

# THE COLLEGE OF OPTOMETRISTS



## HIGHER QUALIFICATIONS Examination Content

### Orthoptics A

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## Examination Format

### Certificate: **Orthoptics A**

#### **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 case studies managed by the candidate. The cases must have been followed up for at least 6 months and should normally include at least one from each of the following categories. At least one patient must be under the age of 6 years and one a patient over the age of 40 years:

1. decompensated heterophoria
2. convergence insufficiency
3. accommodative anomaly
4. a patient who has undergone orthoptic exercises (vision therapy)
5. amblyopia

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 to be 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 10 minutes at each of the stations described below.

Patients in the station examination will be no younger than 5 years of age and no older than 40 years. Patients will not have a heterotropia.

#### **Station 1 Cover test at distance and near and use of fixation disparity equipment at near. (10 minutes)**

Candidate should bring an occluder and near fixation object for the cover test. The examination centre will provide a distance Snellen chart and a near Mallett Unit. If a candidate wishes to use different near fixation disparity equipment they may bring their own equipment.

#### **Station 2 Stereopsis and foveal suppression tests. (10 minutes)**

Candidate to measure subject's stereoscopic acuity and verify the presence or absence of foveal suppression, using appropriate tests.

Exam centre will provide the stereotests listed in the equipment list and a near Mallett Test. If the candidate wishes to use any other equipment then they may bring this with them.

**Station 3 Fusional reserve measurement and analysis. (10 minutes)**

Candidate will be given information about the size and type of near heterophoria. They will also be told whether the patient usually wears spectacles for near vision and the approximate acuities.

The exam centre will provide a prism bar and either a variable prism stereoscope or a phoropter including rotary prisms in front of each eye.

**Station 4 Assessment of convergence and AC/A ratio. (10 minutes)**

Candidates will be expected to demonstrate an ability to measure the push up near point of convergence and to assess the jump convergence and to measure the gradient AC/A ratio.

Exam centre will provide an RAF rule, a tape measure and a wing test. Trial case prisms and a trial frame will be available if candidates prefer to use the von Graeffe (vertical doubling prism) method.

**Station 5 Assessment of accommodative function. (10 minutes)**

Candidates will be expected to demonstrate an ability to measure the accommodative amplitude and to assess the accommodative facility and lag.

The exam centre will provide an RAF rule, a tape measure  $\pm 1.50$  D or  $\pm 2.00$  D flippers, and a near Mallett unit with duochrome. The candidate should bring a retinoscope if they wish to use this.

**Station 6 Determination of vision therapy regime from clinical scenario. (10 minutes)**

Candidates will be presented with a clinical scenario from which they will be expected to select appropriate exercises and to instruct the patient on how to perform these. Candidates may bring their own pre-printed 'exercise sheets' for use at the examination if they wish.

The examination centre will provide the following equipment: loose prisms, accommodative flippers, prism flippers, Hart chart, three cats chart, bead on string, Institute Free Space Stereograms, Adler Dinosaur card and Bernell Aperture rule trainer.

The clinical characteristics of the patient will not necessarily be those of the person in the scenario. The candidate will not be expected to examine the patient, but will be expected to explain the therapy to the patient and provide appropriate instructions.

## Orthoptics – Equipment Lists

### Orthoptics Certificate A

#### Candidates need to provide:

- occluder for cover test,
- near fixation object (e.g., “budgie stick”),
- pen torch.
- Candidates may elect to provide retinoscopes with a near fixation object, if this is their preferred method of measuring accommodative lag.

#### Examination centre will provide:

- Distance Snellen chart.
- Trial case prisms and trial frame (candidates can bring their own trial frame.
- Near Mallett Unit
- Randot Test (the version with random dot shapes and contoured circles.
- Titmus fly test (includes fly, circles, animals.
- Frisby test
- TNO test
- Lang (Mk 1 or 2)
- Prism bar and either a variable prism stereoscope or a phoropter including rotary prisms in front of each eye.
- RAF rule
- Tape measure
- $\pm 1.50$  D or  $\pm 2.00$  D flippers
- Loose prisms
- Hart chart
- Three cats card
- Bead on string
- Institute Free Space Stereograms
- Adler Dinosaur card
- Bernell Aperture rule trainer.