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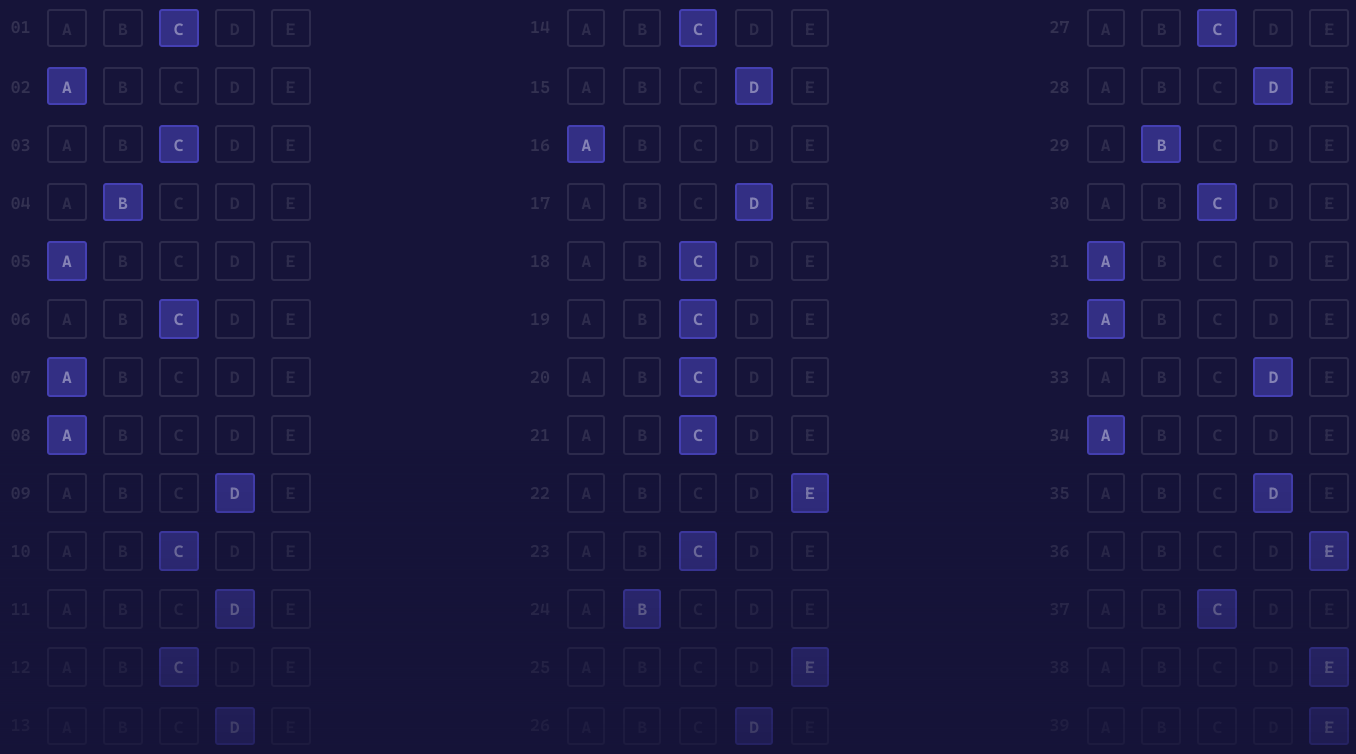

PRACTICE QUESTIONS

American Board of Opticianry And National Contact Lens Examiners (ABO NCLE) (ABOB)

NCLEP

National Contact Lens Examiners Practical Exam

EDITION	QUESTIONS	FORMAT
Demo	9	Limited Edition PDF

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Before you begin

What this is

9 practice questions for American Board of Opticianry And National Contact Lens Examiners (ABO NCLE) (ABOB) `NCLEP`, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, `NCLEP`
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

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QUESTION 1 SINGLE CHOICE

A contact lens fitter measures the horizontal visible iris diameter (HVID) with a PD rule and finds it to be 11.5 mm. Which soft contact lens diameter would most appropriately be selected as a starting point for this patient?

A **12.5 mm**

B 10.0 mm

C 13.5 mm

D 9.5 mm

ANSWER **A**

WHY A commonly used starting point for a soft lens diameter is to add approximately 1.0 to 1.5 mm to the HVID. With an HVID of 11.5 mm, a 12.5 mm lens provides adequate corneal coverage while remaining appropriate for a typical soft lens fit.

QUESTION 2 SINGLE CHOICE

Keratometric readings on a patient are 42.00 D @ 180 and 43.50 D @ 090. What is the corneal astigmatism and the axis of the steepest meridian?

A **1.50 D of astigmatism; steepest meridian at 090**

B 0.75 D of astigmatism; steepest meridian at 180

C 1.50 D of astigmatism; steepest meridian at 180

D 3.00 D of astigmatism; steepest meridian at 090

ANSWER **A**

WHY Corneal astigmatism is the difference between the two principal meridians: 43.50 D − 42.00 D = 1.50 D. The meridian with the higher dioptric power is the steepest meridian, which is the 090 meridian in this case.

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QUESTION 3 SINGLE CHOICE

A patient's spectacle prescription is −4.00 D and the vertex distance used is 12 mm. What is the approximate contact lens power to correct this myopic patient?

A Approximately −4.25 D

B Approximately −3.75 D

C Exactly −4.00 D

D Approximately −5.00 D

ANSWER B

WHY When refracting powers are greater than ±4.00 D, the vertex distance must be considered. For a myopic patient wearing a −4.00 D spectacle lens at a 12 mm vertex distance, the contact lens power will be slightly less in magnitude because the contact lens sits closer to the eye. Using standard vertex conversion tables, −4.00 D spectacles convert to approximately −3.75 D at the corneal plane.

QUESTION 4 MULTIPLE CHOICE

When evaluating a soft contact lens fit with the slit lamp, which of the following observations indicate an ACCEPTABLE fit? (Choose two.)

A Full corneal coverage in all positions of gaze

B Lens edge shows 360° of approximately 0.5–1.0 mm of movement on blink

C Centration is displaced 2.0 mm nasally with the lens edge crossing the limbus

D The lens moves freely and rotates 30° with each blink

ANSWER A · B

WHY An acceptable soft lens fit shows full corneal coverage in all positions of gaze and modest movement (typically about 0.5–1.0 mm) with the blink to allow tear exchange. Significant decentration that crosses the limbus and excessive rotation with blink indicate a poor fit.

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QUESTION 5 SINGLE CHOICE

An RGP lens shows a fluorescein pattern with central pooling, mid-peripheral bearing, and edge lift. What type of fit does this represent?

A A steep fit

B An aligned fit

C A flat fit

D An optimum fit

ANSWER C

WHY Central pooling (tear layer trapped under the central portion of the lens), mid-peripheral bearing of the lens on the cornea, and edge lift are characteristic signs of a flat-fitting RGP lens, where the lens is flatter than the corneal curvature.

QUESTION 6 SINGLE CHOICE

A long-term soft contact lens wearer presents with corneal neovascularization that has progressed into the pupillary axis. Which factor is most commonly associated with this complication?

A Chronic corneal hypoxia from extended lens wear

B Inadequate lid hygiene

C An acute allergic reaction to lens care solutions

D Improper handwashing technique

ANSWER A

WHY Corneal neovascularization is the growth of new blood vessels into the cornea, most commonly caused by chronic corneal hypoxia. Extended or overnight wear of low-oxygen-permeable lenses is a classic risk factor for this complication.

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QUESTION 7 MULTIPLE CHOICE

Which of the following instructions should be provided to a patient regarding contact lens care? (Choose two.)

A **Replace the contact lens case at least every three months**

B Re-use the same solution in the lens case for up to one week

C **Rub and rinse lenses with fresh multipurpose solution as directed**

D Store lenses in plain saline for extended periods

ANSWER **A** · **C**

WHY Patients should replace their lens case regularly (typically at least every three months) to reduce microbial contamination, and should rub and rinse lenses with fresh multipurpose solution as directed. Re-using the same solution or storing lenses in non-preserved saline increases the risk of microbial keratitis and other complications.

QUESTION 8 SINGLE CHOICE

When teaching a patient to remove a soft contact lens using the pinching method, the patient should be instructed to:

A Pinch the lens off the cornea directly with the fingernail

B **Slide the lens onto the white of the eye, then pinch it off**

C Lift the upper lid only and pull the lens downward

D Use a suction cup (lens plunger) at all times

ANSWER **B**

WHY To safely remove a soft lens by pinching, the patient should first slide the lens off the cornea onto the bulbar conjunctiva (the white of the eye), then gently pinch the lens off. Pinching a soft lens directly on the cornea can cause corneal abrasion.

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QUESTION 9 SINGLE CHOICE

Which contact lens material property is most responsible for allowing oxygen to reach the cornea during lens wear?

A Refractive index

B Oxygen permeability (Dk)

C Water content alone

D Specific gravity

ANSWER B

WHY Oxygen permeability (Dk) is the material property that determines how much oxygen can pass through the contact lens material. While water content contributes to oxygen transmission in hydrogel lenses, Dk is the fundamental property that characterizes this function across lens materials.

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