

References

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● ● ● DOCET

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Spring 2007

Directorate of Optometric Continuing Education & Training

Within OQ61

Lucentis® for wet AMD

Adnan Tufail of Moorfields talks to Hugh Breakspear about the latest drug in this fast-developing area.

Prescribing update

Many optometrists remain unsure about exactly which medications they can use, and in what circumstances. Deacon Harle of the Institute of Optometry, talking to Gwyneth Morgan, sheds some light.

Synthetic phonics

A new method of teaching reading has implications for optometrists examining children. Laura Clark of Snowfields Primary School in Bermondsey explains to Polly Dullely.

Quarterly review

The guest reviewer is Philip Morgan, who practises in north-east London.



Put a face to the voice – Geoff Watts, the Optometric Quarterly presenter.

Binocular Vision and Dry Eye DVD Projects

DOCET is pleased to announce that after a comprehensive tendering process the production Company **Cheerful Scout** has won contracts to produce both the **Binocular Vision** and **Dry Eye** DVD distance learning projects.



The DOCET Executive Committee were impressed by their innovative approach and production ideas, and are in no doubt that they will build on the success of their previous DOCET production – last year's Clinical Skills DVD – to produce two exceptional DVDs.

Change of address

If you move house or change any of your personal information you must let us know your new details – even if you have already informed the GOC. Please email millie.thomas@college-optometrists.org

Contact Details: DOCET, at 42 Craven Street, London WC2N 5NG. Tel: 020 7839 6000 Fax: 020 7839 6800 eMail: docet@college-optometrists.org Website: www.docet.info

● ● ● Reminder – Optometric Quarterly Audio Files change to CD

As reported in the previous issue of this newsletter, from May of this year the default format for the OQ audio files will be CD.

This means that unless you have already let us know that you prefer a different option, from May onwards you will start receiving CDs – even if you currently receive a cassette tape.

A reminder of the options available to you:

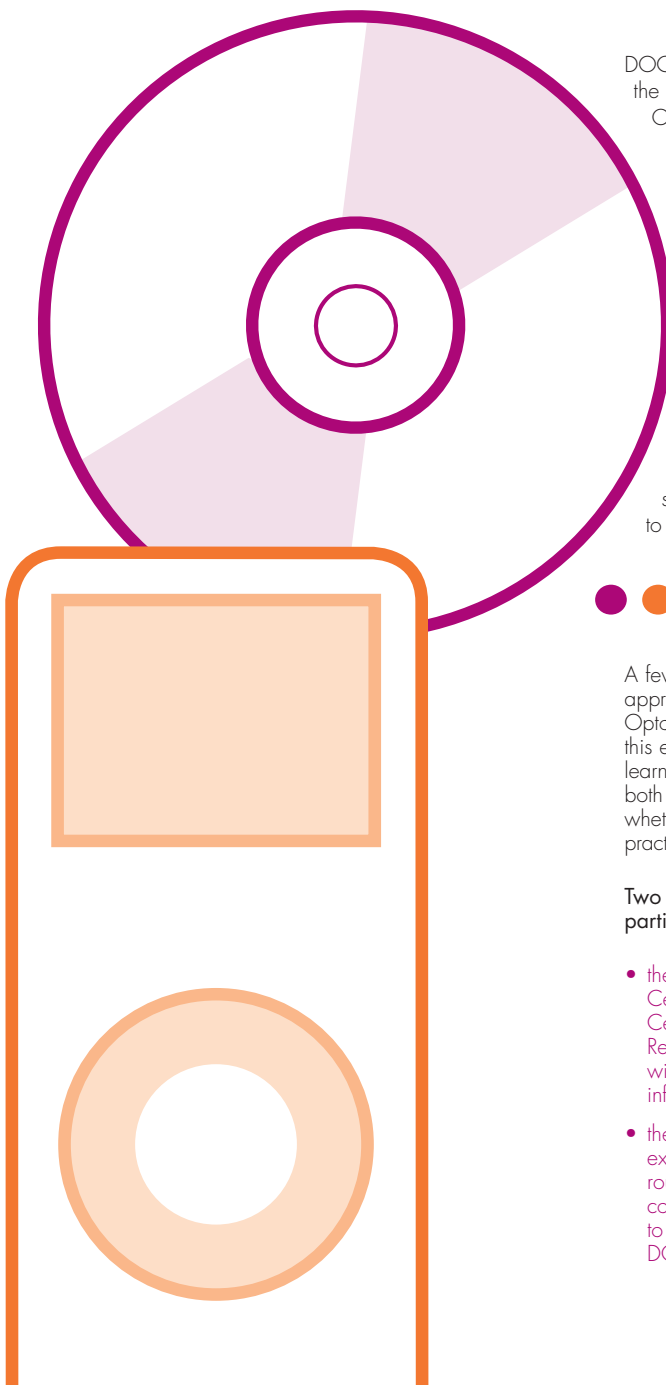
- the OQ audio files on CD and a hard copy of the newsletter (default option)
OR
- the OQ audio files on cassette tape and a hard copy of the newsletter
OR
- an email alert each quarter announcing that the next issue is available online (the OQ audio files will be available as MP3 files and podcast, and the newsletter will be in PDF format)
OR
- to not receive OQ or the newsletter but still be sent other DOCET distance learning projects
OR
- to receive no DOCET distance learning projects at all

If you would like to change your preference, or if you would like to check which option we have assigned to you in our database, please contact DOCET by:

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Phone: 020 7766 4364

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● ● ● Optometric Quarterly on Podcast

DOCET is excited to announce that – along with the new delivery options now available – the OQ audio files will be accessible as podcasts starting with issue number 61.

The option to manually download the OQ audio files to your PC or MP3 player has always been available; by subscribing to the OQ podcasts the audio files will be downloaded automatically.

What is podcasting?

Podcasting is a form of audio broadcasting on the Internet. A podcast is a digital audio file, usually an MP3. You subscribe to podcasts much like you subscribe to anything online.

To subscribe to this service you will need to have feed reading (also known as aggregator) software on your PC. This software is usually free, and the three below are currently popular and easy to use:

www.apple.com/itunes
<http://juicereceiver.sourceforge.net/index.php>
www.dopplerradio.net

A more extensive list can be found at:
www.podcastingnews.com/topics/Podcast_Software.html

Some feed reading software is configured to download and transfer the podcast directly to your MP3 player when it is plugged into your PC.



How do I subscribe?
Visit the DOCET website
www.docet.info
and click on the link
– it's that easy!

● ● ● Occupational Optometry

A few years ago DOCET launched a new approach to training with Occupational Optometry online. The prime focus in creating this e-learning resource was to develop engaging learning activities that met the learning needs of both pre-registration trainees and practitioners, whether working in the multiples or individual practice and whether working full-time or part-time.

Two special features make it particularly useful:

- the programme includes both a Learning Centre and a Resource Centre: the Learning Centre provides the curriculum, and the Resource Centre is the associated library that will be kept up to date with the latest information
- the learner can personalise their learning experience by choosing their own learning route through the material – one of the regular complaints about much e-learning is that it tries to impose its own agenda on the learner; the DOCET programme does not

Within the Learning Centre, the three learning routes will offer: knowledge based learning activities that are primarily Q and A; scenarios and stories from professional practice that will enhance the learner's skills in applying knowledge; and guided activities that test professional practice.

The content is divided into six modules:

- Visual Task Analysis
- Visual Standards
- Improving Visibility
- Ocular Hazards
- Vocational Dispensing
- Colour Coding

Each module also has a self-assessment quiz.

Occupational Optometry Online is free to use and can be accessed via the registration screen on the DOCET website at www.docet.info

●●● Written Orders

Written Order No.1

**Bloggs Optometrists
53 Anywhere Street
Herenthere
S1 4HT**

Ref:
Mrs J Flowers
93 Old Oak Road
Herenthere
S1 4PR

5/2/07

Supply: 0.5% Chloramphenicol aft qds O.V.

S. Bloggs
Mr S Bloggs
01-12345

Written Order No.2

**Bloggs Optometrists
53 Anywhere Street
Herenthere
S1 4HT**

5th February 2007

For Mrs JUNE FLOWERS
93 OLD OAK ROAD
HERENTHERE
S1 4PR

Please supply Mrs Flowers with one 10ml bottle
of 0.5% Chloramphenicol eye drops
to be used as one drop to both eyes four times a day
for five days.

S. Bloggs
Mr S. Bloggs
01-12345

MCQs

MCQs for OQ61

- 1 Which of the following is NOT a Pharmacy medicine?
 - a Chloramphenicol ointment
 - b Otrivine Antistin
 - c Sodium cromoglycate
 - d GelTears
- 2 Practical experience for level 2 additional supply consists of how many clinical sessions?
 - a 5 sessions
 - b 10 sessions
 - c 12 sessions
 - d 20 sessions
- 3 Which of the following statements about Ranibizumab is NOT correct?
 - a It inhibits all known VEGF isoforms
 - b It is the full antibody that binds to VEGF
 - c It is licensed for all forms of "wet" AMD
 - d Higher concentrations may lead to hypertension
- 4 Which of the following lenses did NOT form part of the study into the visual performance of various intraocular lenses?
 - a A five-zone refractive lens with a + 3.50 near addition
 - b A diffractive lens with a + 4.00 reading addition
 - c A refractive lens with a + 4.00 reading addition
 - d A hybrid diffractive-refractive optic with a + 4.00 reading addition
- 5 C-3-R cross-linking treatment stiffens the human cornea and increases the biomechanical strength by a factor of:
 - a 2
 - b 2.5
 - c 4.5
 - d 6.5
- 6 Which of the following statements about Wilmer Ophthalmological Institute study is correct?
 - a A thinner cornea may record a higher IOP but the effect is counter balanced by a smaller and more robust optic disc
 - b The 'pore to disc area' ratio remains relatively constant and is not linked to disc size
 - c The deformability of a disc with smaller radius is greater than that of one with larger radius
 - d Central corneal thickness is inversely associated with optic disc area

Submit your answers online via www.docet.info

MCQs continued

Answers to MCQs for OQ60

- 1 Which of the following is NOT a requirement of liquid crystal lenses for vision correction?
 - a Low diffraction efficiency
 - b Large aperture
 - c Low operating voltage
 - d Fast response time
- 2 The refractive index of the liquid crystal lens rings is modulated by:
 - a Ring diameter
 - b Thickness
 - c Voltage
 - d ITO
- 3 In the University of Manchester, School of Medicine study what was the relative risk of progressive visual field loss in the control group compared to those enrolled on a prospective longitudinal study?
 - a 13%
 - b 18%
 - c 86.3%
 - d 368%
- 4 Which of the following statements about the Blue Mountains Eye Study is NOT correct?
 - a Cataract was associated with hearing loss
 - b Age-related maculopathy was associated with hearing loss
 - c Age-related maculopathy and hearing loss had a stronger association in those over 70 years of age
 - d Older people with visual impairment were found to be more likely to have hearing loss
- 5 Which visual acuity does the DVLA say a patient will almost invariably fail the number plate test?
 - a 6/9
 - b 6/12
 - c 6/24
 - d 3/60
- 6 Which of the following statements about professional drivers is correct?
 - a Vision standards for taxi drivers must be the same as for LGV and PCV license holders
 - b The VA for LGV and PCV drivers in the best eye is 6/9
 - c The VA for LGV and PCV drivers in the worst eye is 3/60
 - d LGV and PCV drivers must meet the same visual field standard as private car drivers