

**CORE COMPETENCIES for the SPECIALTY OF CONTACT LENS PRACTICE 2011**

**The ability to manage the fitting and aftercare of contact lenses**

| <b>Unit of Competency</b>  | <b>Elements of Competence</b>   | <b>Performance Criteria</b>   | <b>Indicators</b>   |
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| <p><b>1.Communication</b></p> <p><i>The ability to communicate effectively with the patient and any other appropriate person involved in the care of the patient, with English being the primary language of communication</i></p> | <p><b>1.1 The ability to communicate effectively with a diverse group of patients with a range of optometric conditions and needs</b></p> | <p>1.1.1 Obtains relevant history and information relating to general health, medication, family history, work, lifestyle and personal requirements.</p>              | <p>Asks appropriate questions to obtain a full history.<br/>Employs appropriate strategies to understand the patient's needs by not interrupting and then summarising to check understanding.</p>   |
|  |   | <p>1.1.2 Elicits the detail and relevance of any significant symptoms.</p>  | <p>Employs an appropriate mix of questions to elicit information from patients, for example, open and closed questions.</p>   |
|  |   | <p>1.1.3 Identifies and responds appropriately to patients' fears, anxieties and concerns about their visual welfare.</p>   | <p>Establishes and maintains a good professional and clinical relationship with the patient to inspire trust and confidence.<br/>Recognises emotion in patients.<br/>Explores patient concerns and provides reassurance where appropriate, using explanations that are relevant to that patient.</p>  |
|  | <p><b>1.2 The ability to impart information in a manner which is appropriate to the recipient</b></p>                                     | <p>1.2.1 Understands the patient's expectations and aspirations and manages situations where these cannot be met.</p>   | <p>Conveys expert knowledge in an informative and understandable way, for example, not using jargon.<br/>Explores the patients expectations and checks the level of understanding.<br/>Employs a patient-centred approach to understand the patient's perspective.<br/>Is able to empathise with and manage the patient's needs, resolving any problems to mutual satisfaction.</p> |
|  |   | <p>1.2.2 Communicates with patients who have poor or non-verbal communication skills, or those who are confused, reticent or who might be misled.</p>                 | <p>Makes effective use of body language to support explanation.<br/>Demonstrates awareness of our own body language.<br/>Uses appropriate supporting material</p>   |
|  |   | <p>1.2.3 Discusses with the patient an understanding of systemic disease and its ocular impact, its treatment and the possible ocular side effects of medication.</p> | <p>Provides a layman's explanation of the ocular impact of a particular disease<br/>Uses appropriate supporting material, for example, diagrams or leaflets, and uses a range of different explanations where required to avoid repetition.<br/>Understands limitations of knowledge, referring the patient for advice where necessary</p>  |

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|  |  | <p>1.2.4 Explains to the patient the implications of their pathological or physiological eye condition.</p> | <p>Gives factually relevant information in a clear and understandable way, avoiding jargon and technical terms.</p> <p>Uses appropriate supporting material, for example, diagrams or leaflets, and uses a range of different explanations where required to avoid repetition.</p> <p>Understands limitations of knowledge, referring the patient for advice where necessary</p> |
|  |  | <p>1.2.5 Communicates effectively with any other appropriate person involved in the care of the patient</p> | <p>Records and discusses advice and management in a clear and appropriate manner</p>   |

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| <b>2. Professional Conduct</b><br><br><i>The ability to comply with the legal, ethical and professional aspects of practice</i> | <b>2.1 The ability to manage patients in a safe, appropriate and confidential environment</b>     | 2.1.1 Adheres to Health and Safety issues in the practice including the ability to implement appropriate measures for infection control | <p>Demonstrates a proactive approach to Health and Safety issues such as identifying hazards, risk assessment, first aid, etc, in order to produce a safe environment for staff and patients alike.</p> <p>Demonstrates appropriate personal hygiene, cleanliness of the practice, hygiene relating to instrumentation, contact lenses, disposal of clinical waste etc.</p>  |
|   |   | 2.1.2 Maintains confidentiality in all aspects of patient care  | Demonstrates knowledge of the Data Protection Act (1987) and how this impacts on security, access and confidentiality of patient records.  |
|   |   | 2.1.3 Shows respect for all patients  | Recognises and takes into consideration patient's specific needs and requirements e.g. cultural diversity or religious belief  |
|   | <b>2.2 The ability to comply with legal, professional and ethical issues relating to practice</b> | 2.2.1 Is able to manage all patients including those who have additional clinical or social, needs                                      | <p>Respects and cares for all patients and their carers in a caring, patient, sensitive and appropriate manner.</p> <p>Has knowledge of the Disability Discrimination Act (1995), and ensures the patient environment is safe, inviting and user-friendly in terms of access and facilities for all patients.</p> <p>Has an awareness of different types of disabilities and patients with additional needs.</p> <p>Understands the criteria and process for appropriate referral.</p> |
|   |   | 2.2.2 Is able to work within a multi-disciplinary team  | <p>Respects the roles of other members of the practice team and how working together gives the patient the highest possible level of care.</p> <p>Is aware of local and national shared care schemes and the roles of the practice staff within these schemes.</p>   |
|   |   | 2.2.3 Is able to work within the law and within the codes and guidelines set by the regulator and the profession.                       | <p>Demonstrates knowledge of the advice and guidance set by the respective professional body.</p> <p>Demonstrates knowledge of the code of conduct set down by the General Optical Council.</p> <p>Demonstrates a knowledge of the relevant law relating to their role e.g. Opticians Act, Medicines Act</p>   |
|   |   | 2.2.4 Creates and keeps full, clear, accurate and contemporaneous records.  | <p>Is able to produce records which are legible and contain all relevant patient details, measurements, results and advice</p> <p>Demonstrates how to handle payments appropriately, effectively and honestly.</p> <p>Explains clearly any GOS benefits, fees and charges to the patient and records accurately all dates</p>  |

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|  |  |   | relating to payments.  |
|  |  | 2.2.5 Interprets and responds to existing records | Identifies, checks and responds to the significance of previous optical correction.<br>Modifies measurements and advice appropriately based on current correction, present requirements and previous records |

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| <b>3. Methods of ocular Examination</b><br><br><i>The ability to perform an examination of the external eye and related structures</i> | <b>3.1 The ability to assess the indications and contra-indications to contact lens fittings</b>  | 3.1.1 Interprets relevant history and information obtained from the patient<br>Demonstrates an understanding of contraindications to contact lens fittings | Takes a full history detailing general information about the patient<br>Elicits any specific information relevant to the fitting and use of contact lenses<br>Assesses general contraindications<br>Assesses clinical contraindications                |
|  | <b>3.2 The ability to use the techniques in examination of the external eye and related structures and to understand the implications of the findings</b> | 3.2.1 Uses instruments to measure the curvature of the cornea and assess its regularity  | Uses instruments to accurately measure, assess and record the corneal curvature and regularity<br>Correctly interprets the information gathered  |
|  |   | 3.2.2 Uses a slit-lamp to assess the external eye and related structures   | Demonstrates an understanding of the methods of illuminations, filters and other attributes of the Slit-lamp, and their uses<br>Demonstrates a full Slit-lamp routine for assessment of the external eye and related structures in a logical sequence. |
|  |   | 3.2.3 Measures external dimensions relevant to contact lens fittings   | Takes relevant and accurate linear measurements  |
|  |   | 3.2.4 Assesses the tear film   | Chooses appropriate instrumentation and uses correct and safe methods to assess tear quality and quantity.<br>Accurately records the results and differentiates normal from abnormal.  |

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| <b>4. Verification and Identification</b><br><br><i>The ability to assess the accuracy of the specifications of contact lenses including the use of appropriate instrumentation</i> | <b>4.1 The ability to assess the dimensional measurements of contact lenses</b> | 4.1.1 Selects the appropriate equipment to measure the relevant parameters | Uses appropriate instruments to measure the relevant parameters<br>Recognises specific features of a lens to enable its replication |
|   |   | 4.1.2 Measures lens parameters to ISO standards of tolerance               | Demonstrates an understanding of the relevant ISO tolerances and relates the accuracy of the lens to those standards                |
|   | <b>4.2 The ability to recognise the design features of contact lenses</b>       | 4.2.1 Assesses the lens design and decides on its definition               | Distinguishes between designs of lenses and recognises the design of specific lenses  |

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| <b>5. Contact Lenses</b><br><br><i>The ability to manage the fitting and aftercare of patients with contact lenses</i> | <b>5.1 The ability to select and fit the most appropriate contact lens for the planned use and clinical needs of the patient</b> | 5.1.1 Chooses, assesses the fit of and orders soft lenses                            | Demonstrates an understanding of the range of soft lens materials and designs available<br>Makes the appropriate choice of soft lens parameters<br>Assesses the fitting of a soft lens using a variety of techniques<br>Makes appropriate adjustments of the lens parameters<br>Writes an appropriate order for a soft lens |
|  |  | 5.1.2 Chooses, assesses the fit of and orders rigid lenses                           | Demonstrates an understanding of the range of rigid lens materials and designs available<br>Makes the appropriate choice of rigid lens parameters<br>Assesses the fitting of a rigid lens<br>Makes appropriate adjustments of the lens parameters<br>Writes an appropriate full specification order for a rigid lens        |
|  | <b>5.2. The ability to instruct the patient in contact lens handling, and all aspects of lens wear including care regimes.</b>   | 5.2.1 Instructs the patient to handle soft lenses and how to wear and care for them  | Instructs a patient in the techniques of soft lens insertion, removal and other relevant handling instructions<br><br>Instructs a patient on the principles of soft lens wear and care including use of soft lens care products   |
|  |  | 5.2.2 Instructs the patient to handle rigid lenses and how to wear and care for them | Instructs a patient in the techniques of rigid lens Insertion, removal and other relevant handling instructions<br><br>Instructs a patient on the principles of rigid lens wear and care, including use of rigid lens care products   |
|  | <b>5.3 The ability to assess the progress in wear of a contact lens patient</b>  | 5.3.1 Carries out a routine aftercare consultation of a contact lens wearer          | Demonstrates an understanding of the content and routine of a CL aftercare consultation   |
|  |  |  | Carries out the relevant tests and assessments which are required in a routine aftercare consultation   |

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|  | <b>5.4. The ability to investigate, identify and manage any aftercare issues and to be responsible for future contact lens management of a patient</b>   | 5.4.1 Recognises contact lens aftercare issues                  | Recognises any issues of adaptation to contact lens wear<br><br>Identifies problems experienced by the patient or the ocular surfaces which arise in contact lens wear  |
|  |  | 5.4.2 Manages contact lens aftercare issues                     | Demonstrates an understanding of the options and choice of management of adaptation issues<br><br>Makes the appropriate decisions in the management of adaptation issues<br><br>Demonstrates an understanding of the options of management of aftercare problems<br><br>Makes the appropriate decisions in the management of aftercare problems, including the use and implications of any appropriate medication |
|  | <b>5.5. The ability to select and fit the most appropriate complex lens for the planned use and clinical needs of the patient</b>  | 5.5.1 Chooses and manages the fitting of toric contact lenses   | Demonstrates an understanding of the types of astigmatism which require correction<br>Chooses the appropriate type of CL correction to meet the relevant needs of the patient   |
|  |  |   | Demonstrates an understanding of the designs and materials available in toric contact lenses and selects and fits the appropriate toric lens for the needs of the patient.  |
|  |  | 5.5.2 Chooses and manages the correction of presbyopic patients | Demonstrates an understanding of the advantages and disadvantages of the various methods of managing presbyopia<br>Chooses the most appropriate method for the needs of the patient.  |
|  |  |   | Demonstrates an understanding of the lens design and material options available in bifocal and multifocal contact lenses and selects and fits the appropriate lens to meet the needs of the patient   |
| 5.5.3 Understands the conditions which benefit from therapeutic and prosthetic contact lenses and manages therapeutic and prosthetic contact lens fittings | Demonstrates an understanding of the conditions which benefit from therapeutic and prosthetic contact lenses and their management, including the use and implications of any drugs during the fitting of any lenses  |   |   |
|  | Demonstrates an understanding of the appropriate lens material and design options for the contact lens management of therapeutic conditions – e.g. for visual, medical, protective purposes - and prosthetic conditions and fits such patients with the appropriate lenses |   |   |
|  | Manages the ongoing contact lens care for the patient fitted with therapeutic or prosthetic lenses   |   |   |