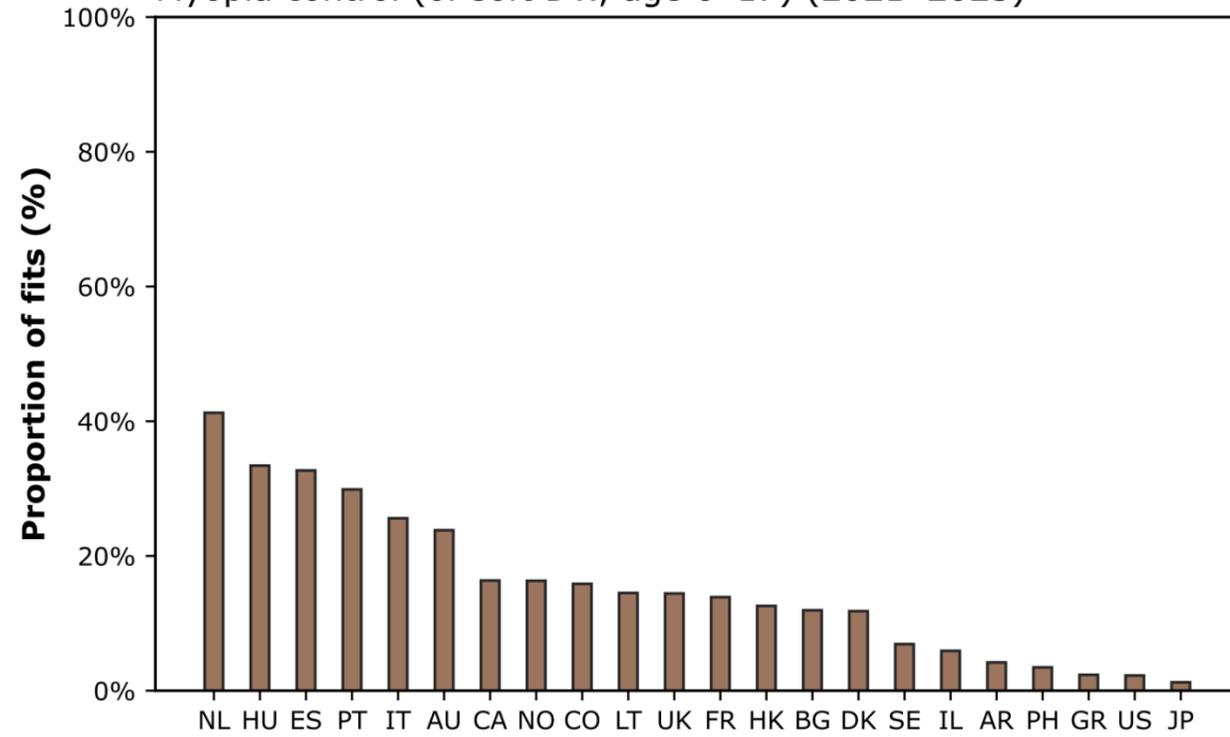
**LATVIJA
2025**



- Soft extended wear
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- Soft DW daily disposable Si-H
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- Ortho-K
- Rigid (not OK)

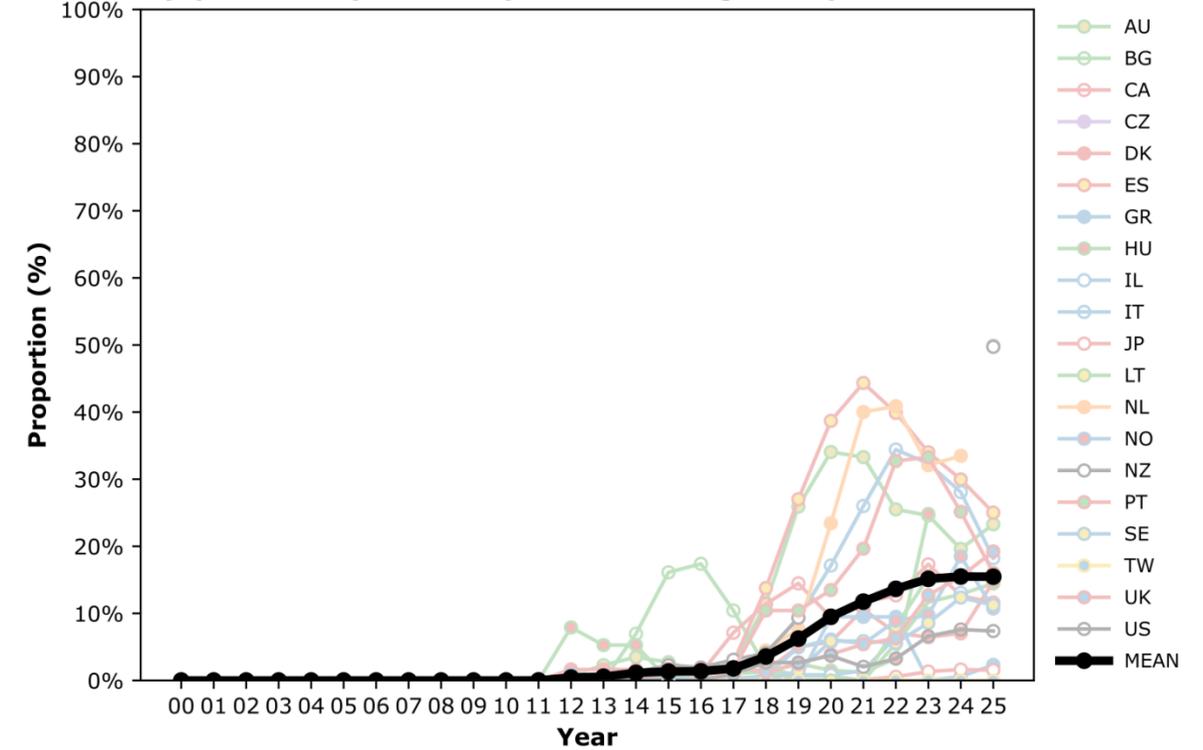


Myopia control (of soft DW, age 6–17) (2021–2025)

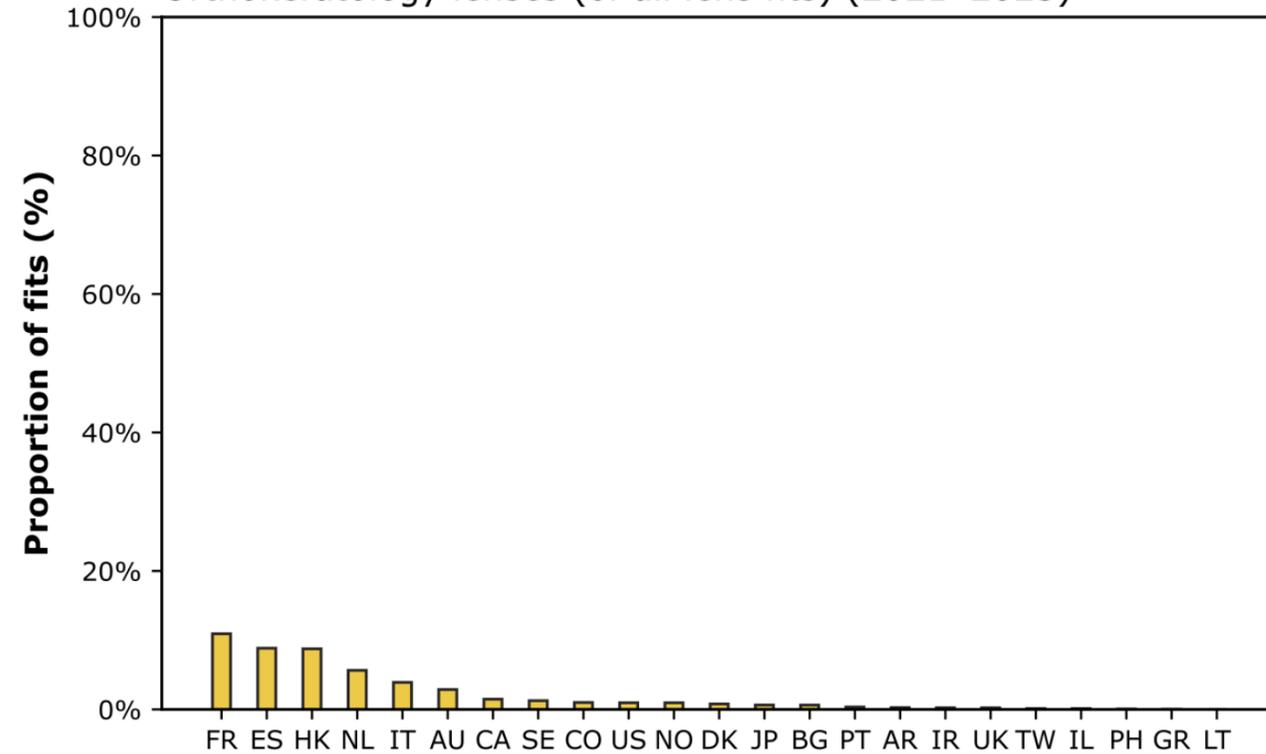


Myopia control lenses as % of soft daily wear fits in patients aged 6–17 years Minimum denominator per country (unweighted): 50.

Myopia control (of soft daily wear lenses, age 6–17)

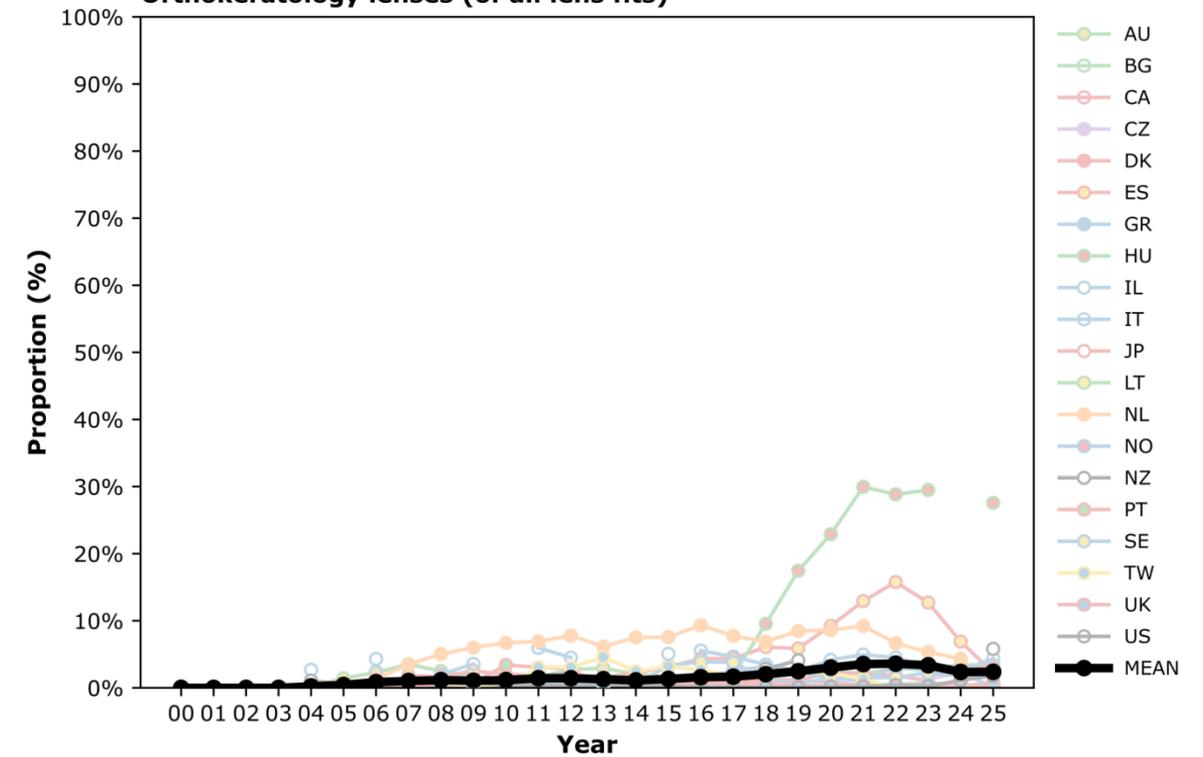


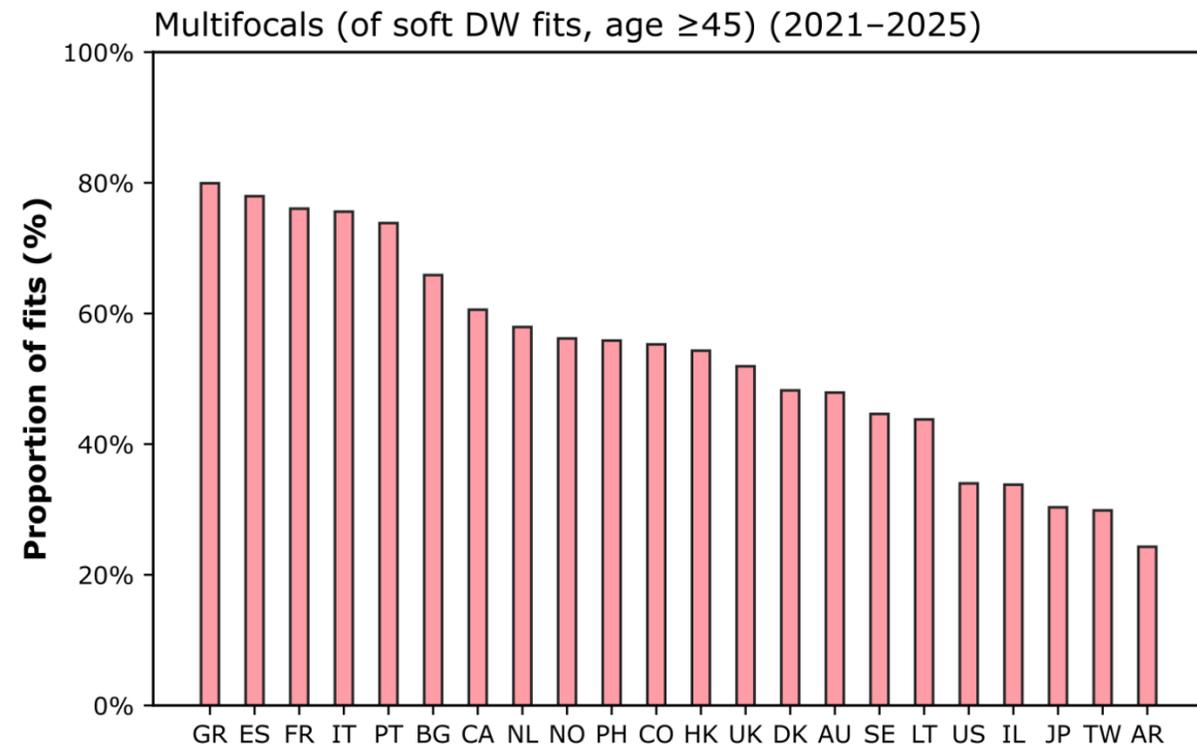
Orthokeratology lenses (of all lens fits) (2021–2025)



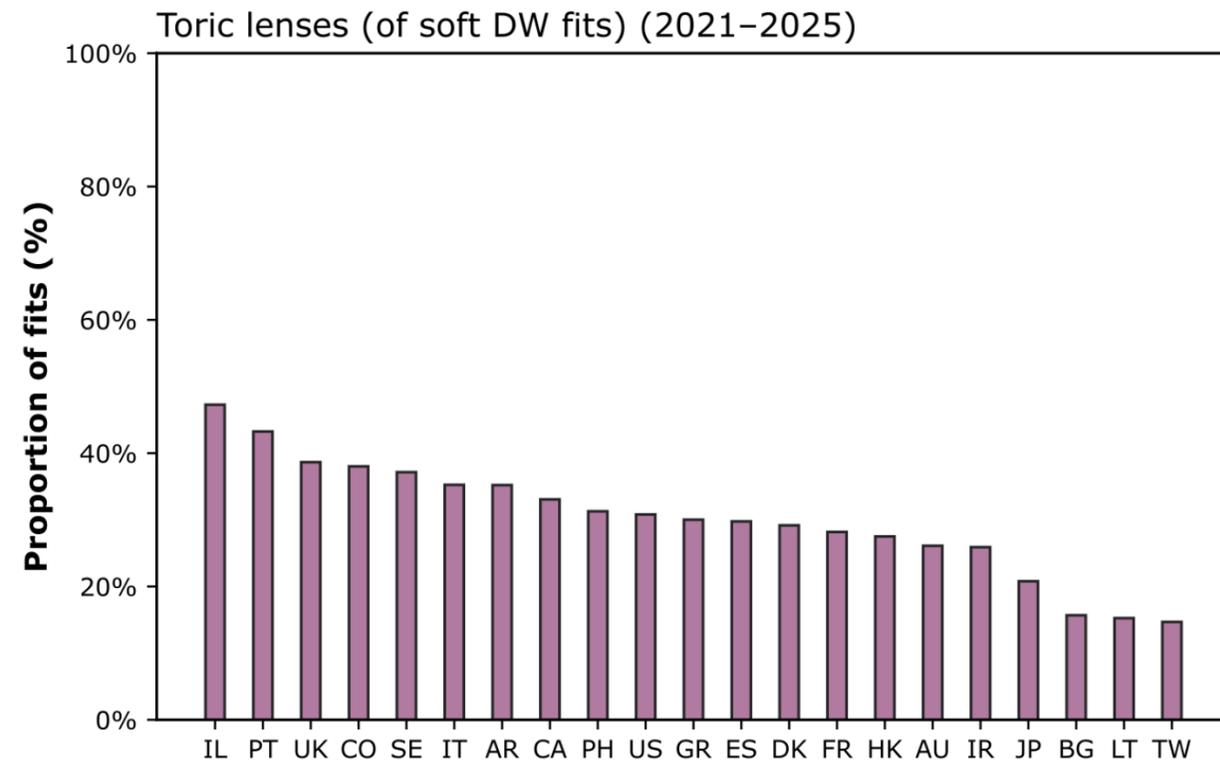
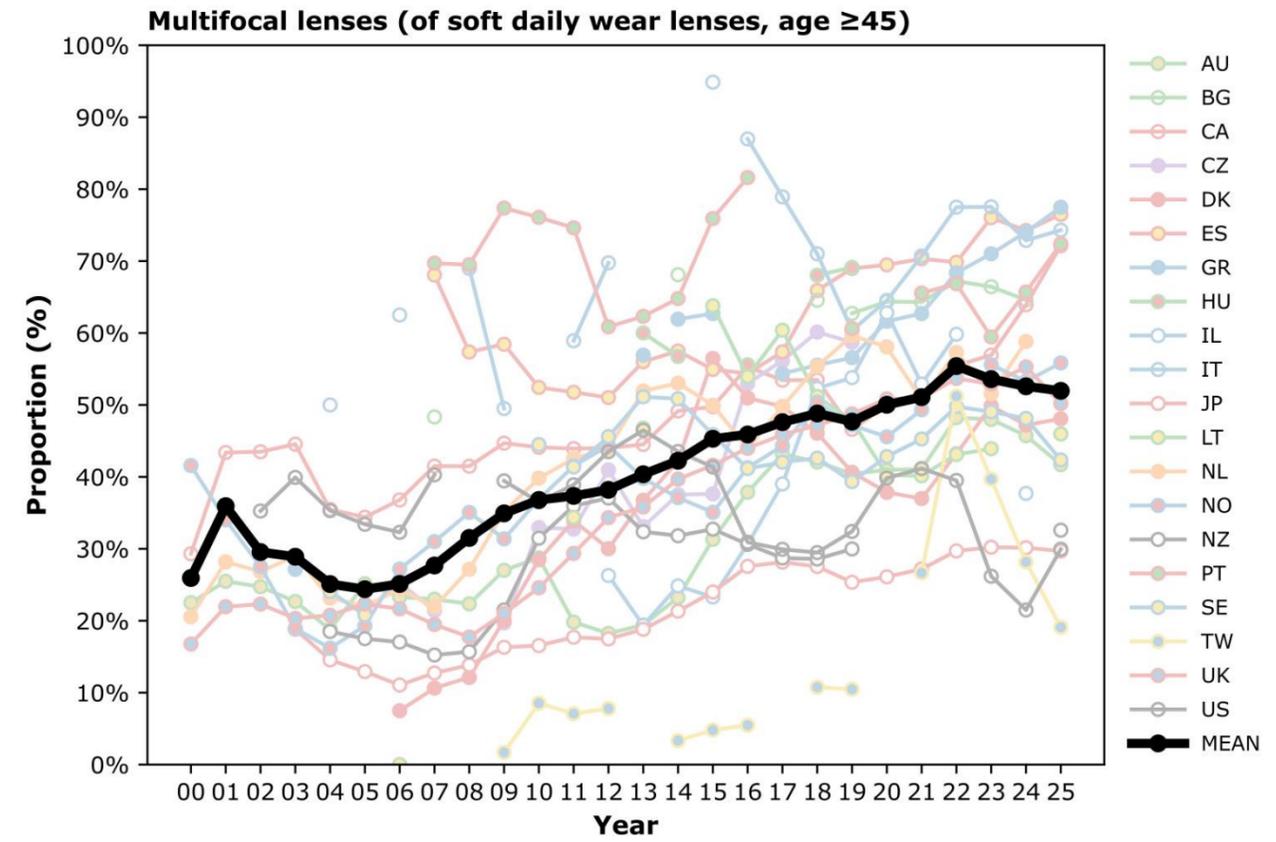
Orthokeratology lenses as % of all lens fits Minimum denominator per country (unweighted): 500.

Orthokeratology lenses (of all lens fits)

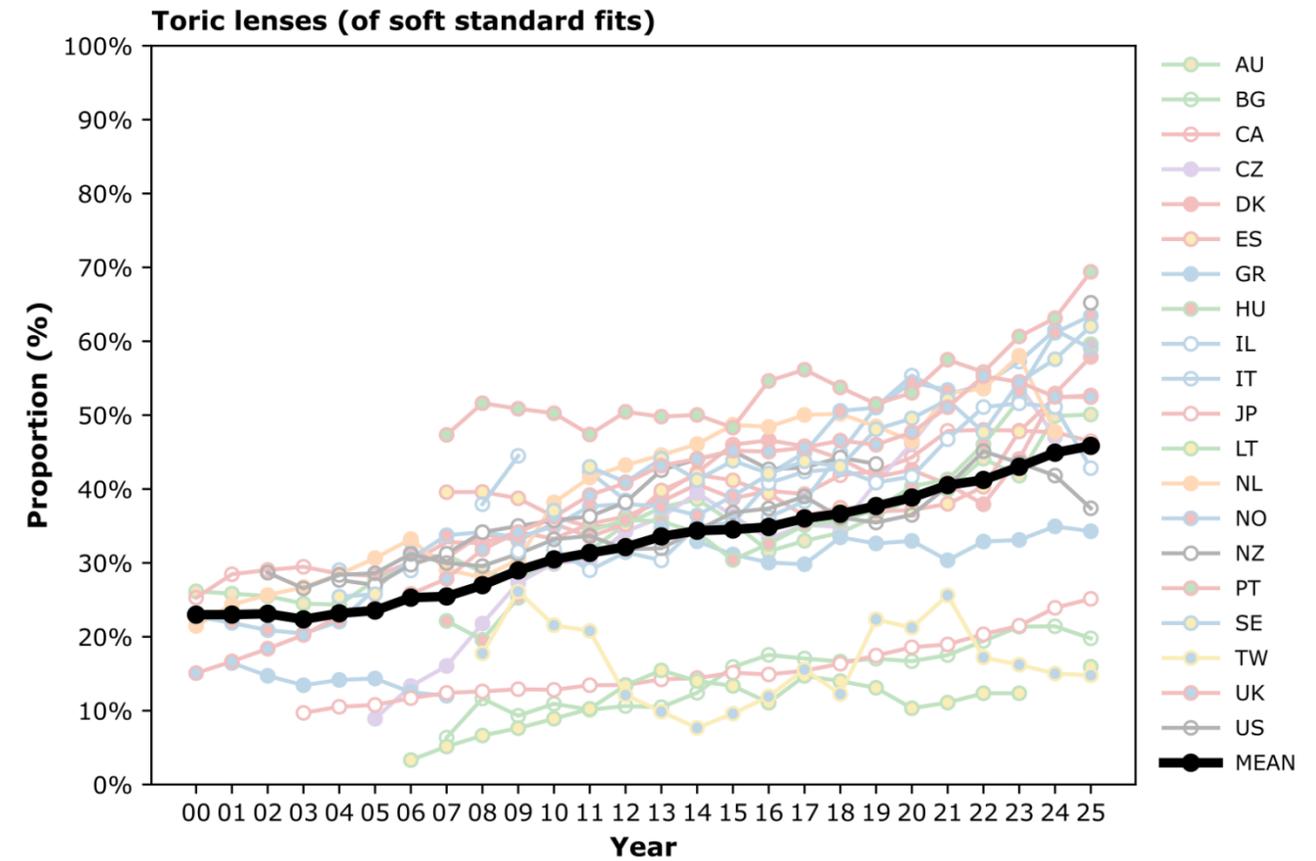




Multifocals as % of soft DW fits in patients aged 45 years and over Minimum denominator per country (unweighted): 100.



Toric lenses as % of soft DW fits Minimum denominator per country (unweighted): 500.



Nākamie soļi 2026

Lai iegūtu precīzāku reālās situācijas atspoguļojumu Latvijā, **jāpalielina iesaistīto speciālistu skaits!**

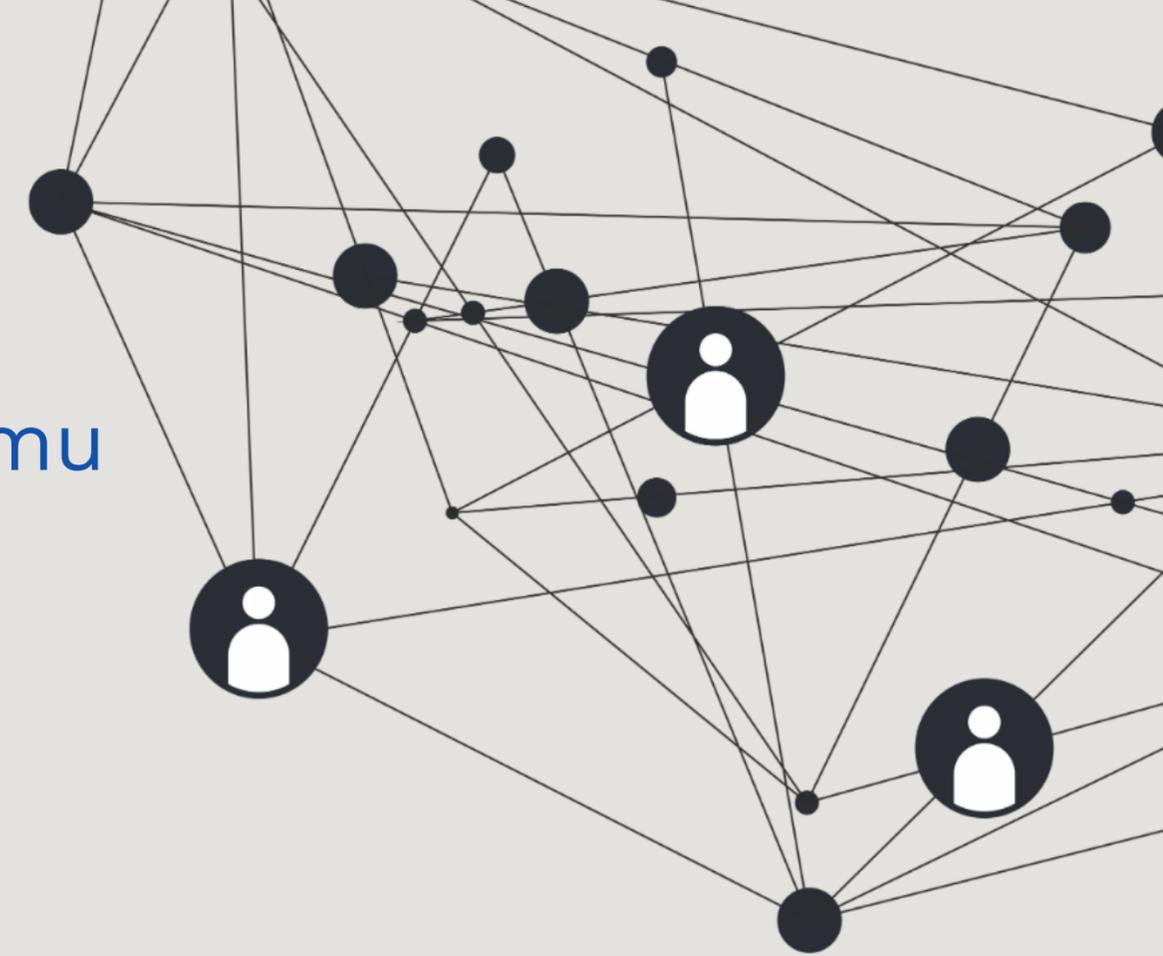


TABLE 1.
Demographic Information for All Surveyed Markets Reporting at Least 100 Fits

COUNTRY	TOTAL FITS	MEAN (\pm SD) AGE	% FEMALE	% NEW FITS	% PART TIME (\leq 3DAYS)
Argentina (AR)	357	35.8 \pm 16.4	64%	50%	2%
Australia (AU)	282	38.1 \pm 16.1	66%	33%	26%
Bulgaria (BG)	100	29.0 \pm 11.4	66%	37%	9%
Canada (CA)	213	39.5 \pm 18.2	65%	27%	21%
Denmark (DK)	735	39.9 \pm 16.1	61%	29%	16%
Spain (ES)	631	34.0 \pm 16.0	64%	47%	20%
Greece (GR)	828	31.3 \pm 12.2	56%	31%	15%
Hong Kong (HK)	630	32.2 \pm 14.4	62%	42%	25%
Hungary (HU)	100	30.3 \pm 15.2	62%	20%	7%
Israel (IL)	255	29.9 \pm 8.6	60%	33%	1%
Italy (IT)	515	37.1 \pm 17.2	59%	55%	24%
Japan (JP)	2,285	33.1 \pm 17.1	63%	40%	12%
Lithuania (LT)	683	31.8 \pm 10.8	66%	14%	15%
Latvia (LV)	140	31.0 \pm 15.0	69%	16%	5%
Mexico (MX)	125	35.2 \pm 13.6	65%	40%	7%
Norway (NO)	110	42.3 \pm 16.3	58%	24%	13%
New Zealand (NZ)	144	42.6 \pm 20.8	65%	50%	7%
Philippines (PH)	1,006	30.5 \pm 10.7	73%	35%	23%
Portugal (PT)	194	36.1 \pm 15.1	61%	49%	7%
Sweden (SE)	167	42.3 \pm 16.2	62%	18%	6%
Taiwan (TW)	520	32.8 \pm 10.2	71%	24%	7%
United Kingdom (UK)	908	41.0 \pm 17.2	59%	48%	32%
United States (US)	176	34.8 \pm 16.7	66%	14%	7%
Uruguay (UY)	160	41.1 \pm 16.6	56%	24%	10%
OVERALL	11,264	34.7 \pm 15.5	63%	35%	15%

2025

- TOP 3 aktīvākās valstis ar augstāko pielaiesto KL skaitu: Japāna (TF=2285), Filipīnas (TF=1006), UK (TF=908)
- Vidēji pasaulē 63 % no KL pielaišanām ir sievietēm (LV 69 %, augstāks rādītājs tikai Filipīnās (73 %) un Taivānā (71 %))
- Vidēji pasaulē 35 % ir pirmreizējās KL pielaišanas, Latvijā 16 % (TOP 3 zemākie rādītāji, kur Lietuvai un ASV (14 %), Ungārijai (20 %))
- Nepilna laika režīmā (\leq 3 dienas nedēļā) KL nēsā vidēji 15% pasaulē un 5 % Latvijā (TOP 3 augstākie rādītāji: UK (32 %), Austrālija (26 %), Honkonga (25 %))

Nākamie soļi 2026

Aicinu visus kolēģus iesaistīties, atgādināt vienam otram par šo anketu! Kad aizpildi savu anketu – aizraksti un atgādini saviem foršākajiem kolēģiem!

06/02 Latvijas Optometristu un optiķ...  Latvijas dalība 2026. globālajā kontaktlēcu apsekojumā - aicinājums iesaistīties

Anketas iesniegšanas termiņš: 2026.gada 31.augusts!

Katrs dalībnieks drīkst iesniegt par 10 pacientiem (vai mazāk)

Iesniegšanu var veikt elektroniski (<http://contactlensprescribing.com>) vai nosūtīt papīra versijas foto uz **results@contactlensprescribing.com**

- ✓ Tiešsaistes formā pirmais solis ir valodas izvēle – lūdzam izvēlēties latviešu valodu
- ✓ Tiešsaistes anketā 10 vizītes tiks nosauktas angļu valodā pēc kārtas kā “Lens fit 1”, “Lens fit 2” u.t.t.
- ✓ Tiešsaistes anketā, aizpildot pēdējo pacienta ierakstu (“Lens fit 10”), nospiežot bultiņu apakšējā labajā stūrī, visi ieraksti uzreiz automātiski tiks iesniegti un nosūtīti (papildus apstiprinājuma poga nav)



Paldies!

Dr. Morgan is director of Eurolens Research at the University of Manchester. **Dr. Woods** is conjoint professor, School of Optometry and Vision Science, UNSW Sydney, Australia. **Dr. Tranoudis** is director, professional education and development Western Europe, Johnson & Johnson Vision Care, Athens, Greece. **Dr. Efron** is emeritus professor of optometry, Queensland University of Technology, Brisbane, Australia. **Dr. Lyndon Jones** is principal scientist at the Centre for Ocular Research & Education (CORE), University of Waterloo, Canada. **Dr. Faccia** is an associate researcher at the National Scientific and Technical Research Council (CONICET) and professor of optometry and contactology, Universidad Nacional de La Plata, Buenos Aires, Argentina. **Dr. Rivadeneira** is a professor of contactology at the Department of Physics at the Universidad Nacional del Sur, Argentina. **Dr. Grupcheva** is head of the department of ophthalmology and visual science and vice rector for innovations and translational research at the Medical University-Varna, Bulgaria. **Dr. Deborah Jones** is a clinical professor, School of Optometry and Vision Science, University of Waterloo, Canada. **Amond Adersen** is a senior lecturer at the Danish College of Optometry and Visual Science, Erhvervsakademi Dania, Randers, Denmark. **Dr. Santodomingo-Rubido** is clinical affairs manager & senior research scientist, Menicon Co. Ltd. **Yip Siu-Lai Queenie** is president of the Hong Kong Association of Private Practice Optometrists. **Dr. Lam** is an associate professor at the School of Optometry, The Hong Kong Polytechnic University, Hong Kong Special Administrative Region, China. **Dr. Végh** is associate professor in the department of ophthalmology at the University of Szeged, Szeged, Hungary, and a professor at the School of Optometry, Semmelweis University, Budapest, Hungary. **Dr. Erdinest** is a lecturer at the Hadassah-Hebrew University Medical Center, Jerusalem, Israel, and chairman of the Israeli Contact Lens Society. **Professor Montani** is a professor in the department of mathematics and physics, University of Salento, Lecce, Italy. **Dr. Hori** is professor and chair of the department of ophthalmology at Toho University Faculty of Medicine in Tokyo, Japan. **Dr. Bendoriene** works at Vilnius University, Vilnius, Lithuania. **Dr. Panke** is an assistant professor at the University of Latvia, Riga, Latvia. **Dr. Pintor** is senior manager, professional and academic affairs for CooperVision, based in Mexico. **Ann Elisabeth Ystenæs** is associate professor in the department of optometry, radiography and lighting design, University of South-Eastern Norway, Kongsberg, Norway. **Jagrut Lallu** is an affiliate senior lecturer at Deakin Medical School and honorary teaching fellow at the University of Auckland. **Dr. Romualdez-Oo, OD**, is based in Manila, Philippines. **Dr. Abesamis-Dichoso** is based in Manila, Philippines, is part of the editorial board for *Cookie* magazine, and is clinical director of the Special Olympics Opening Eyes Program, Asia Pacific Region. **Dr. González-Méijome** is full professor of optometry and vision science at the Clinical and Experimental Optometry Research Laboratory, Center of Physics of Minho and Porto Universities, Portugal. **Dr. Macedo-de-Araújo** is with the Clinical and Experimental Optometry Research Laboratory, Center of Physics of Minho and Porto Universities, Portugal. **Oskar Johansson** is program director and lecturer in the department of medicine and optometry at Linnaeus University, Kalmar, Sweden. **Dr. Hsiao** is an associate professor in the department of optometry at Chung Shan Medical University, Taichung, Taiwan. **Dr. Nichols** is senior associate vice president for research and a professor at the University of Alabama at Birmingham, editor-in-chief of *Contact Lens Spectrum*, and editor of *Contact Lenses Today*.

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Australia – Optometry Australia; Bulgaria – Vision Protect Ltd; Greece and Israel – Johnson & Johnson Vision; Hong Kong – Hong Kong Association of Private Practice Optometrists; Latvia – Association of Latvian Optometrists and Opticians; New Zealand – NZERC; Spain – Spanish General Council of the Colleges of Opticians-Optometrists. The authors acknowledge the administrative support of Eurolens Research, University of Manchester, and the Centre for Ocular Research & Education (CORE) at the University of Waterloo.



