

QCA Level 6



abdo

Certificate in Contact Lens Practice

**Conditions of Admission
Syllabus Assessment
Requirements 2019**

FOREWORD

Students should be aware that the contact lens assessments lead to a post-graduate qualification and so require a more mature approach to their preparation. In addition to course textbooks and notes, students will be required to demonstrate current and in-depth knowledge and skills in the field of contact lens practice at the time of the final assessment.

The Certificate in Contact Lens Practice assessments are designed to assess the General Optical Council [GOC] Contact Lens Specialty Core Competencies as follows –

- Full theory knowledge of contact lens practice
- Practical knowledge and ability in contact lens practice

Achievement of the Certificate in Contact Lens Practice permits the use of the qualification – FBDO CL.

The successful candidate may practise unsupervised – see the Contact Lens section of the ABDO Advice and Guidance [www.abdo.org.uk] and the GOC Contact Lens Qualification Rules (1988) modified in 2005

CONDITIONS OF ADMISSION

- The candidate must satisfy the Association of British Dispensing Optician [ABDO] Academic Board that they have undertaken a suitable recognised course of training in preparation for the examinations.
- The candidate holds either the Level 6, Dispensing Diploma of the Association or an appropriate qualification of a recognised examining body in Ophthalmic Optics and is currently registered with the General Optical Council. The decision of the Association's Academic Board is final.
- To participate in the Certificate in Contact Lens Practice practical examination, the candidate must be involved in personal contact lens clinical experience for a minimum equivalent of one day per week and must have undertaken a minimum of 224 hours of personal contact lens clinical experience, under the supervision of an ABDO approved supervisor and at an ABDO approved practice [see Registration of Supervisor and Practice]

SUPERVISION OF CONTACT LENS TRAINING OF DISPENSING OPTICIANS

The Association requires that the supervisor must be on the premises during the practical experience sessions, aware that contact lens consultations are being undertaken and so placed that they are able to intervene in the procedure.

A Trainee Contact Lens Optician [TCLO] must be a qualified, registered Dispensing Optician [DO] and may not begin the fitting and aftercare of contact lenses under supervision until they have commenced a recognised contact lens training course, that is the Contact Lens Course at ABDO College or the Day Release Contact Lens Course at Bradford College. In addition, the Primary supervisor must be registered with ABDO Examinations & Registration department.

PRACTICAL CONTACT LENS EXPERIENCE

The Certificate in Contact lens Practice is a post-graduate qualification for a Dispensing Optician [DO] so they are completing a training course and gaining contact lens practical experience whilst also carrying out their professional responsibilities as a DO. They are embarking on a role which has a very different level of clinical responsibility so require specific support throughout their preparations and especially in the Initial Practical Experience Period. For that reason, ABDO require a Primary supervisor to hold overall responsibility for the TCLO's personal clinical experience throughout their training and preparations, until they have achieved the Certificate qualification and have joined the GOC Contact Lens Specialty register.

The TCLO is required to gain a **minimum** of 224 hours of personal clinical experience prior to undertaking the practical examination and the Primary supervisor [only] is required to sign a declaration to that effect which accompanies the case records and must reach ABDO Examinations & Registration Department by –

31 May [Summer examination sitting]

30 November [Winter examination sitting].

To begin accumulating contact lens practical experience, the TCLO must meet the following requirements -

- They must FIRST have commenced a formal training programme, such as the ABDO College Course or the Bradford College Day Release Course.
- Their Primary supervisor and practice [and secondary supervisor and practice if applicable] must be approved by ABDO Examinations & Registration Department
 - the application forms are available via the ABDO website
- They must spend the equivalent to a minimum of 1 day a week in clinical practice until they have achieved the Certificate in Contact Lens Practice qualification.

The TCLO will be required to complete a Personal Clinical Experience Hours Chart [available from the ABDO website], to be signed each session by the supervisor on that day [either Primary or Supporting] and the hours involved may counted towards the minimum 224 hours. Any consultations carried out under both the Primary and the Supporting Supervisor will be accepted for the Case Records to be presented for the practical examinations.

Only personal clinical experience under the above conditions may contribute to the requirements with respect to undertaking the practical examinations. However, once the Initial Practical Experience Period has been achieved – and if the Primary Supervisor and the TCLO are in agreement that the TCLO is sufficiently prepared – the TCLO may be exposed to contact lens practice in the form of a delegated function by an appropriately qualified contact lens practitioner [Contact Lens Optician or Optometrist] who is willing for that to occur.

The delegated function hours or patients may not be used towards the minimum hours or case records for the practical examination.

Trainee Contact Lens Opticians Supervision & Registration Timelines and Documents

Training stage	Timeline	What is involved	Document	Requirements	ABDO Action
Beginning of training course	As soon as personal practical experience is about to begin	Registration of Primary Supervisor and Practice	Application form for initial registration of primary supervisor and practice	TCLO must have commenced an approved training course Supervisor must meet GOC registration requirements	Written confirmation of registration
If appropriate, development of TCLO experience	Either directly after primary supervisor has been registered or once supporting supervisor becomes available	Registration of supporting supervisor	Application form for Supporting supervisor registration – endorsed by Primary supervisor	Supporting supervisor must meet the basic supervision requirements [2 years continuous GOC registration for CL practice] AND be willing to be involved	Written confirmation of registration [A meeting with a Practice Visitor will not be required]
Practice visit AND In practice Assessment	12 – 6 months prior to intended Practical examination date	Practice visit involving meeting with Primary supervisor. Assessment of Competency 5.2	Application form for Practice Visit and Competency 5.2 assessment	Visitor meeting with- Primary supervisor and TCLO TCLO to provide subject and contact lenses for Competency 5.2 assessment	Written confirmation of continued registration and Competency 5.2 Assessment result
If a change of Primary supervisor and/or practice occurs after registration	Immediately once a change/s occur	Registration of new supervisor and/or practice	Application form for approval for change of Primary supervisor and/or practice	New supervisor must meet the supervision requirements [2 years continuous GOC registration for CL practice]	Written confirmation of registration. A further practice visit may be necessary.

ASSESSMENTS INFORMATION

The Certificate in Contact Lens Practice assessments address the GOC Contact Lens Specialty Core Competencies. The assessments involve written, practical and oral examinations. The theory syllabus provides background theory knowledge and theory preparation for the practical assessments. There are three theory papers of two hours each, as detailed in the main body of the syllabus. The pass mark for each paper is 60%.

Two competencies are assessed during the practice visit and the remainder during the practical examination. The practical and oral elements of the practical examination extend over one day and total five and half hours. The pass mark is 60% in each section.

The competencies are listed later in the syllabus with a chart indicating where they are assessed.

General Examination Information

If the candidate presents themselves on the day of the examination, they are deemed to be fit and well. If any adjustments or considerations are required to be actioned, these must be communicated in advance on the relevant forms, to the ABDO Examinations & Registrations Department. [forms available from the ABDO website].

Candidates may attempt each theory paper and the sections of the practical examination, a maximum of four times. After three attempts, the Association will require the candidate to provide evidence of a further recognised course of sustained study [theory examinations] or a formal revision course [practical examination].

If a trainee has failed any theory or practical examination after four attempts, they will be required to either cease contact lens training or if appropriate, all successes to date will be considered null and void and they may begin a full formal theory training course again and sit the full theory and practical examinations again.

There is a 7-year limit on the use of partial examination success towards the Certificate in Contact Lens Practice qualification. If a theory examination or a section of the practical examination was achieved more than 7 years previously, it will be necessary for the candidate to retake that element before the Certificate in Contact Lens Practice can be awarded.

Assessment Application Information and Timelines

Application for the theory and practical examinations are available on the ABDO website[abdo.org.uk] around August/September for the Winter sitting and around January/February for the Summer sitting. Candidates should ensure the documents are fully completed and payment information and are sent well in advance of the closing dates, which are normally 1st March for summer examinations and 1st October for Winter examinations.

Theory Assessment Notes

Any script with borderline marks is reviewed by the External Moderator for that unit before the results are presented to the Examinations Board.

If a candidate is unsuccessful, they may request a report. A fee will be charged for the report. Requests for a report will not be accepted more than 28 days after the issue of the results.

Practical Assessment Notes

All sections must be taken at the first attempt of the Practical examination.

The pass mark is 60% in each section.

If a candidate is unsuccessful, a report is issued with the results indicating the areas requiring special attention/study. Any borderline marks are reviewed on the day of the Practical examination by the examiners involved and the supervising examiner of the day.

SUMMER SESSION TIMELINES

31 January	Final date for applications for Practice Visit and in-practice Competency 5.2 assessment to be with ABDO Examinations & Registrations Department.
1st March	Final date for completed examination application forms to be with ABDO Examinations Department.
31 May	Final date for Practical examination case records to be with ABDO Examinations Department.
Early June	Theory examinations held over 2 days
July	Practical examinations held at the ABDO National Resource Centre, Birmingham
August	Results issued. A Summer- sitting- resits only session is held during September for those candidates who have been unsuccessful in the Summer

WINTER SESSION TIMELINES

31 July	Final date of applications for Practice Visit and in-practice Competency 5.2 assessment to be with ABDO Examinations & Registrations Department.
1st October	Final date for completed examination application forms to be with ABDO Examinations Department.
30 November	Final date for practical examination case records to be with ABDO Examinations Department.
December	Theory examinations held over 2 days
January	Practical examinations held at the ABDO National Resource Centre, Birmingham
February	Results issued. A Winter - sitting- resits only session is held during April those candidates who have been unsuccessful in the Winter

Assessment Table of the GOC Core Competencies for the Specialty of Contact Lens Practice

Background knowledge and the understanding of competencies are assessed in the theory examinations. The 'ability to do' competencies are assessed during the practice visit and in the practical examination

		Competency		Assessment		
Unit	Element	Criteria	Examination	Section		
1. Communication The ability to communicate effectively with the patient and any other appropriate person involved in the care of the patient, with English being the primary knowledge of communication	1.1 The ability to communicate effectively with a diverse group of patients with a range of optometric conditions and needs	1.1.1 Obtains relevant history and information relating to general health medication, family history, work, lifestyle and personal requirements	ABDO CL Certificate	Section 1 [a] Section 5[a]/[b]		
		1.1.2 Elicits the detail and relevance of any significant symptoms	ABDO CL Certificate	Section 1 [a] Section 5[a]/[b]		
		1.1.3 Identifies and responds appropriately to patients' fears, anxieties and concerns about their visual welfare	ABDO Fellowship Diploma ABDO CL Certificate]	Section 1 [a] Section 5[a]/[b]		
	1.2 The ability to impart information in a manner which is appropriate to the recipient	1.2.1 Understands the patient's expectations and aspirations and manages situations where these cannot be met.	ABDO Fellowship Diploma ABDO CL Certificate	Section 1 [a] Section 5[a]/[b]		
		1.2.2 Communicates with patients who have poor or non-verbal communication skills or those who are confused, reticent or might be misled.	ABDO Fellowship Diploma			
		1.2.3 Discusses with the patient an understanding of systemic disease and its ocular impact, its treatment and the possible ocular side-effects of medication	ABDO Fellowship Diploma ABDO CL Certificate	Section 1 [a] Section 5[a]/[b]		
		1.2.4 Explains to the patient the implications of their pathological or physiological eye condition	ABDO Fellowship Diploma			
1.2.5 Communicates effectively with any other appropriate person involved in the care of the patient		ABDO Fellowship Diploma ABDO CL Certificate	Section 5[b] Section 5[c]			
2. Professional Conduct The ability to comply with the legal, ethical and professional aspects of practice	2.1 The ability to manage patients in a safe, appropriate and confidential environment	2.1.1 Adheres to Health and Safety issues in the practice including the ability to implement appropriate measures for infection control.	ABDO Fellowship Diploma ABDO CL Certificate	Sections 1/2/3/5		
		2.1.2 Maintains confidentiality in all aspects of patient care	ABDO Fellowship Diploma			
		2.1.3 Shows respect for all patients	ABDO Fellowship Diploma ABDO CL Certificate	Sections 1/2/3/5		
	2.2 The ability to comply with legal, professional and ethical issues relating to practice	2.2.1 Is able to manage all patients including those who have additional clinical or social needs	ABDO Fellowship Diploma ABDO CL Certificate	Section 4[d] Section 4[e] Section 5[b] Section 5[c]		
		2.2.2 Is able to work within a multi-disciplinary team	ABDO Fellowship Diploma ABDO CL Certificate	Section 5[c]		
		2.2.3 Is able to work within the law and within the codes and guidelines set by the regulator and the profession	ABDO Fellowship Diploma ABDO CL Certificate	Section 1 [a] Section 5[a]/[b] Section 5[c]		
		2.2.4 Creates and keeps full, clear, accurate and contemporaneous records	ABDO Fellowship Diploma ABDO CL Certificate	Section 1 Section 5[a]/[b]		
		2.2.5 Interprets and responds to existing records	ABDO Fellowship Diploma ABDO CL Certificate	Section 5[a]/[b]		

3. Methods of Ocular Examination The ability to perform an examination of the external eye and related structures.	3.1 The ability to assess the indications and contraindications to contact lens fittings	3.1.1 Interprets relevant history and information obtained from the patient. Demonstrates an understanding of contraindications to contact lens fittings	ABDO CL Certificate	Section 1[a]
	3.2 The ability to use the techniques in examination of the external eye and related structures and to understand the implications of the findings	3.2.1 Uses instruments to measure the curvature of the cornea and assess its regularity	ABDO CL Certificate	Section 1[c]
		3.2.2 Uses a slit-lamp to assess the external eye and related structures	ABDO CL Certificate	Section 1[b] Section 5[a]
		3.2.3 Measures external dimensions relevant to contact lens fittings	ABDO CL Certificate	Section 1[a]
		3.2.4 Assess the tear film	ABDO CL Certificate	Section 1[c] Section 5[a]/[b] Section 5[c]
4. Verification and Recognition The ability to assess the accuracy of the specifications of contact lenses including the use of appropriate instrumentation	4.1 The ability to assess the dimensional measurements of contact lenses	4.1.1 Selects the appropriate equipment to measure the relevant parameters	ABDO CL Certificate	Section 6[a]
	4.2 The ability to recognise the design features of contact lenses	4.1.2 Measures lens parameters to ISO standards of tolerance	ABDO CL Certificate	Section 6[a]
		4.2.1 Assesses the lens design and decide on its definition	ABDO CL Certificate	Section 6[b]
5. Contact Lenses The ability to manage the fitting and aftercare of patients with contact lenses	5.1 The ability to select and fit the most appropriate contact lens for the planned use and clinical needs of the patient	5.1.1 Chooses, assesses the fit of and orders soft lenses	ABDO CL Certificate	Section 2[a] Section 2[b]
		5.1.2 Chooses, assesses the fit of and orders rigid lenses	ABDO CL Certificate	Section 3 Section 2[b]
	5.2 the ability to instruct the patient in contact lens handling and all aspects of lens wear including care regimes	5.2.1 Instructs the patient to handle soft lenses and how to wear and care for them	ABDO CL Certificate	In-practice assessment
		5.2.2 Instructs the patient to handle rigid lenses and how to wear and care for them	ABDO CL Certificate	In-practice assessment
	5.3 The ability to assess the progress in wear of a contact lens patient	5.3.1 Carries out a routine aftercare consultation of a contact lens wearer	ABDO CL Certificate	Section 5[a]/[b]
	5.4 The ability to investigate, identify and manage any aftercare issues and to be responsible for future contact lens management of a patient	5.4.1 Recognises contact lens aftercare issues	ABDO CL Certificate	Section 5[a]/[b] Section 5[c]
		5.4.2 Manages contact lens aftercare issues	ABDO CL Certificate	Section 5[a]/[b] Section 5[c]
	5.5 The ability to select and fit the most appropriate complex lens for the planned use and clinical needs of the patient	5.5.1 Chooses and manages the fitting of toric contact lenses	ABDO CL Certificate	Section 4[a] Section 5[b]
		5.5.2 Chooses and manages the correction of presbyopic patients	ABDO CL Certificate	Section 4[b] Section 5[b]
		5.5.3 Understands the conditions which benefit from therapeutic and prosthetic contact lenses and manages therapeutic and prosthetic contact lens fittings.	ABDO CL Certificate	Section 4[c] Section 4[d] Section 4[e] Section 5[b]

CONTACT LENS CERTIFICATE THEORY SYLLABUS

Unit One – Ocular Anatomy, Physiology and Related Pathology

(Answer any 4 of 5 questions on paper in 2 Hours)

In each of the following subject areas, there should be an understanding of the aetiology, signs, symptoms, management and contact lens implications of pathological conditions; the examples given are not exhaustive. Consideration should also be given to contact lens induced pathology.

A] Eyelids

- Anatomy - Gross anatomy of the upper and lower lids with specific reference to muscles, nerves, vascular and lymphatic supply
- Physiology - Lid functions with reference to the relevant ocular structure
- Pathology - Pathological conditions affecting the eyelids e.g. blepharitis, ptosis, entropion, ectropion, trichiasis, hordeolum, chalazion, lesions.

B] Pre-corneal Tear Film

- Anatomy - Structure and detailed composition of component layers, physical properties and dimensions
- Physiology - Functions of each component layer and contribution to corneal nutrition
- Pathology - Manifestation of deficiencies in the component layers and the clinical significance.

C] Lacrimal System

- Anatomy - Gross anatomy of the lacrimal gland, and other structures involved in the production of the tear film constituents, and the lacrimal drainage apparatus
- Physiology - Mechanisms of tear formation and drainage
- Pathology - Clinical causes of epiphora, acquired defects of tear formation or drainage.

D] Cornea

- Anatomy - Gross anatomy and histology of the corneal layers. Limbus. Topographical features and corneal dimensions. Corneal nutrition and respiration. Maintenance of corneal deturgescence.
- Physiology - Causes of oedema and the role of the endothelial pump. Endothelial healing rate. Mechanisms of corneal staining.
- Pathology - Corneal ulcer, keratoconus, corneal dystrophies, neovascularisation, keratitis, infiltrates, dellen.

E] Sclera

- Anatomy - Gross anatomy of the component layers
- Physiology - Structural arrangement producing opaque tissue
- Pathology - Scleritis and episcleritis.

F] Conjunctiva

- Anatomy - Gross anatomy of the component layers with a detailed understanding of how these structures change topographically
- Physiology - Role in protection and tear film formation
- Pathology - Viral, bacterial, allergic and fungal conjunctivitis. pinguecula, pterygium, giant papillary conjunctivitis, keratoconjunctivitis sicca.

G] Retina

- Anatomy - Gross anatomy of component layers, their function and areas of attachment to other structures
- Pathology - Causes, risk factors, presenting symptoms of posterior vitreous detachment, retinal detachment, wet age-related macular degeneration

H] Uveal Tract

- Anatomy - Gross overview of the components of uveal tract and the production and circulation of aqueous.
- Pathology - Causes and presenting symptoms and signs of anterior uveitis, acute angle closure glaucoma, iris abnormalities.

Unit Two – Contact Lens Visual Optics

Answer any 4 of 5 questions on paper in 2 Hours)

A] Instrumentation -

Radioscope / The Wet Cell [for use with Focimeter]

Keratometer [Formula / Doubling principle]/Placido Disc / Keratoscope

B] Refractive Techniques

Subjective Refraction Fan & Block [including fogging method]/ Cross Cylinder/Optotypes

Duochrome Test [Theory and practice]

Binocular balancing - Turville infinity balance / Humphriss method

Over-refraction and resulting prescription

Trial contact lenses and over-refraction

Addition of obliquely crossed cylinders / Objective refraction

Theory and practice of retinoscopy / Optometers.

C] The Optics of the Eye

Schematic and reduced eyes Knowledge of constants

Ametropia / Axial, refractive / Aphakia / anisometropia

Astigmatism Corneal, lenticular, total, residual, irregular / Classifications / Calculations for toric contact lenses

Retinal images Spectacle magnification / Thin and thick lens systems

Relative spectacle magnification / Aniseikonia / Comparisons between spectacle and contact lens corrections.

Accommodation and Convergence/ Comparisons between spectacle and contact lens corrections.

D] The Optics of Contact Lenses

The liquid lens Liquid lens power / Corneal astigmatism / Calculation of residual astigmatism

Computation of contact lens parameters to given prescription

Calculation of front surface powers and radii / Hydration factors / Changes in parameters during hydration

Lens thickness Axial centre thickness and edge thickness / Radial edge thickness of moncurve [soft] and bicurve lenses

Bifocals and Multifocals - Rigid / Hydrophilic / Fused / Solid / Alternating / Simultaneous images / Calculation of parameters to required prescription.

E] Methods of manufacture

Rigid, soft and scleral lenses. BS/ISO tolerance

Unit Three – Contact Lens Practice

(Answer any 4 of 5 questions on paper in 2 Hours)

A] Instrumentation

The use of current instruments related to the assessment and fitting elements of contact lens practice – Slit-lamp / Keratometer / Burton lamp / Topographers [including understanding and interpretation of results]

The use of the following instruments related to rigid and soft lens verification – Radiuscope / Focimeter / Soft lens analyser and alternative methods of soft lens verification / Thickness gauge / Band magnifier

B] Clinical procedures

Preliminary examination of patients.

Special techniques for detailed inspection of the anterior segment and related ocular adnexa and tears.

Contraindications to contact lens fitting.

Fitting and assessment procedures.

Use, advantages and disadvantages of a phoropter in contact lens over-refraction.

Patient instruction / Methods of hygiene and handling / Wearing procedures / Care of lenses. Aftercare consultations.

C] Contact Lens Induced Complications

Detection, symptoms, causes, management and avoidance of contact lens induced complications for rigid, soft and scleral lenses.

Management of ocular emergencies.

D] Design, materials, manufacture and related terminology

Development of the designs of contact lenses and contact lens materials.

Construction and dimensions of all types of rigid (including multicurve and aspherical designs), soft and scleral lenses and related terminology.

Construction and dimensions of bifocal, multifocal and other contact lenses for the management of presbyopia and related terminology.

Construction and dimensions of rigid and soft torics, reasons for use of different types of torics and related terminology.

Advantages and disadvantages of designs, materials and influence of methods of manufacture.

E] Clinical application of all contact lens types

Optical, physiological and pathological indications and contraindications. Optical, therapeutic, protective, diagnostic and cosmetic use of contact lenses and related ocular conditions

Wearing modalities.

F] Solutions and drugs

Drugs and staining agents used in contact lens practice / Relevant legislation concerning drugs and medicines / Contact lens related side effects of commonly prescribed drugs / Available preparations.

Methods of disinfection / Solutions used in contact lens practice, and their constituents / Maintenance of sterility / Common pathogens.

G] Clinical Governance

Understanding of contemporaneous record- keeping, GOC requirements, confidentiality. General data protection regulations. Use of grading scales.

Infection control in the consulting room. Disposal of drugs and waste.

Legislation specific to contact lens practice [contact lens specifications/ sale and supply of contact lenses]

Unit 4 - [A] Competency 5.2 Assessment

The assessment will take place in the six-month period prior to the practical assessment and will normally occur during the visit to the practice and supervisor which takes place at that time.

Achievement of the Competency 5.2 assessment is a pre-requisite for entry to the Contact Lens Practical examination.

The candidate will be required to provide a subject patient to whom they will give practical tuition of lens handing and care of both rigid and soft lenses. The tuition will include instructions on care system use and relevant information which would be given to the patient at the collection appointment.

The content of the products involved and any legislative implications would not be addressed until the final practical assessment.

Success in the Competency 5.2 assessment is valid for a maximum of 3 years provided the candidate is in regular contact lens practice.

Important note. Candidates whose supervisor and practice are currently approved for the period of their practical experience and examination, must still –

- Complete Primary Supervisor registration form to register the commencement of their personal practical experience.
- Complete an application form for an In-practice assessment and practice visit

Unit 4 - [B] Contact Lens Certificate Practical Examination

PRACTICAL EXAMINATION REQUIREMENTS

Candidates are advised that it is their responsibility to –

- Provide (and pay any fee for) a subject for preliminary assessment and the fitting sections [including if retaking any of those sections] The subject must not be one of the following –
 - A qualified or certified Contact Lens Optician
 - A Dispensing Optician undergoing contact lens training
 - A qualified or pre-registration Optometrist

In the interests of fair assessment, failure to make provision of a subject for Sections 1,2,3 will prevent completion of the practical examination and issue of results.

- To bring to the examination –
 - a current Rx for the subject
 - A range of frequent replacement/disposable soft lenses for use in Section 2,
 - a pair of rigid lenses ordered for their patient [they should take any appropriate measurements and empirically order the lenses]. The lenses should remain sealed from the manufacturer and should only be opened by the examiner involved in Section 3 [unless soaking prior to use is recommended by the manufacturer]
- A trial frame
- Solutions and stains for use in the examination
- full photocopies of the 10 case records

Copies of 10 case records selected from the patients fitted during the practical experience period for use in Section 5 must reach ABDO at the latest by November 30 for the Winter sitting or 31 May for the Summer sitting [see Case Record Information].

The Primary supervisor Declaration must be submitted with the case records, (along with the clinical experience chart) signed by the Primary supervisor stating that the candidate has achieved the minimum of 224 hours of personal; clinical practical experience and that the case records are copies of records of patients who are traceable to records in the practice.

CONTACT LENS CERTIFICATE PRACTICAL EXAMINATION SYLLABUS

Section 1. Initial Assessment

[Practical]

(1 hour 15 mins)

a) Indications of contact lens fitting.

Legal issues including driving standards

Contra-indications

History-taking

Routine observations and external measurements

Communication skills.

b) Slit-lamp techniques.

Adjustment for use.

Demonstration of slit- lamp routine including tear assessment.

Use of theories of illumination

Communication skills and patient care

c) Keratometry

Adjustment for use.

Demonstration of routine use.

Implications of instrument variations.

Interpretation of results

Communication skills and patient care

Section 2. Soft Contact Lens Fitting

[Practical]

(50 mins)

a) Soft Contact Lens Fitting

Discussion of range of lenses used in practice.

Selection of lens for patient and any implications of product limitations.

Assessment of fit and possible modifications

Discussion on other materials, designs and their effects

Write final order.

b) Assessment of Over-Refraction

Binocular spherical over-refraction to achieve best vision sphere

Demonstrate refractive verification including a binocular balancing technique.

Communication skills and patient care

Section 3. RGP Contact Lens Fitting

[Practical]

(40 mins)

Discussion of range of lenses used in practice.

Selection of lens for patient.

Write order including full back surface parameters of a multicurve lens

Section 4. Other Lenses

[Viva] (45mins)

a) Torics

b) Bifocal, multifocal and other forms of contact lenses for presbyopic correction.

c) Myopia control including principles of orthokeratology,

d) Lenses for conditions requiring visual benefit.

e) Bandage lenses. Prosthetic lenses

Section 5. Aftercare Routine and Management

[Practical / Viva] (1hr 30 min)

a) Aftercare consultation of a contact lens wearer

Routine Future

action

Management of legal issues

Content of record card

Communication skills and patient car

b) Discussion of patient records

[presented in advance - see Case Records Information]

c) Aftercare Management

Signs, symptoms and management of conditions arising from contact lens wear Contact

lens solutions, stains and ophthalmic pharmaceutical products

Legal matters relating to dispensing opticians fitting contact lenses

Section 6. Verification and Identification

[Practical]

(30 mins)

a) Verification of an RGP lens to enable replication [ISO/CEN/BSI standards].

b) Identification of designs of various RGP lens types

CASE RECORDS INFORMATION and REQUIREMENTS

For Section 5 of the ABDO Certificate in Contact Lens Practice examination, candidates are required to present 10 case records chosen from the patients fitted during the personal clinical experience period. A number of the case records will be discussed in detail with the candidate, including decisions made and actions taken.

The records must reach ABDO by 31st May [for Summer practical examinations] or 30th November [for Winter practical examinations]. They should demonstrate the range and depth of experience of the candidate and are required to meet the following criteria.

A mix and range of prescriptions, replacement modalities, lens designs and materials to include -

- myopes and hyperopes and a minimum of 2 patients with Rx of more than 5 dioptres
- a minimum of 2 patients demonstrating bifocal/multifocal contact lens management of their near vision requirements
- a minimum of two rigid lens patients
- a minimum of two toric lens patient
- a minimum of two aftercare problems – to show clinical problems caused by contact lens wear [issues with the cornea or adnexa which require refitting or a major change in management]: these case records do not need to have been originally fitted by the candidate but must meet the same aftercare requirements of the other records.

Case Record Requirements

The cases should be selected from those patients fitted during the personal clinical practical experience and should demonstrate a depth and breadth of experience. The patients are required to have been monitored over a minimum period of 6 months, so the first pair of lenses must be issued by the candidate to meet the following dates -

- Summer sitting [and Autumn resit session] – 30 November
- Winter sitting [and Spring resit session] – 31 May

If a case record does not meet these criteria, it will be considered invalid. The reduced number of records therefore presented, will reflect in the marks for that section.

The notes should report appropriate aftercare so the number of appointments will depend on the type of lens, the type of lens wear and the patient's ocular status. Whilst some patients will be neophytes requiring more support, other patients who are established wearers may require less frequent aftercare consultations. Candidates should be aware that they are demonstrating appropriate aftercare for the situations they are reporting.

NB Those re-sitting the case records section of the examination should be aware that if they are re-presenting any of their original case records, it will be expected that those case records will show up-to-date aftercare. For example, if the candidate indicates that an aftercare consultation should occur in the period between the first and subsequent examination attempts, the re-submitted case records should show any notes of that and any subsequent visits.

Case Record Presentation

The records are not required to be photocopies of the originals as it is appreciated that the practical experience practice record format may not demonstrate the candidate's full potential. However, the record of the initial appointment should not exceed 2 sides of A4 and the following consultations should not generally exceed 1 side of A4 for each appointment. The records should be presented in the Case Records Folder which is issued with the Contact Lens training pack during the first term of the training course. If necessary, a copy may be obtained from the Examinations & Registration Department, Kent. [Telephone 01227 732921: email - Examinations@abdo.org.uk]

CONTACT INFORMATION

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