



## The BE System Orthokeratology Certification Course Questions

**1. What are the 3 critical corneal measurements required to practice BE Retainer Therapy?**

- a. Apical Curvature (Ro), Sagittal Height (or Eccentricity or Shape Factor) and HVID (Horizontal Visible Iris Diameter)
- b. Flat K, Flat axis & Steep K
- c. Corneal Diameter, Pupil Size, Fissure Size
- d. Steep K, Pupil Size, Fissure Size

**2. After entering the corneal data, the BE software calculates a “BE Retainer Potential”. Why is this figure important?**

| Results                   |   |       |
|---------------------------|---|-------|
| BE Retainer Potential (D) |   | -2.76 |
| Adjustment (D)            | + | -0.74 |
| Therapy Target Rx (D)     |   | -3.50 |
| Treatment Area (mm)       |   | 3.966 |

- a. it determines the number of days to achieve full effect
- b. it determines if a patient will increase in myopia
- c. this figure, in relationship with the patient Rx, determines if a patient is a candidate for Orthokeratology therapy
- d. this figure calculates the amount of astigmatism that can be reduced following Optimal Orthokeratology therapy

**3. What is the range of power that you can predict to achieve as a target Rx OVER or UNDER the “BE Retainer® Potential” figure?**

| Results                   |   |       |
|---------------------------|---|-------|
| BE Retainer Potential (D) |   | -3.48 |
| Adjustment (D)            | + | -0.02 |
| Therapy Target Rx (D)     |   | -3.50 |

- a. zero
- b. any figure UNDER, zero amount OVER
- c. any figure UNDER, up to -1.00Dp OVER
- d. any figure UNDER or OVER

**4. What is the purpose of the overnight trial evaluation?**

- a. to determine the accuracy of the topography measurements against the known parameters of the trial
- b. to evaluate the physiological response to overnight orthokeratology wear
- c. to achieve a bulls-eye topographical response
- d. to achieve measured Rx change
- e. to provide patients with a trial of the overnight orthokeratology procedure
- f. all of the above

**5. Should the trials result in 20/20?**

- a. Yes
- b. No

**6. Why is cone angle important?**

- a. determines the Rx change
- b. determines the vertical centration of the BE Retainer
- c. determines the number of hours wear possible
- d. determines the length of days to achieve full effect

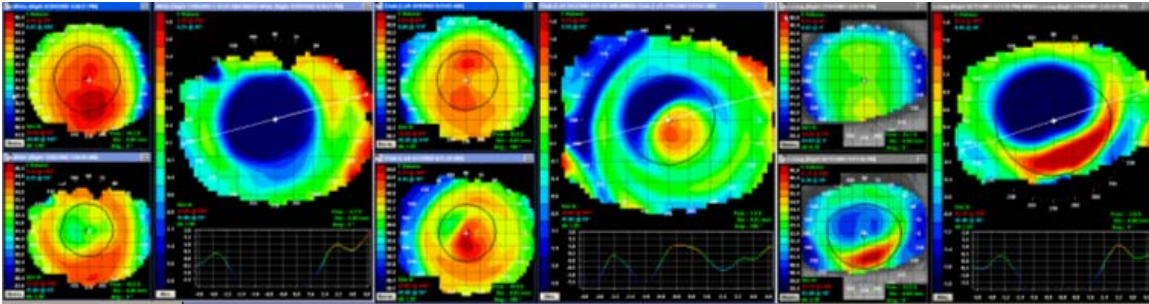
**7. During the post treatment evaluation, is fluorescein used to analyze the positioning or fit of a BE Retainer?**

- a. Yes
- b. No

**8. During post treatment evaluation, what 3 procedures need to be performed?**

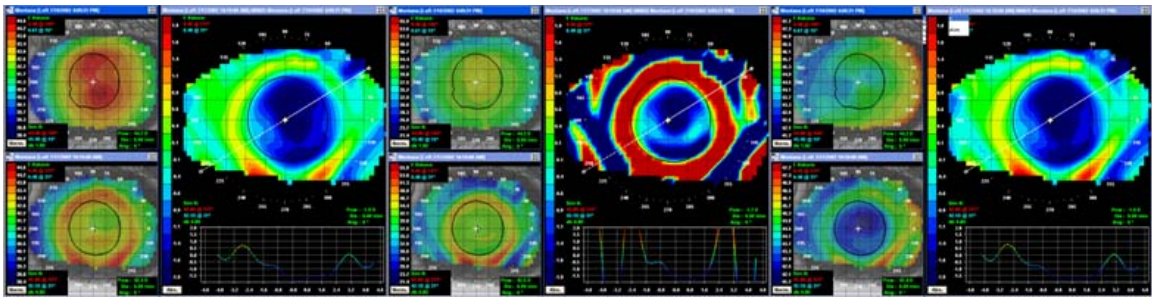
- a. auto-refraction, IOP, Subjective refraction
- b. fluorescein evaluation, check centration, check edge lift
- c. acuity, eye rinse, topography
- d. Slit lamp (“release” retainers if bound, remove them & check for staining), acuity check & topography

**9. What are the 3 major topographical responses that follow Optimal Orthokeratology wear (as seen below)?**



- a. Bulls-eye, Central Island & Smiley Face
- b. Frowney Face, Smiley Face with a false Central Island, Ring distortion
- c. Divot, False Central Island, Displaced apex
- d. Central Island, Frowney Face, Limbus to Limbus cylinder

10. From the following groups, choose the one that best describes the individual benefits of the Axial, Tangential and Refractive (Subtractive/Difference) maps following post overnight wear analysis?



**Axial Subtractive/**  
**Subtractive**  
**Map**

**Tangential Subtractive**  
**Difference Map**

**Refractive**  
**Difference**

- a. axial: size of treatment zone  
tangential: Rx change  
refractive: position of the Retainer in the closed eye environment
- b. axial: position of treatment zone & Rx change  
tangential: position of the Retainer in the closed eye environment  
refractive: size of treatment zone and Rx change
- c. axial: position of the retainer in the closed eye environment  
tangential: Rx change and treatment zone size  
refractive: position of the treatment zone
- d. None of the above

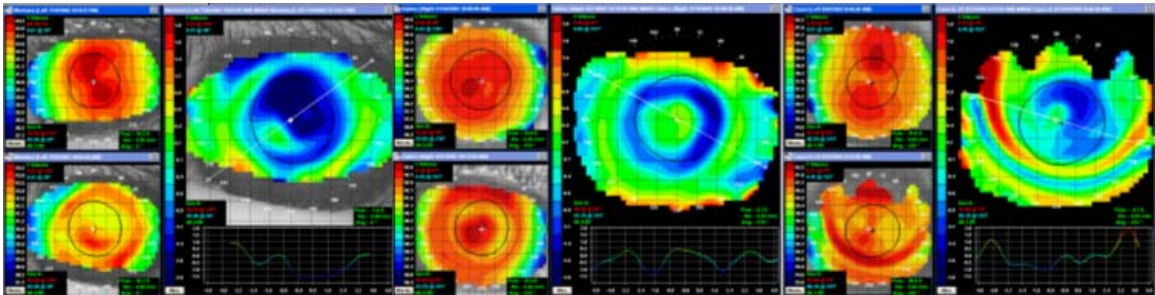
11. Which of the following groups of responses best describes the next step in the process if the topographical result is a:

- a. Bulls-eye: calculate and order the custom Retainer  
Central Island: retriial in the next steeper diagnostic  
Smiley Face: retriial in the next flatter diagnostic
- b. Bulls-eye: dispense the trial  
Central Island: discontinue the patient due to incompatibility  
Smiley Face: discontinue the patient due to incompatibility
- c. Bulls-eye: continue trial wear for 1 month and re-evaluate  
Central Island: continue the trial wear for 1 week and re-evaluate  
Smiley Face: continue the trial wear for 1 week and re-evaluate
- d. Bulls-eye: normalize the cornea and calculate and order the custom Retainer  
Central Island: normalize the cornea and schedule a retriial in the next flatter diagnostic  
Smiley Face: normalize the cornea and schedule a retriial in the next steeper diagnostic

**12. How soon can you re-trial in another diagnostic parameter following a smiley face or central island result?**

- a. same day
- b. before the cornea normalizes
- c. after the cornea normalizes
- d. 1 month following

**13. What is the next step if the topographical results are inconclusive (not a clear bulls-eye, central island or smiley face)?**



- a. discontinue wear and cancel the patient as a candidate for OOK
- b. Trial the same diagnostic for a multitude of consecutive days
- c. Normalize the cornea and trial the next flatter trial
- d. Normalize the cornea and trial the next steeper trial

**14. What must happen before the “custom” Retainer can be calculated and ordered?**

- a. The diagnostic must produce a bulls-eye topographical response with a measured Rx change
- b. A Smiley Face topographical response must result
- c. A Central Island topographical response must result
- d. Patient must achieve 20/20 vision with the diagnostic

**15. What is the effective range of apical tear layer thickness for the BE System Retainers to work?**

- a. -10 to zero microns apical clearance
- b. 2 – 15 microns apical clearance
- c. 15 – 30 microns apical clearance
- d. None of the above

**16. If the custom order BE Retainer results in a bulls-eye effect but under-corrects, what must happen?**

- a. The sagittal height must be decreased (lower apical clearance)
- b. The sagittal height must be increased (higher apical clearance)
- c. A tighter cone angle must be calculated
- d. You must perform a retrial

**17. If the custom order BE Retainer results in a bulls-eye effect but over-corrects, what must happen?**

- a. The sagittal height must be decreased (lower apical clearance)
- b. The sagittal height must be increased (higher apical clearance)
- c. A tighter cone angle must be calculated
- d. You must perform a retrial

**18. Why is topography so critical?**

- a. calculates the Rx/corneal potential
- b. determines the initial trial and therefore the first fit success
- c. monitors the corneal changes over time
- d. all of the above

**19. What is the follow-up schedule for monitoring BE Retainer Optimal Orthokeratology wear?**

- a. 1 week, 1 month, 1 year
- b. 1 week, 2 weeks, 2 months, 2 years
- c. 1 day, 1 month, 6 months, 2 years
- d. 1 day, 1 week, 1 month, 6 months and 1 year.

**20. As an Orthokeratologist, what is your critical concern in practicing Optimal Orthokeratology?**

- a. Retainer “in touch” with the central epithelium (staining)
- b. Patient compliance with the wear schedule & follow-up visits
- c. Patient compliance with the solution regimen
- d. All of the above



## Certification Test – Answer Sheet

Practitioner Name: \_\_\_\_\_

Practice/Office Name: \_\_\_\_\_

Address: \_\_\_\_\_

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Phone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Website: \_\_\_\_\_

Who is the manufacturer model # & serial # of your topographer? \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please print the letter of the best answer beside the question number

| Question | Answer | Question | Answer |
|----------|--------|----------|--------|
| 1        |        | 11       |        |
| 2        |        | 12       |        |
| 3        |        | 13       |        |
| 4        |        | 14       |        |
| 5        |        | 15       |        |
| 6        |        | 16       |        |
| 7        |        | 17       |        |
| 8        |        | 18       |        |
| 9        |        | 19       |        |
| 10       |        | 20       |        |

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When complete please fax to BE Enterprises Inc. 877 215 2288 or 604 215 1476 Att: Randy Kojima

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