

Directorate of Optometric Continuing Education & Training

● ● ● Optometric Quarterly – An Exciting New Phase

DOCET recently awarded the contract to produce OQ from 2010 onwards and is pleased to introduce the winning company, **Open Creative Communications (OCC)**. We asked Open to tell us about their ideas for the future of OQ.

Based in north London, OCC is a leading agency with a wealth of experience in producing high quality training materials and broadcast media. In addition to our work with public sector organisations, we count the BBC, Channel 4 and Harper Collins among our clients. With our own recording studio and editing facilities we also occasionally get to edit whole feature films, such as Michael Caine's new thriller, Harry Brown (in cinemas now!)

We are delighted to be working with DOCET and thrilled to be given the task of taking OQ into its next phase of development. Our primary objective will be to safeguard and maintain the editorial quality of the programme, whilst also identifying ways in which we can involve listeners more and establish a closer dialogue. New technologies and web tools might well play a significant role in helping us to achieve that. User feedback tells us that there is much about the current format that works really well, so we won't be making changes for the sake of it. However, we would like to find out how we can make it even more useful and relevant, and for that we need your help. The more ideas we get from you, the listener, the better we can make the programme.



With listener interaction in mind, the OQ team will soon be introducing new ways of getting in touch. We will be keen to get your feedback on programmes that you have already listened to, as well as ideas for new episodes. Stay tuned for further information on new features and functionality. In the meantime, let us know your thoughts on what you would like to see and how you would like your OQ to evolve: Email enquiries@DOCET.info

John Lau, Open Creative Communications.



● ● ● OQ is no longer available on tape

As mentioned in previous editions of DOCET.info, OQ is no longer available on tape due to a lack of demand. All registrants who previously received OQ on tape have automatically been sent OQ72 on CD. Don't forget that OQ is also available to download in MP3 format at www.DOCET.info and by podcast.

Upcoming DOCET Distance Learning Projects

As well as the continued production of OQ, DOCET will shortly be distributing the following projects:

- **Communication Skills** – comprising of a DVD, fact sheets and booklet, this is an updated and improved edition of the project originally issued in 1999
- **Flashes and Floaters** – a DVD covering the causes of flashes and floaters, the association with retinal detachment, techniques for viewing the peripheral retina and management and referral advice
- **Optometry and Ethnicity** – a DVD addressing specific genetic and cultural factors of relevance to optometrists when diagnosing and treating people from different ethnic groups
- **Dementia** with input from the Alzheimer's Society – a DVD covering the condition, the visual deficits related to dementia, and examination and management techniques when treating those with the condition

● ● ● 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 enquiries@docet.info

● ● ● DOCET Funding guidelines: notes for CET Providers

A reminder to CET providers wishing to receive DOCET funding that the following rules apply:

- Funding applications will only be accepted via the online form on the DOCET website (www.docet.info)
- The online claim form must be used – no other form will be accepted
- All claims must include full proof of expenditure and the attendance list (including the participants' GOC numbers)
- The maximum DOCET funding payable per event is £5,000
- Lecturer and workshop leader fees will be capped at £180 per hour
- DOCET will only fund topics relating to the provision of primary health care services – if an event includes lectures or workshops that are not eligible for funding the amount payable will be reduced proportionally
- The timeline that restricted organisations to applying within a particular six-month period for funding for an event running in the following six-month period has been removed; course organisers may now apply no earlier than 12 months and no later than two weeks before an event

A full copy of the guidelines is available on the DOCET website (www.docet.info).

● ● ● Feedback

We are always keen to hear your feedback on the DOCET.info newsletter – do you enjoy reading it? What type of articles would you like to see featured? Do you have any suggestions for this newsletter (or for the Optometric Quarterly audio files)?

Please email enquiries@docet.info

1. Waste Disposal

Optometrists, like most businesses, produce a variety of waste. All different types of waste must be carefully disposed of in the correct way and it is down to the individual optometric practice to ensure that their waste is disposed of in the necessary manner. Here Dr Susan Blakeney, Optometric Advisor to the College of Optometrists, discusses the waste disposal advice which was developed earlier this year with Hugh Breakspear.



Hugh Breakspear



Susan Blakeney

2. Glaucoma Evaluation Scheme

False positive glaucoma referrals can be a problem for hospital glaucoma clinics. The Hinchingbrooke Hospital in Cambridgeshire has been running the CHANGES scheme for the last three years looking at ways of reducing the burden of false positive glaucoma referrals from primary to secondary care and ways in which to provide a better overall standard of Glaucoma care through shared care. Here Polly Dulley speaks to Rupert Bourne Consultant Ophthalmologist at Hinchingbrooke and Addenbrooks hospitals in Cambridgeshire and Moorfields Eye hospital in Bedfordshire about his involvement in the CHANGES scheme.



Polly Dulley



Rupert Bourne

3. Continuing Professional Development

CPD, or Continuing Professional Development, is important for all health professionals in providing a continued acceptable standard of care by maintaining, improving and broadening knowledge and skills and therefore assuring the safety of the public. The College of Optometrists has recently launched a voluntary CPD Scheme to promote professional and personal development amongst its members and the wider optometric community. Here, Fiona Nixon – Director of Professional Services at the College – talks to Hugh Breakspear about the new College CPD scheme – which takes professional and personal development beyond the current entry level for re-registration.



Fiona Nixon



Hugh Breakspear

4. Quarterly review

In this edition of the Quarterly Review Geoff Roberson's review includes a paper on the relationship between central corneal thickness and the optic disc in an elderly population a paper looking at whether retinal detachment in Scotland is associated with affluence a paper on the progression of age-related macular degeneration after cataract surgery and finally a paper on uveitis-glaucoma-hyphema syndrome and corneal decompensation in association with cosmetic iris implants.



Geoff Roberson

MCQs

MCQs for OQ72

- 1. Which of the following is not considered to be clinical waste as defined by the regulations?**
 - a) Human tissue
 - b) Syringes and needles
 - c) Swabs and dressings
 - d) Used contact lenses
- 2. Which one of the following drugs is classed as hazardous in England and Wales?**
 - a) Chloramphenicol
 - b) Cyclopentolate
 - c) Proxymetacaine
 - d) Tropicamide
- 3. In the Cambridgeshire CHANGES scheme which of the following statements is NOT correct?**
 - a) Optometrists with a specialist interest participating in the scheme had to have a Humphrey VFA and either a Goldmann or Perkins tonometer
 - b) Referral letters with one abnormal feature were classed as low risk and patients were seen by an optometrist with a specialist interest in the community
 - c) Prior to the NICE guidelines, 25% of referral letters were considered low risk and the patients were seen in the community
 - d) Audit results show the false negative rate to be zero
- 4. Which of the following statements about the College CPD scheme is NOT correct?**
 - a) When populated it allows the production of a CV
 - b) It allows users to set up and monitor a personal development plan
 - c) It will be a mandatory requirement for revalidation
 - d) You can download your CET points record from the Cetoptics website
- 5. Which of the following statements about the Bridlington CCT study is NOT correct?**
 - a) The mean corneal thickness was 544.1 micro metres
 - b) Corneal thickness was normally distributed
 - c) There was no significant difference in corneal thickness between men and women
 - d) Diabetic patients had a lower mean thickness than non-diabetic patients
- 6. In relation to the Scottish retinal detachment study which of the following statements is correct?**
 - a) The annual incidence of retinal detachment in the most affluent deprivation group was 13.6 per 100,000 of the population
 - b) The correlation between retinal detachment and affluence was present in both sexes
 - c) The correlation between retinal detachment and affluence was more marked for women than men
 - d) There were significant differences in the rate of macula-off detachments

MCQs continued

Answers to OQ71 MCQs

1. Which of the following statements about the definition of vulnerable adults is NOT correct?

- a) It includes all those with disabilities
- b) It includes older people but only those in residential homes
- c) It includes prisoners
- d) It includes optometric patients

It includes all older people not just those in residential homes.

2. In OCT what degree of tissue penetration does the instrument provide?

- a) 0.3 – 1 mm
- b) 1 – 2 mm
- c) 2 – 3 mm
- d) 3 – 5 mm

3. Which of the following statements about visual neglect is correct?

- a) It is a type of visual field defect
- b) It only affects the left side of the vision
- c) Nearly all stroke patients will have some degree of visual neglect
- d) The size of the effect is related to the size of the stroke

4. In relation to the Singapore myopia study which of the following statements is NOT correct?

- a) Outdoor leisure activities not involving sports are not associated with myopia protection
- b) UV exposure may be involved in the protective mechanism
- c) Myopic children spent less time on outdoor activity
- d) Biochemical changes related to physical activity may have an inhibitory effect on eye growth

All outdoor activities were associated with myopia protection whether they involved sports or not.

5. In the EUREYE study which of the following was NOT associated with being diabetic?

- a) History of cardiovascular disease
- b) Higher BMI
- c) Higher systolic blood pressure
- d) Higher levels of Vitamin C

The study found that diabetic participants were more likely to have lower levels of Vitamin C.

6. What level of increased risk is someone with small lid parallel conjunctival folds that are below the height of the tear meniscus than someone without conjunctival folds?

- a) 5 times
- b) 15 times
- c) 33 times
- d) 52 times

References for OQ72

Waste Disposal

Environmental Agency Website –
www.environment-agency.gov.uk

Glaucoma Evaluation Scheme

RRA Bourne, KA French, L Chang, AD Borman, M Hingorani, WD Newsom.

Can a community optometrist-based referral refinement scheme reduce the false positive glaucoma hospital referrals without compromising quality of care? The Community and Hospital Allied Network Glaucoma Evaluation Scheme (CHANGES).

Eye 2009; epub ahead of print.

Continuing Professional Development

College of Optometrists website:
www.college-optometrists.org/cpd

College CPD scheme email:
cpdonline@college-optometrists.org

Quarterly Review

Hawker, M.J., Edmunds, M.R., Vernon, S.A., Hillman, J.G., MacNab, H.K., 2009 The relationship between central corneal thickness and the optic disc in an elderly population: the Bridlington Eye Assessment Project.
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Retinal detachment in Scotland is associated with affluence.

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