

THE COLLEGE OF OPTOMETRISTS



HIGHER QUALIFICATIONS Examination Content

Contact Lens A

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Clinical Portfolio:

The portfolio, which must be submitted to the College Higher Qualifications Co-ordinator no later than the advertised deadline, is to include 6 records. 3 to show different application uses of contact lenses from the following list: Prescription, Cosmetic, Therapeutic, Sports, Vocational and diagnostic (medical), and 3 to highlight aspects from the following: general management of contact lens patients, principles of good management, care regimes and principles of contact lens hygiene and aftercare schedules.

Each case record should contain the following:

Summary and discussion of 500 to 1000 words. This should not only describe the case but should mention alternative approaches that could have been taken, references in the literature that are relevant, problems which may have been insurmountable, discussions with other practitioners etc.

All visits should be dealt with and dated. Specifications of lenses should be given. An appendix describing proprietary lenses should be included especially where lenses are made by a company which may be unfamiliar to the examiner. In some cases a copy of manufacturers literature is sufficient for the examiner to refer to.

Findings, advice, future plans, fitting of new lenses should all be described.

Photocopies of your actual practice notes should be included as an appendix where possible, observing patient anonymity in all cases.

Further details regarding general presentation and content of the portfolio are to be found on page 4 of this guide.

Two complete copies of the case records and all documentation should be submitted.

Assessment is in the form of a 1 hour viva.

Written Examination:

The written examination will take the form of a 1.5 hour paper consisting of 30 short answer questions covering any aspect of the syllabus.

Station Examination:

The station examination (1 hour), consists of 8 stations as shown below, 4 assessing practical skills and 4 assessing visual recognition and identification of clinical signs.

Station 1 Verification

Verify the lens supplied using the equipment provided. Measurement of at least 10 contact lens dimensions. (15 minutes)

Equipment provided:

Radiuscope, Focimeter., Band magnifier, Thickness gauge, Saline 0.9%, Tissues, Contact lens cleaners (proprietary), Selection of rigid toric and bifocal contact lenses.

Station 2 Keratometry

Both eyes (10 minutes)

Equipment provided:

2 position manual keratometer. 1 x patient.

Station 3 Recognition of contact lens types

Two lenses. Candidate to describe each lens and its potential application(s). (5 minutes)

Equipment provided:

Variety of scleral lenses, bifocal lenses, toric lenses, any other complex/specialist lens variety eg silicone lenses etc.

Stations 4, 5, 6 and 7 Slide recognition of contact lens induced problem.

Candidate to describe salient clinical observations, differential diagnosis and management of the contact lens induced problem. (5 minutes each slide)

Station 8 Contact lens optics calculation, e.g. power of liquid lens, residual cylinder, etc.

Candidate to find the correct answer to the calculation set. (10 minutes)