



COMPETENCIES COVERED

DISPENSING OPTICIANS

Communication, Low Vision,
Paediatric Dispensing

OPTOMETRISTS

Communication, Standards
of Practice



This CET has been approved for 1 point by the GOC. It is open to all FBDO members, and associate member optometrists. The multiple-choice questions (MCQs) for this month's CET are available **online only**, to comply with the GOC's Good Practice Guidance for this type of CET, along with the resource links. Insert your answers to the eight MCQs online at www.abdo.org.uk. After member login, go into the secure membership portal and CET Online will be found on the L menu. Please ensure that your email address and GOC number are up-to-date. The pass mark is 60 per cent. The answers will appear in the September 2020 issue of Dispensing Optics. The closing date is 13 August 2020.



C-74882 Approved for 1 CET Point

A specialised skill

Low vision

The psychology behind a patient's diagnosis

Created and introduced by **Rose Mather** BSc (Hons) MCOptom FBDO (Hons) LVA

This month's CET will focus on giving ABDO members an insight into the effects on mental health that a visually impaired diagnosis can bring. Offered in the form of self-directed learning, this article is intended to equip members with the skills required to fulfil continuing professional development (CPD) using varied material. This enables the exploration of interest in particular topics, with guidance on finding valuable and relevant resources.

As a society, the focus on mental health has never been more topical. Dispensing opticians play a vital part in the patient journey, and are often the ones who may have the most face-to-face contact. Therefore, it is vital to understand the psychology and be able to express empathy, be knowledgeable and adaptable as no two patients are the same, even if the diagnosis is.

These two cases will demonstrate how the patient's age at the time of diagnosis can have an impact on mental health using online information shared by

the BBC, the Royal Society for Blind Children (RSBC) and the Royal National Institute for Blind People (RNIB) as well as an article by Maynard McIntosh.

Case one looks at childhood diagnosis, patient perspectives and that of their caregivers. Case two concentrates on diagnosis in adulthood where sight loss has occurred later in life.

Successful completion of both cases and the eight MCQs will provide one non-interactive CET point. In addition, it is hoped that exploring these specialised areas that are much needed in society, will not only bring job satisfaction but kindle a patient's trust at a time they may need it the most.

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PLAN YOUR CET TODAY

For all the latest CET available from ABDO visit the Events section of the ABDO website. Here you will be able to see the latest online interactive CET sessions available for booking. Online sessions include peer discussions groups, a great way to learn in a small group of your peers. Both dispensing and contact lens practitioner specific sessions are available, all being approved for three CET points. New sessions will be added regularly. Additionally, we continue to host our monthly CET webinar series featuring a range of topics and speakers. Each CET webinar will be approved for one interactive CET point.

Case 1: Diagnosis in childhood

Before reviewing this case, you should watch the following BBC Teach video:

- <https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-coping-with-visual-impairment/zkhsbdm>



The patient's age at diagnosis can affect the impact on their mental health

Explore these links from the RSBC website:

- <https://www.rsbc.org.uk/about/visually-impaired-children-face-increased-risk-developing-mental-health-problems-says-new>
- <https://www.youtube.com/watch?v=VW-Bbrg9AJs>

Read this open access chapter, sections one to six, by Maynard McIntosh on coping with visual impairment:

- <https://www.intechopen.com/books/causes-and-coping-with-visual-impairment-and-blindness/coping-with-visual-impairment-helping-our-patients-face-the-truth>

Case 2: Diagnosis in adulthood

Before reviewing this case, you should read page eight of the NICE guidelines, 'Common mental health problems: identification and pathways to care':



The RNIB website has a host of resources

- <https://www.nice.org.uk/guidance/cg123/resources/common-mental-health-problems-identification-and-pathways-to-care-pdf-35109448223173>

Visit the RNIB website for several resources including the 'Beat the blues' podcast two, 'The impact of sight loss/blindness on mental health, information on coming to terms with recent diagnosis', and a video discussing 'My voice', a patient perspective:

- <https://www.rnib.org.uk/connect-community/connect-health-and-wellbeing/beat-blues-january>
- <https://www.rnib.org.uk/knowledge-and-research-hub-research-reports-general-research/my-voice>