

Diploma in Contact Lens Practice (2024 syllabus)

Unit 4 - Contact Lens Practice Practical Examination

Revision guidance for students

Diploma in Contact Lens Practice - Practical Examination

In conjunction with the 2024 Diploma in Contact Lens Practice Syllabus

CONTENTS

Preface	page 02
Location and Useful Information	page 03
Preparation	page 04
Examination Sections	page 05
 SECTION A: Overview	page 07
SECTION A1: Indications of contact lens fitting	page 07
SECTION A2: Slit-Lamp techniques.....	page 07
SECTION A3: Keratometry	page 08
 SECTION B: Overview	page 13
SECTION B1: Soft contact lens fitting.....	page 13
SECTION B2: Assessment of over-refraction	page 13
 SECTION C: Overview	page 15
SECTION C: Rigid lens fitting and observation.....	page 15
 SECTION D: Overview	page 17
SECTION D: Other Lenses	page 17
 SECTION E: Overview.....	page 18
SECTION E: Contact lens aftercare	page 18
 SECTION F: Overview	page 20
SECTION F: Management of contact lens patients.....	page 20
 Useful contacts	page 26

PREFACE

This guide is designed to familiarise yourself with your Contact Lens Practical examinations. The objectives for each section will be covered in detail along with hints and tips on the procedures you may wish to use. This guide is intended to compliment, but not replace the valuable practical teaching you will receive from your training institute.

Diploma in Contact Lens Practice - Practical Examination

Location and useful Information

Exam application process

The exam application forms can be downloaded from the examinations website. Please be aware that the deadline for entry is 1st March for the summer session and 30th September for the winter session. The closing date for submission of case records will be 31st May for the summer session and 30th November for the winter session.

Location of practical exams

The practical examinations are held in the Aqueous II building at Aston Cross Business Village, Chester Street, Birmingham, B6 3RQ.

We require all candidates to be present at least 30 mins before their start time; we would recommend that you book accommodation as close to the venue as possible. Please note the nearest parking for the venue is Aston train station which is approximately 10 min walk from the venue. For the majority of students, you will need to be at the venue by 08.15am.

PLEASE NOTE: there is very limited parking at the venue, please make sure if travelling by car you are aware of alternative parking and the time it will take you to walk to the NRC if needed.

On entering the building proceed to the back of the building to the lift area and continue to the fifth floor where an ABDO representative will be there to welcome you, check your photographic ID, issue you with your examination timetable and direct you to your holding area for the day.

You will find toilets, a water dispenser and a drinks machine. For lunch options, there is a sandwich shop within walking distance in the business park where you will be able to purchase fresh lunches or if you are able, please bring your own.

Please respect that your holding area is close to the examination rooms and we therefore ask for noise to be kept to a minimum, rubbish to be placed in the bins provided, the area kept clear and luggage stored away from exits (luggage left in this open area is at your own risk).

By presenting yourself at the venue you are deeming yourself fit to sit the examination. However, we do appreciate that unforeseen circumstances can happen on the day and therefore there will be an ABDO representative contact number on your exam letter or you may leave a message with the ABDO National Resource Centre on: 0121 7527500.

Reasonable adjustments

If you require reasonable adjustments to be made to your exam experience, please contact the exams department and complete the form on the website with as much notice as possible, so that the specified arrangements can be made.



Aqueous II building at Aston Cross Business Village



Reception area at the NRC Birmingham



ABDO National Resource Centre

Aqueous II, Aston Cross Business Village, Chester Street
Birmingham B6 5RQ Telephone: 01217 527 500

Preparation

What to take with you on the day

- Your ABDO examinations letter
- Photographic ID
- Copy of your Contact Lens Case Records
- Trial Frame
- A patient for use in sections A, B and C
- A signed, in-date copy of the patient's sight test prescription
- A pair of sealed, Rigid lenses for your patient - unless the manufacturer guidelines specify soaking beforehand. If so, then lenses can be soaked and stored in a case, but original packaging must be kept with the lenses
- Pen and calculator if required

While some clinical equipment will be provided for you on the day, we would suggest that you take a supply of your preferred consumables such as fluorescein strips, cotton buds, etc.

In terms of rulers and tools; we will provide if required, but you are permitted (and indeed, recommended) to bring your own if preferred, in order to take your routine linear measurements of the patient.

What to wear on the day

You will be seeing real patients so we expect smart business attire to be worn, as you would in a real practice.

To achieve the consistency and accuracy required to practice as a Contact Lens Optician we recommend you practice the acquired skill with a systematic approach on a regular basis in the months leading up to your practical examinations.

Patients used in the practical sections

Please note that you will see real patients in sections A, B, C and E

The patient that you see in section A will also be the same patient that you see in sections B and C.

The patients used for these sections are patients that have been supplied by candidates for the examinations. However, it is unlikely that you will see your own patient, and more likely that you will see a patient provided by another candidate.

The patient that you will see for section E is provided by ABDO.

Before you start your first practical section

You will be given a welcome introduction from the exam supervisor.

Once this is complete, you will be taken through to the clinical bay prior to the beginning of the examination, to allow you to familiarise yourself with the equipment in your allocated bay.

Wherever possible, you will use the same clinical bay for all of your practical sections (A, B, C and E), and no other candidates will use the bay in-between those sections. This will allow you to set up the bay to your own liking for all of the practical sections.

Please note that you are not able to request an alternative bay, unless the equipment in your allocated bay is defective. This means that you are not able to choose the type of slit-lamp and/or keratometer that you use in the examination. Therefore, a knowledge of all types of slit lamp and keratometer is required.

Some bays do not have a keratometer on the table. In these bays, a stand-alone keratometer will be provided by the examiner. Again, you cannot request an alternative design of keratometer in these instances.

If you have brought your own consumables/rulers/grading scales/etc... then these can be taken into the bay prior to the first section starting. You will be able to leave this equipment in the bay in-between sections unless told otherwise by the exam day supervisor. You may also leave your trial frame in the bay until the practical sections are complete.

Each bay has an information sheet detailing the relevant instructions on how to work the equipment in the bay (i.e. slit lamp, keratometer, testing chart). However, if you are unsure of the workings of a piece of equipment, then please inform the examiner before a section commences, and they will be happy to help you to familiarise yourself with the equipment.

Each bay will also contain a Burton lamp (if required), trial lenses, a hand mirror, a kidney dish and a waste bin. For any section where there is clinical waste such as used fluoret strips or discarded lenses, please place in the kidney dish rather than the waste bin, so that they can be transferred to clinical waste after the examination.

You may be asked NOT to calibrate the equipment for your own use prior to the exam. This is because calibration may be part of the examination itself – therefore it needs to be done while the section is being conducted. It is vitally important that exam sections

It is vitally important that exam sections start on time, so please be aware that the examiner may need to proceed with the exam and may warn you that there is only a limited amount of time to get familiar with the equipment.

Diploma in Contact Lens Practice - Practical Examination

The examination is divided into the following sections

SECTION A. INITIAL ASSESSMENT

1 hour 15 minutes in total

- A1 Indications of contact lens fitting**
Legal issues including driving standards
Contra-indications
History-taking
Routine observations and external measurements
Communication skills
- A2 Slit-Lamp techniques**
Adjustment for use
Demonstration of slit- lamp routine including tear assessment
Use of theories of illumination
Communication skills and patient care
- A3 Keratometry**
Adjustment for use
Demonstration of routine use.
Interpretation of results
Communication skills and patient care

SECTION B. SOFT LENS SELECTION AND OBSERVATION

45 minutes in total

- B1 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
- B2 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 C. RIGID LENS FITTING AND OBSERVATION

40 minutes in total

- Discussion of rigid lens designs and materials
Selection of lens for patient
Write order including full back surface parameters of a multicurve lens
Assessment of lens fit
Communication skills and patient care

SECTION D. OTHER LENSES [VIVA]

45 minutes in total

- 1) Torics
- 2) Bifocals, multifocals and other forms of contact lenses for presbyopic correction
- 3) Lenses for Therapeutic and Cosmetic benefit
- 4) Myopia management including principles of orthokeratology

SECTION E. CONTACT LENS AFTERCARE

45 minutes in total

Aftercare consultation of a contact lens wearer

Routine
Future action
Management of legal issues
Content of record card
Communication skills and patient care

SECTION F. MANAGEMENT OF CONTACT LENS PATIENTS

45 minutes in total

Aftercare management

Signs, symptoms and management of conditions arising from contact lens wear
Stains and ophthalmic pharmaceutical products
Legal matters relating to dispensing opticians fitting contact lenses

Diploma in Contact Lens Practice - Practical Examination

SECTION A - Initial assessment

Overview

- This section lasts for 1 hr 15 mins in total
- It consists of a combination of practical demonstration and VIVA discussion
- In a full sitting of the exam, this is likely to be the **first section** that you complete in the day
- Split into three distinct sub-sections
 - A1 Indications of Contact Lens Fitting
 - A2 Slit-Lamp Techniques
 - A3 Keratometry
- While there are three subsections, an overall mark is given based on the aggregate of all three subsections
- THE PASS MARK FOR THE SECTION IS 60%

SECTION A1: Indications of contact lens fitting

- This section will last around **20 minutes** in total (including VIVA element).
- You will be presented with a patient and a signed, up-to-date prescription of your patient.
- You will be asked to take a full history from your patient.
- You will be told to presume that the patient has **NEVER WORN CONTACT LENSES BEFORE** but want to wear them on a **DAILY BASIS**.
- This section does **NOT** need to discuss potentially suitable lens types with the patient.
- Remember, the only information that you have on the patient is the information held on the prescription. There will be no other prior records to refer to.
- While taking the history from the patient, you will not normally be interrupted by the examiner, but please be aware that there may be occasions where we do need to interrupt. This will not necessarily affect your mark allocation for the section.
- Please note that you will be expected to write notes on your clinical sheet for the history discussion, and this will form part of your total marks for the section.
- You may inform the examiner when you have completed the discussion.
- You will also have a short VIVA examination with the examiner about potential contra-indications to contact lens fitting and legal issues around contact lens fitting, including current driving standards.

- The VIVA element may take place **either before or after** the history taking element (this will not affect the marks allocated).
- You will be asked to take a number of routine (linear) measurements from your patient (not keratometry at this stage).
- These measurements (such as HVID, VVID, and pupil diameters) will then be measured by the examiner immediately afterwards to compare (although no discussion will take place on these measurements).

TIPS FOR SECTION A1

- Please be mindful of time when conducting your history taking. The examiners can only allocate a finite amount of time for this subsection (which includes VIVA). The examiner may need to prompt you to finish in order to give you sufficient time for the VIVA element.
- Make sure you develop a good routine in practice. This will make it far easier for you to remember what to ask the patient rather than relying on revision.
- Remember that your communication with the patient is also being assessed here, so make sure that your communication with the patient is clear, but friendly.
- Remember to make full notes on the patient record card of your discussions, as these are marked in addition to your verbal discussions.
- As with all VIVA elements of the exam, please ask the examiner if you want the question repeated or rephrased.
- We do NOT expect you to know the answers to all questions, so don't be too alarmed if you are asked a question that you do not know the answer to.
- When taking the linear measurements from your patient, try to use the equipment that you would normally use in practice. If you have a specific ruler that you use for these measurements, then you can use this in the examination.
- You may use slit lamps/burton lamps to take these measurements if you want to, but you should use whatever equipment you feel most comfortable with.

SECTION A2: Slit-Lamp techniques

- This section will last around **30 minutes in total** (including VIVA element).
- You will be asked to perform a full slit-lamp on both eyes of your patient.

SECTION A - Initial assessment

- You will not be prompted to perform any specific illumination techniques during the routine itself.
- While conducting the slit lamp routine on the patient, you will not normally be interrupted by the examiner, but please be aware that there may be occasions where we do need to interrupt. This will not necessarily affect your mark allocation for the section.
- Remember, you will not have any previous records for the patient.
- Please note that you will be expected to write full notes on your clinical sheet for the anterior eye assessment, and this will form part of your total marks for the section.
- You may inform the examiner when you have completed the discussion.
- You will also have a short VIVA examination with the examiner about slit lamp techniques.
- You may be asked to describe some techniques at this stage.
- You may also be asked to demonstrate some techniques (even if you already conducted them during the anterior eye assessment).
- When you are conducting a particular slit lamp technique, ask yourself why you are performing the technique and what are you looking for while doing it - this will help you in the VIVA section.
- As with all VIVA elements of the exam, please ask the examiner if you want the question repeated or rephrased.
- We do NOT expect you to know the answers to all questions, so don't be too alarmed if you are asked a question that you do not know the answer to.
- If the examiner asks you to perform a particular technique (whether it was done in the previous routine or not), they are likely to ask you to describe what you are doing to check your understanding (it is not because they didn't see you do it).
- If you intend to use fluorescein or cotton buds, etc. during the slit lamp assessment, then take ones that you are familiar with using in practice.

TIPS FOR SECTION A2

- Please be mindful of time when conducting your slit lamp examination. The examiners can only allocate a finite amount of time for this subsection (which includes VIVA). The examiner may need to prompt you to finish in order to give you sufficient time for the VIVA element.
- Make sure you develop a good routine in practice. This will make it far easier for you to remember what techniques to perform (and the order in which you perform them) if it is part of your general practice routine.
- Remember that your communication with the patient is also being assessed here, so make sure that your communication with the patient is clear, but friendly.
- Remember to make full notes on the patient record card of your findings, as these are marked in addition to your verbal discussions.
- Even if you washed your hands and wiped down the equipment prior to the examination, please do so again before starting the slit-lamp assessment. Patient care is very important in this section.
- The examiner may be quite close to you during some parts of section 1b – this is just so they can see clearly the set-up of the slit lamp at any given stage.
- This section will last around **20 minutes in total** (including VIVA element).
- You will be asked to perform keratometry readings on both eyes of your patient.
- While conducting the keratometry on your patient, you will not normally be interrupted by the examiner, but please be aware that there may be occasions where we do need to interrupt. This will not necessarily affect your mark allocation for the section.
- Remember, you will not have any previous records for the patient.
- Please note that you will be expected to write full notes on your clinical sheet for the keratometry readings, and this will form part of your total marks for the section.
- You may inform the examiner when you have completed the discussion.
- The examiner will then take the keratometry readings from the patient using the same keratometer, to ensure consistency.
- You will also have a short VIVA examination with the examiner about keratometry.
- The VIVA will include content such as instrument variations, principles of keratometry and Interpretation of results.

SECTION A3: Keratometry

Diploma in Contact Lens Practice - Practical Examination

SECTION A - Initial assessment

TIPS FOR SECTION A3

- Please be mindful of time when conducting your keratometry. The examiners can only allocate a finite amount of time for this subsection (which includes VIVA). The examiner may need to prompt you to finish in order to give you sufficient time for the VIVA element.
- You may use a pen-torch to aid you in positioning the keratometer for the patient, but it is not a requirement.
- Time permitting, you may wish to take the measurements more than once to ensure accuracy.
- Make sure you get the chance to practice with both 1 position and 2 position keratometers, as you won't be given the option in the examination (so need to be competent with both types).
- Remember that your communication with the patient is also being assessed here, so make sure that your communication with the patient is clear, but friendly.
- Remember to make full notes on the patient record card of your measurements, as these are marked in addition to your verbal discussions.
- Even if you washed your hands and wiped down the equipment prior to the examination, please do so again before starting the keratometry assessment.
- As with all VIVA elements of the exam, please ask the examiner if you want the question repeated or rephrased.
- We do NOT expect you to know the answers to all questions, so don't be too alarmed if you are asked a question that you do not know the answer to.

Preparing for Section A

- Use your supervisor. Ask your supervisor to watch you take history from patients and give you feedback. Use this to develop your routine.
- Ask your supervisor to grade patients on the slit lamp after you have performed an anterior eye assessment – compare gradings afterwards and discuss.
- Use members of staff from the workplace as your patients.
- If you only have one type of keratometer in practice, then contact your education provider to see about getting access to the other type of keratometer to practice with.
- Practice writing all of your notes on blank (lined) paper – especially if you use a computerised system in your practice.
- Take linear measurements from all patients to get practice in taking these measurements – get your supervisor to check your results – again use members of staff if available.

SUGGESTED READING

- *Contact Lens Practice* (Efron)
- *The Contact Lens manual* (Gasson and Morris)
- *Contact Lenses* (Phillips and Speedwell)

SECTION A - Initial assessment - ANSWER SHEET**Examination Answer Sheet**

This clinical notes sheet is to be used by candidates in Section A, B, C and E - and is to be retained by the examiner at the end of the section. A new sheet should be used for each section.

Candidate number	Date	Section	Page number

Diploma in Contact Lens Practice - Practical Examination

SECTION A - Initial assessment

Practice and Revision - Measurements

	Measurement		Supervisor Check	
Patient				
Date				
HVID	R	L	R	L
VVID	R	L	R	L
Pupil Diameter (low illumination)	R	L	R	L
Keratometry RE	Along		Along	
Keratometry LE	Along		Along	
Type of Keratometer				

Supervisor Signature	
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Practice and Revision - Measurements

	Measurement		Supervisor Check	
Patient				
Date				
HVID	R	L	R	L
VVID	R	L	R	L
Pupil Diameter (low illumination)	R	L	R	L
Keratometry RE	Along		Along	
Keratometry LE	Along		Along	
Type of Keratometer				

Supervisor Signature	
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SECTION A - Initial assessment

Practice and Revision - Measurements

	Measurement		Supervisor Check	
Patient				
Date				
HVID	R	L	R	L
VVID	R	L	R	L
Pupil Diameter (low illumination)	R	L	R	L
Keratometry RE	Along		Along	
Keratometry LE	Along		Along	
Type of Keratometer				

Supervisor Signature	
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Practice and Revision - Measurements

	Measurement		Supervisor Check	
Patient				
Date				
HVID	R	L	R	L
VVID	R	L	R	L
Pupil Diameter (low illumination)	R	L	R	L
Keratometry RE	Along		Along	
Keratometry LE	Along		Along	
Type of Keratometer				

Supervisor Signature	
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Diploma in Contact Lens Practice - Practical Examination

SECTION B - Soft contact lens fitting

Overview

- This section lasts for 50 mins in total.
- It consists of a combination of practical demonstration and VIVA discussion.
- In a full sitting of the exam, this is likely to be the **second section** that you complete in the day, and will follow section A.
- Split into two distinct sub-sections:
 - B1 Soft Contact Lens Fitting
 - B2 Assessment of Over-Refraction
- While there are two subsections, an overall mark is given based on the aggregate of both subsections.
- THE PASS MARK FOR THE SECTION IS 60%

SECTION B1: Soft Contact Lens Fitting

- You will normally have a different examiner for this section than you had in section A.
- You will be joined in this section by the same patient that you assessed in section A, and the section should take place in the same clinical bay.
- You will be given your patients clinical records that you completed in section A.
- Therefore, there is no requirement to take a history, and routine measurements, anterior eye assessment or keratometry readings from your patient in this section.
- You are required to bring a selection of lenses of different modalities, powers, materials and designs for use in this section (See Tips for section B for suggestions of what you may wish to bring).
- Based on the patient measurements taken in section A, the section will normally begin with a discussion on the lenses you would fit choose for the patient. You will be asked to choose and record your IDEAL base curve, diameter, power, design and material (even if these parameters are not available in that particular material).
- Based on your selection, the examiner will choose appropriate lenses from the stock banks to replicate your choice of parameters as closely as possible
- You will be told to assume that the lenses given to you are the parameters that you have selected
- You will then be asked to apply this pair of lenses to your patients eyes.

- Please be aware that the examiner may need to modify the lenses from your selection based on the lens power availability and the patient prescription. This will not affect your marks.
- As the lenses will need a period of time to settle before the fitting and vision are checked, then the VIVA part of the section will continue immediately after the lenses have been applied to the eyes.
- This part of the discussion will be a general discussion on designs, modalities, materials and manufacture of soft lenses.
- The discussion may also look at the impact of changing particular lens parameters.
- Once the discussion element is complete, then the lenses will need to be assessed.
- You will be required by the examiner to assess the fitting of the lenses. You should assess the fitting in the way that you would normally do in practice and make notes on your answer sheet accordingly.
- The examiner may also ask you to verbally describe the lens fit in addition to making your notes.
- The examiner at this stage will also assess the fit of the lens to compare to your assessment, although no indication will be given by the examiner with regard to the accuracy of your description.

SECTION B2: Assessment of over-refraction

- Please note that this may take place BEFORE the assessment of the fit.
- You will be asked by the examiner to perform a full over-refraction on both eyes.
- You will not be asked to discuss your routine and in most cases you will not be interrupted by the examiner during this procedure.
- You should follow the routine that you would normally use in practice.
- Please be aware that we do NOT expect a Toric over-refraction – you are just required to conduct a spherical over-refraction to achieve best vision sphere on both eyes.
- You will also be expected to demonstrate refractive verification including a binocular balancing technique.
- Your communication skills and patient care during this procedure are also assessed.

SECTION B - Soft contact lens fitting

- Once the fitting and over-refraction have both been assessed and noted, you will be asked to complete a final written order based on a) your original lens specification and b) your observation of the fitting and over refraction.
- The final stage of the section is to remove the lens from the patient's eyes.

TIPS FOR SECTION B

- We do not expect you to bring lenses that you use to the examination.
- Try to use the proprietary names of the contact lenses you use wherever possible.
- The ACLM is a vital tool in learning about lens properties in general – you should have been given access when you enrolled on your contact lens training course at the teaching institute.
- Contact lens manufacturers will normally be happy to give you additional information regarding their lenses to supplement your knowledge of the lenses.
- Please be mindful of time when conducting your over-refraction. The examiners can only allocate a finite amount of time for this subsection. The examiner may need to prompt you to finish in order to give you sufficient time to accrue marks.
- Make sure you develop a good routine in practice for both over-refraction and lens fitting assessment.
- Remember that your communication with the patient is also being assessed during the lens fitting assessment and the over-refraction, so make sure that your communication with the patient is clear, but friendly.
- Remember to make full notes on the patient record card of your lens fitting assessment and over-refraction, as these are marked in addition to your verbal discussions.
- As with all VIVA elements of the exam, please ask the examiner if you want the question repeated or rephrased.

Preparing for Section B2

- Use your supervisor. Ask your supervisor to watch you perform over-refraction and lens fitting assessments and give you feedback.
- Have a consistent method that you use for single-vision lenses when conducting an over-refraction – this will make your method flow better in the examination.
- Use members of staff from the workplace as your patients – try small alterations in powers and see what results you get.
- In terms of lens fitting assessment, once again have a consistent routine so that this section will be more natural to you in the exam.
- Also develop a consistent method of noting down the lens fitting.
- Practice writing all of your notes on blank (lined) paper – especially if you use a computerised system in your practice.
- Practice applying and removing lenses from patients – remember that you are likely to be nervous in the exam, so the more practice you have at this, the less nervous you should be.
- Please bear in mind good hygiene for this section – you are still coming into contact with the patient and using clinical equipment, so hand washing and wiping down of all equipment that comes into contact with the patient is vital.

SUGGESTED READING

- *ACLM Manual*
- *Contact Lens Practice* (Efron)
- *The Contact Lens manual* (Gasson and Morris)
- *Contact Lenses* (Phillips and Speedwell)

Diploma in Contact Lens Practice - Practical Examination

SECTION C - Rigid lens fitting and observation

Overview

- This section lasts for 40 mins in total.
- It consists of a combination of practical demonstration and VIVA discussion.
- In a full sitting of the exam, this is likely to be the **third section** that you complete in the day, and will follow immediately after section B.
- THE PASS MARK FOR THE SECTION IS 60%

SECTION C: Rigid lens fitting and observation

- This section will last around **40 minutes** in total (including VIVA element) and will follow on directly after section B has been completed.
- You will again be joined in this section by the same patient that you assessed in section A, and the section will take place in the same clinical bay, normally with a different examiner that you saw in section B.
- You will still have access to your patients clinical records that you completed in section A.
- So once again, there is no requirement to take a history, and routine measurements, anterior eye assessment or keratometry readings from your patient in this section.
- As the patient is likely to be a patient that another exam candidate has brought, then you will not know the specifications of the lenses that they have brought with them.
- The specifications of the lenses that the patient has with them are irrelevant to the exam format.
- The section will normally begin with a discussion on the lens parameters that you would select based on the patient measurements and ocular status observations that you had taken and noted earlier in Section A.
- You may be asked to give reasons for your selection.

- You will be asked to apply a rigid lens on to ONE of your patients eyes.
- As the lenses will need a period of time to settle before the fitting and vision are checked, then the VIVA part of the section will continue once the lens has been applied to the eye.
- This part of the discussion will be a more general discussion on designs, materials and manufacture.
- The discussion will also look at the impact of changing particular lens parameters and the clinical equivalence.
- You will need to write out a full back surface design for a multicurve lens as part of the examination, based on your original specifications.
- Once the discussion element is complete, then the lens fit will need to be assessed.
- You should assess the fitting in the way that you would normally do in practice and make notes on your answer sheet accordingly.
- The examiner may also ask you to verbally describe the lens fit in addition to making your notes.
- The examiner at this stage will also assess the fit of the lens to compare to your assessment, although no indication will be given by the examiner with regard to the accuracy of your description.
- Once the discussion on the lens fitting is completed, you will be asked to complete a final lens order based on a) your original lens specifications and b) your observation of the lens fitting.
- The final stage of the section is to remove the lens from the patients eye.

SECTION C - Rigid lens fitting and observation

TIPS FOR SECTION C

- You are likely to have much less experience of fitting rigid lenses in practice than soft lenses, therefore extensive revision is necessary.
- The ACLM is a vital tool in learning about the lenses you use – you should have been given access when you enrolled on your contact lens training course at the teaching institute.
- Contact lens manufacturers will normally be happy to give you additional information regarding their lenses to supplement your knowledge of the lenses. Speak to the technical departments of the RGP lens companies that you use for advice.
- Designing a multicurve back surface is something that you can practice for a range of radii and diameters, so make sure you give yourself plenty of opportunities to practice.
- Make sure you develop a good routine in practice for lens fitting assessment.
- Remember that your communication with the patient is also being assessed during the lens fitting assessment and the over-refraction, so make sure that your communication with the patient is clear, but friendly.
- Remember to make full notes on the patient record card of your lens fitting assessment and over-refraction, as these are marked in addition to your verbal discussions.
- As with all VIVA elements of the exam, please ask the examiner if you want the question repeated or rephrased.

Preparing for Section C

- Use your supervisor. Ask your supervisor to watch you perform lens fitting assessments and give you feedback.
- In terms of lens fitting assessment, once again have a consistent routine so that this section will be more natural to you in the exam.
- Also develop a consistent method of noting down the lens fitting.
- Use members of staff from the workplace as your patients (if you can convince them to try the lenses!).
- Practice writing all of your notes on blank (lined) paper – especially if you use a computerised system in your practice.
- Practice applying and removing lenses from patients – remember that you are likely to be nervous in the exam, so the more practice you have at this, the less nervous you should be (especially as you are likely to do this a lot less in practice).
- Please bear in mind good hygiene for this section – you are still coming into contact with the patient and using clinical equipment, so hand washing and wiping down of all equipment that comes into contact with the patient is vital.

SUGGESTED READING

- *ACLM Manual*
- *Contact Lens Practice* (Efron)
- *The Contact Lens manual* (Gasson and Morris)
- *Contact Lenses* (Phillips and Speedwell)

Diploma in Contact Lens Practice - Practical Examination

SECTION D - Other lenses

Overview

- This section lasts for 45 mins in total.
- There are no practical elements to this section of the examination.
- The full 45 minutes will consist solely of a VIVA discussion.
- This section can be in any order during the day, and may not necessarily follow section 3.
- Split into five distinct sub-sections:-
 - Torics
 - Bifocal, multifocal and other forms of contact lenses for presbyopic correction
 - Myopia management including principles of orthokeratology
 - Lenses for conditions requiring visual benefit
 - Bandage lenses and Prosthetic lenses
- While there are five subsections, an overall mark is given based on the aggregate of all five subsections.
- THE PASS MARK FOR THE SECTION IS 60%

SECTION D: Other lenses

- We don't expect you to have fitted all of the lenses that are discussed in this section, but a sound theoretical understanding is required.
- There is a lot to cover in 45 minutes – don't be alarmed if the examiner moves on to a different topic – we are trying to give you the best opportunity to pick up as many marks as possible in the available time.

TIPS FOR SECTION D

- As with all VIVA elements of the exam, please ask the examiner if you want the question repeated or rephrased.
- We do NOT expect you to know the answers to all questions, so don't be too alarmed if you are asked a question that you do not know the answer to.
- **Toric Lenses:** You'll be expected to know different designs of both soft and rigid toric lenses.
- **Presbyopia:** This isn't just limited to Multifocal lenses – think of ALL the ways you can correct a presbyope with contact lenses.
- **Myopia Management:** Don't just limit this to currently available lenses, think of the **whole** approach to myopia management and the advice that you give.
- **Lenses for ocular conditions:** Think of the therapeutic applications of contact lenses and how lenses can help above and beyond correcting refractive error. Consider other elements such as bandage lenses and prosthetic lenses. You may not have much experience of fitting such lenses, but think of conditions where they may be required.

Preparing for Section D

- Look back on your notes from your contact lens theory course.
- However, don't just rely on them alone because technology can change rapidly in Contact Lenses, so use manufacturer websites and the ACLM to learn about newly available lenses.
- Use your supervisor. There's every chance that your supervisor HAS fitted many of the lenses and patients in the past. Have a discussion with them about their experiences.
- Try to research both soft and rigid options when considering these types of lenses.

SUGGESTED READING

- *ACLM Manual*
- *Contact Lens Practice* (Efron)
- *The Contact Lens manual* (Gasson and Morris)
- *Contact Lenses* (Phillips and Speedwell)

SECTION E - Contact lens aftercare

Overview

- This section lasts around 1hr 45mins in total.
- It consists of a combination of practical demonstration and VIVA discussion.
- In a full sitting of the exam, this is likely to be in the afternoon and AFTER sections A, B and C but could be time tabled at any time in the afternoon.
- Split into three distinct sub-sections:-
 - E1 Aftercare consultation of a contact lens wearer
 - E2 Discussion of patient records
 - E3 Aftercare Management
- Section E1 will take place before section E2 and E3, which are taken together.
- While there are three subsections, an overall mark is given based on the aggregate of all three subsections.
- THE PASS MARK FOR THE SECTION IS 60%

SECTION E: Contact lens aftercare

- This section will last around 45 minutes in total, although the timed element will last for **30 minutes**.
- You will be presented with a patient, up-to-date sight test prescription and contact lens details.
- Remember, the only information that you have on the patient is the information held on the prescription. There will be no other prior records to refer to.
- You are to assume that the patient is an existing wearer but is **NEW TO YOUR PRACTICE**.
- While completing the aftercare consultation of the patient, you will not normally be interrupted by the examiner, but please be aware that there may be occasions where we do need to interrupt. This will not necessarily affect your mark allocation for the section.
- On most occasions, section E will take place in the same clinical bay that you used for sections A, B and C. However, there are times when we need to change the clinical bay. Should this happen, then you will be given time before the section to get accustomed to the equipment in the new bay.

- Before the exam begins, you will be given time to look at the patient information and copy it down on to your record card (if you wish).
- The examiner will inform you about the timing of the section before you begin.
- From the start of the aftercare to the end, you will have exactly 30 minutes.
- In this time, you will be expected to have completed all of your clinical records – you will NOT have the opportunity to write any further notes on the record once the 30 minutes have elapsed.
- The examiner will inform you when 15 minutes have elapsed AND when there is 5 minutes remaining.
- You will be requested NOT to verbally give any findings to the patient during the examination.
- However, you are expected to write down all of your findings and recommendations on your clinical record sheet.
- The examiner will switch the lights off and on for you on request, but will not do it unless asked.
- You may inform the examiner if you have completed the consultation before the 30 minutes are complete, although you may wish to use any remaining time to check the contents of your record card.
- You may ask the examiner how much time is remaining at any stage of the examination.
- Once the examination is complete, the examiner will examine the patient so that they can assess the accuracy of your record keeping. During this time, you will be asked to produce written information that you are legally obliged to present to the patient, assuming that there has been no change.
- For this written information, you may write generic details for yourself and your practice so that you are not identified on the record card.
- Once this has been completed the patient will leave and the examiner will take the role of the patient.
- You are to give your findings and recommendations to the examiner IN PATIENT LANGUAGE.

Diploma in Contact Lens Practice - Practical Examination

SECTION E - Contact lens aftercare

TIPS FOR SECTION E

- You don't have very much information for the patient to start off with other than their prescription and specifications, so you will need to take a history from your patient.
- There is no need to ask them things such as name, address, DOB, etc. as you can assume they were already taken when booking the appointment.
- Make sure you develop a good routine in practice. This will make it far easier for you to remember what to ask the patient rather than relying on revision.
- Remember that your communication with the patient is also being assessed here, so make sure that your communication with the patient is clear, but friendly.
- Remember to make full notes on the patient record card of your discussions, as these are marked in addition to your verbal discussions.
- You are able to use as many sides of your clinical record sheet as is necessary for the examination.
- Remember that good hygiene is vital in this section – ensure your hands and equipment are clean whenever they come into contact with the patient.
- Consider writing your notes as you complete a particular area rather than waiting until the end – this will make you less likely to forget any particular points and will make it more likely that your notes will be complete by the end of the 30 minutes.

Preparing for Section E

- You may be used to using your own practice computer system for your aftercare, but in the exam all records are completed on blank sheets – so make sure you practice writing full records on blank sheets before the exam.
- While you may be able to complete aftercare appointments in under 30 minutes in practice, a combination of nerves and unfamiliar equipment is likely to make you a little slower than usual – so try to practice in different testing rooms if possible.
- Put yourself under pressure at work - ask your supervisor to observe some of your aftercare appointments and give you feedback.
- Use contact lens wearing members of staff from the workplace as your patients.
- Remember, that you do not get a choice of slit lamp or keratometer in this section, so try to practice on different types.
- If your training institute offers revision days/sessions, then do your best to attend.

SUGGESTED READING

- *Contact Lens Practice* (Efron)
- *The Contact Lens manual* (Gasson and Morris)
- *Contact Lenses* (Phillips and Speedwell)

SECTION F - Management of contact lens patients

SECTION F: Management of contact lens patients

- This section will last around **35 minutes** in total.
- There are no practical elements to this section of the examination.
- The full 35 minutes will consist solely of a VIVA discussion.
- This section can be in any order during the day, and may not necessarily follow section E.
- Your case records will NOT be discussed in section F.
- The section will be a VIVA examination consisting of a number of questions on aftercare management and will be focussed on 4 key areas:-
 - Signs, symptoms, causes and management of conditions arising from contact lens wear.
 - Differentiating between sight-threatening and non-sight-threatening eye conditions and discussing suitable referral
 - Discussing the use of ophthalmic drugs and staining agents used in contact lens wear.
 - Discussing when to refer to other members of the multi-disciplinary team.

Preparing for Section F

- This is a section that can be revised for – use your course notes and textbooks.
- As with all VIVA elements of the exam, please ask the examiner if you want the question repeated or rephrased.
- We do NOT expect you to know the answers to all questions, so don't be too alarmed if you are asked a question that you do not know the answer to.
- We do not expect you to have seen all of the conditions likely to be discussed in the examination.
- Ask your supervisors to test you on the signs, symptoms, causes and management of common contact lens related complications
- When thinking about the conditions relating to contact lens wear – consider not just how we manage the conditions with contact lenses, but also alternative management, including holistic treatments wherever applicable.
- The advice and guidance area on the ABDO website is an extremely useful resource for this section – particularly the legal matters relating to the supply of contact lenses and referral processes.
- Dispensing Opticians and Contact Lens Opticians often have very specific regulations about their use of certain types of ophthalmic pharmaceutical products. Try to make sure that you are aware of those regulations.



REVISION NOTES

A large rectangular area filled with a light gray grid pattern, intended for students to write their revision notes.

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Please let us know your thoughts on any areas we can improve on for future publications at the email addresses below.

Authors' contact details

Dean Dunning MEd PGDip Ed BA (Hons) FBDO CL Cert Ed FBCLA FIACLE
Head of Professional Qualifications
Email: ddunning@abdo.org.uk

Miranda Richardson BSc (Hons) FBDO
Director of Professional Qualifications
Email: mrichardson@abdo.org.uk



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ABDO Examinations and Registration

Unit 1, Court Lodge Offices, Godmersham Park
Godmersham, Canterbury, Kent CT4 7DT

Telephone 01227 732 921

Email examinations@abdo.org.uk

website www.abdo.org.uk