



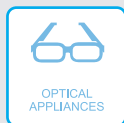
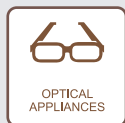
COMPETENCIES COVERED

DISPENSING OPTICIANS

Communication, Optical Appliances,
Paediatric Dispensing

OPTOMETRISTS

Communication, Optical Appliances



This CET has been approved for one 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. 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. **Questions will be presented in random order.** 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 October 2021 issue of *Dispensing Optics*. The closing date is 10 September 2021.



C-77953 Approved for 1 CET Point

A specialised skill

Bifocal dispensing: a forgotten skill?

By Fiona Anderson BSc (Hons), FBDO R, SMC (Tech), FEAOO

This month's CET will give ABDO members an opportunity to revisit a core competence in a different way by using the format of self-directed learning.

As we become more familiar with the concept of continuing professional development (CPD) we can use resources to aid and enhance our core learning and competence¹ (Figure 1) – and revisit skills still required (albeit less often) in practice such as bifocal dispensing.

Bifocal dispensing forms part of the ABDO Level 6 Diploma in Ophthalmic Dispensing² and, as such, is a skill that should be possessed by all dispensing opticians. Self-directed learning allows the exploration of interest in particular topics with guidance in finding resources of relevance and value.

This CET session revisits – for some – a forgotten skill: bifocal dispensing. With the ever-increasing range of high-tech lens designs on offer, we may 'forget' that for some patients, a bifocal lens is their lens of choice or the best optical solution for their prescription. The session will provide eight randomised MCQs for members to complete.

Many of us will see a bifocal as an 'old fashioned' lens – which, of course, it is. Its invention in the 1780s is attributed to

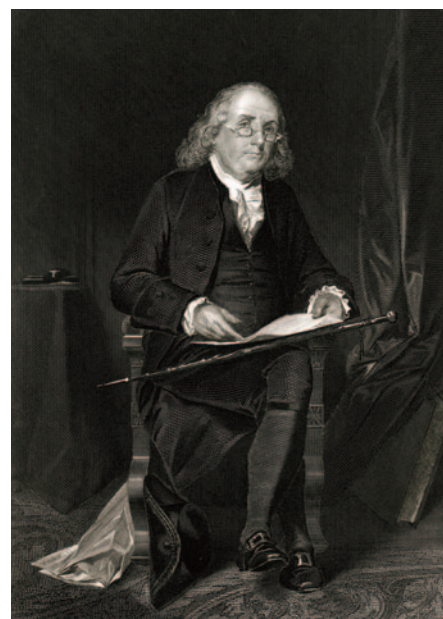


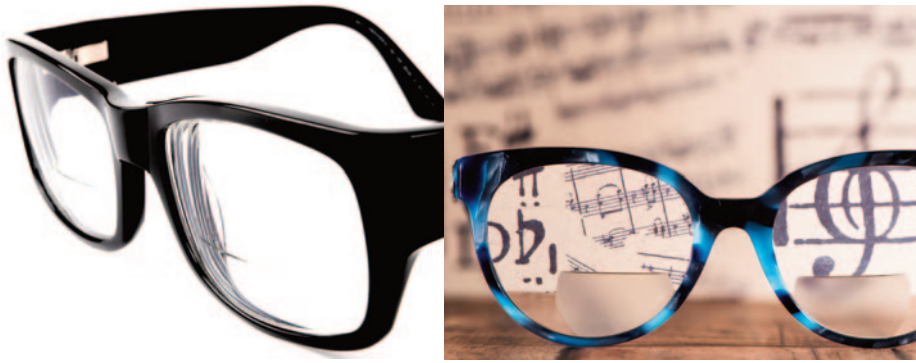
Figure 2. Benjamin Franklin is attributed with having invented bifocal lenses

Benjamin Franklin (Figure 2) whilst he was working and living in London – far from his home in the United States. This said, however, for many patients who have had long-used them, the humble bifocal lens may offer a practical solution to various prescription constraints (Figures 3 and 4). Think of the presbyopic patient with gross anisometropia, or even induced gross anisometropia due to having unilateral cataract surgery, or the patient who

4.1.2: Dispenses and advises on a wide range of lenses and frames, taking into account the patient's needs and requirements

4.1.4: Matches the form, type and positioning of lenses to meet all the patient's needs and requirements and provides appropriate advice

Figure 1. GOC core competency: optical appliances



Figures 3 and 4. The humble bifocal offers a solution for many patients

requires a prismatic correction in either their distance or reading prescription.

Before completing the MCQs for this CET, members are advised to read and refer to the suggested online resources listed and any other textbook or printed material you may find helpful to enable successful completion of the MCQs.

SUGGESTED ONLINE RESOURCES

'Bifocals: Part 1' by Sally Bates

This article, originally written for the ABDO College Review publication, serves as an easy introduction to bifocal types, selection and positioning. Access it here:

<https://abdocollege.org.uk/wp-content/uploads/2015/04/ReView-September-2012.pdf>

'Bifocals: Part 2' by Sally Bates

This follow-up article builds on Part 1, and considers occupational dispensing of bifocals, anisometropia and problem solving. Access it here:

<https://abdocollege.org.uk/wp-content/uploads/2015/04/ReView-February-2013.pdf>

'Essential course in dispensing Part 13' by Andrew Keirl

In a series of articles for Optician, Andrew Keirl explores many topics related to the dispensing of Bifocal Lenses. 'Essential course in dispensing Part 13' specifically

focuses on lens centration. The whole article is of interest to the dispensing optician, however, for the purposes of this self-directed learning CET, the section on centration of bifocals is of particular relevance. Access it here:

<https://www.opticianonline.net/cet-archive/20>

'Essential course in dispensing Part 18' by Andrew Keirl

In 'Essential Course in Dispensing Part 18', Andrew Keirl considers anisometropia in detail and investigates solutions for its management. For the purposes of this self-directed learning CET, the areas that cover bifocal lenses are of particular relevance. Access it here:

<https://www.opticianonline.net/cet-archive/58>

'Dispensing bifocal spectacles to children (and adults) with Down's syndrome' by Dr Maggie Woodhouse

In her Q&A style article, 'Dispensing bifocal spectacles to children (and adults) with Down's syndrome', Dr Maggie Woodhouse provides helpful answers. She highlights common uncertainties practitioners may have when dispensing to this group of patients. Access it here:

https://www.cardiff.ac.uk/__data/assets/pdf_file/0003/161067/Guidelines-for-Dispensing-bifocals-professionals.pdf

'Pathway for dispensing to children' by ABDO

ABDO provides a helpful reference guide for all members entitled, 'Pathway for dispensing to children'. For the purposes of this self-directed learning article, the advice on frame criteria when fitting bifocal lenses to children is of particular relevance. Access it here:

<https://www.abdo.org.uk/wp-content/uploads/2012/06/Pathway-for-dispensing-to-children-0617.pdf>

Essilor Academy

The Essilor Academy provide access to a useful resource to revisit the different manufacturing methods and characteristics of bifocal and trifocal lenses. Pages five to 24 look specifically at bifocal lenses with lots of helpful images included.

Access Essilor Academy: Ophthalmic Optics Files: No. 6 The different types of Ophthalmic Lenses here:

https://www.essiloracademy.eu/sites/default/files/6.Bi_trifocals_lenses.pdf

REFERENCES

1. General Optical Council. Core competencies for dispensing opticians and optometrists. 2016. Available from: <https://www.optical.org/en/Education/CET/cet-requirements-for-registrants.cfm> [Accessed 15 February 2021].
2. ABDO. Level 6 Diploma in Ophthalmic Dispensing Syllabus: 2015. Available at: <https://www.abdo.org.uk/wp-content/uploads/2019/04/ABDO-Diploma-Syllabus-2015-PAGES-MAR19.pdf> [Accessed 15 February 2021].

FIONA ANDERSON worked for an independent group in the north east of Scotland for 25 years before joining Ythan Opticians in 2012 as retail and dispensing director. Fiona is a UK and overseas theory and practical examiner for ABDO, and a workshop support lecturer for ABDO College. She writes and delivers CET for ABDO in the UK and abroad, and for the NHS in Scotland. She is past president of ABDO and the International Opticians Association, past chairman of the Optical Confederation, a former Optometry Scotland council member, Grampian AOC Observer, Worshipful Company of Spectacle Makers court assistant, and Fellow of the European Academy of Optometry and Optics.

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 discussion-based workshops, a great way to learn in a small group of your peers. Online discussion sessions are available for all professional roles and are 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.