

# Diploma in Contact Lens Practice Syllabus 2024

## Conditions of Admission

Theoretical and Practical Assessment Requirements  
and Learning Outcomes

Level 6 Diploma in Contact  
Lens Practice (QCF)



**Conditions of admission**

- A.** The minimum entry standard is the achievement of a level 6 qualification in Ophthalmic Dispensing AND full registration with the General Optical Council as a Dispensing Optician.
- B.** Students must generally undertake their training in the practice of contact lenses in a suitable, pre-approved environment such as an ophthalmic practice or a hospital clinic, under the supervision of a suitably registered practitioner.
- C.** The Final Contact Lens Practical examinations (Unit 4) may be taken on completion of a minimum of 1 year of study undertaken at an ABDO approved teaching institution.
- D.** It is a requirement of the General Optical Council (GOC) that those seeking registration must have had at least 225 hours supervised experience in contact lens practice, which the examining body is required to certify prior to sitting Unit 4.
- E.** To be able to make this certification ABDO lays down a schedule of work and experience, which the student must undergo during the Pre-Qualification Period (PQP). The schedule is made available to the student and, on receipt, the registered supervisor must complete an undertaking that the work and experience detailed will be given. On conclusion of the PQP the supervisor then declares that the work schedule required has been observed.
- F.** The PQP may commence from the start of the contact lens course, subject to receipt of supervisor declaration, and the date of commencement issued by ABDO. It is therefore important, and in the student's interest, that ABDO is notified of the name and address of their supervisor and practice immediately when a post is obtained.
- G.** Students should understand that membership of both the ABDO and GOC must be continuous throughout their period of study in order for all assessments to be considered part of the final award.

- H.** The student acknowledges and accepts the conditions governing issue of diplomas, such as a lapse in ABDO membership would mean that the suffix FBDO CL could no longer be used and the diploma will need to be returned to ABDO.

**Exemptions**

Exemption from any ABDO examination shall be at the discretion of the Head of Professional Qualifications and Education and considered on an individual basis.

There are **no** exemptions from unit 4, Contact Lens Practice, unit 5 Practice Visit and unit 6 Portfolio and Case Records. Any exemptions from the remaining units would only be considered, on receipt of a written application and submitted evidence.

**Re-admission to examinations**

**Practical/Theory examinations**

Students who fail one or more units three times will not be admitted for re-examination until they have evidenced proof that a further period of sustained study has been undertaken as approved by the Head of Professional Qualifications & Education. One further attempt will then be permitted, if this fourth and final attempt is unsuccessful, the student will no longer be allowed to continue the course or sit any further assessments, unless studies are resumed from year one.

## Syllabus Index

### Syllabus unit titles

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## Unit Assessment Format

Unit	Title	Format	Time allowed
Unit 1	Anatomical Principles of Contact Lenses	Theory examination (online)	2 hours
Unit 2	Optical Principles of Contact Lenses	Theory examination (online)	2 hours
Unit 3	Clinical Principles of Contact Lenses	Theory examination (online)	2 hours
Unit 4	Contact Lens Practice	Practical Assessments and VIVA	5 hours
Unit 5	Practice Visit	Practice Visit and VIVA	3 hours
Unit 6	Portfolio & Case Records	Portfolio Submission and online VIVA	Portfolio plus 30 min online VIVA

The maximum number of attempts at a unit of the syllabus taken as a whole, or in parts, is FOUR. (ABDO's four attempts policy is available on the website).

Students should be aware that there is a seven year rule in effect of examination results where the diploma has not been awarded. This ruling commences from the first examination sat. ABDO will endeavour to contact students who are at risk of results expiring.

The syllabus is reviewed on a quinquennial basis. Any changes to the examination content or format will be published in the optical press and affected students will receive direct correspondence from ABDO to the address on the membership database.

Four successive attempts will be offered at the current syllabus before changes are made, over a two-year period.

### Closing dates

The closing dates for examination applications are published on the examinations section of the ABDO website. Students will also be notified when the on-line application forms are available on their individual membership page.

### Boards of examiners

There are two examination boards that contribute to the awarding of the Level 6 Diploma in Contact Lens Practice, in accordance with the published assessment regulations. The examination board for theory examinations is responsible for all theory results and the examination board for practical examinations is responsible for all practical results.

### GOC learning outcomes mapping

*The GOC learning outcomes can be found mapped against each part of the syllabus in blue. The outcomes shown relate to the teaching, and may not necessarily indicate where an outcome is signed off.*

Where a learning outcome is not mapped against the syllabus, the theoretical knowledge will still be assessed as certain background learning is essential in order to be able to demonstrate competence in all learning outcomes.

### A. The Eye and Ocular Adnexa

The expected learning outcome is that the student understands the anatomy and physiology of the eye and related structures.

**Students will be expected to discuss the anatomy and physiology of:**

- A1. The Cornea
- A2. The Sclera
- A3. The limbus
- A4. The Conjunctiva
- A5. The Eyelids
- A6. The Lacrimal system
- A7. Tears film
- A8. The Uvea
- A9. The Retina

### B. Ocular Conditions and Pathology

The expected learning outcome is that the student understands and can identify the signs, symptoms, potential causes and management options of:

- B1. Pathology related to the anterior eye that may be presented by a contact lens wearer
- B2. Pathology related to the eyelids that may be presented by a contact lens wearer
- B3. Pathology related to the uvea and posterior eye that may be presented by a contact lens wearer
- B4. Ocular emergencies in contact lens practice

### Related Learning Outcome

*This section provides grounding knowledge for Learning Outcomes covered later in the syllabus*

**O3.5** Has acquired knowledge of common systemic conditions and their ocular impacts and contact lens implications.

**O3.6** Recognises the signs and symptoms associated with relevant ocular conditions, (including, but not exclusively, anterior eye disease, dry eye, red eye and foreign body), differentiates normal from abnormal findings, manages the conditions appropriately and refers where necessary.

**O3.7** Recognises the signs, symptoms and contact lens implications of non-systemic (ocular) pathological conditions.

**O3.8** Manages contact lens induced complications for all types of contact lenses.

### C. Minor Eye Conditions Services (MECS)

The expected learning outcome is that the student understands the basic principles of MECS and its use by contact lens opticians, including.

- C1. Signs, symptoms, potential causes and management options for patients presenting with red eye
- C2. Causes and management for patients presenting with flashes and floaters
- C3. The prevalence and risk factors of ARMD
- C4. Glaucoma, Visual fields, IOP and Tonometry in line with NICE guidelines

*Please note that Unit 1C provides grounding knowledge related to MECS rather than accreditation. Qualified Contact Lens Opticians can choose to undertake MECS accreditation training on completion of the Contact Lens Certificate qualification*

### ASSESSMENT FORMAT

<b>Unit</b>	1
<b>Title</b>	Anatomical Principles of Contact Lens Wear
<b>Format</b>	Theory examination (online)
<b>Time allowed</b>	2 hours
<b>Theory pass mark</b>	50%

### Related Learning Outcome

**O2.6** Works within scope of practice and recognises when to refer or seek guidance from another member of the healthcare team or a specialist.

**O6.1** Understands common ocular conditions, presenting symptoms and urgency e.g., glaucoma, retinal detachment and age-related macular degeneration (AMD) in the context of contact lens practice.

### A. Instrumentation

The expected learning outcome is that the student understands the optical principles of ophthalmic instruments used in contact lens practice. Students will be expected to:

- A1. Discuss the optical principles of the keratometer
- A2. Differentiate between types of keratometer, including the principles of doubling
- A3. Discuss alternative methods of corneal measurement and observation of the cornea, including placido disc, topographers, etc.
- A4. Discuss the optical principles of the radiuscope
- A5. Explain how a radiuscope can be used to measure the back optic zone radius (BOZR) of a contact lens
- A6. Discuss other instruments that can be used to measure the parameters of a contact lens, including band magnifiers, thickness gauges, v gauges, focimeters

### B. Refractive Techniques

The expected learning outcome is that the student understands the methods and principles of different refractive techniques applicable to contact lens assessment. Students will be expected to:

- B1. Recall the method involving finding the best sphere correction of a patient, and describe its use in finding the final refractive error
- B2. Discuss the construction and use of the Cross Cylinder method of subjective refraction
- B3. Describe differences in test chart construction used in refraction, including Snellen Chart, LogMAR, etc.
- B4. Describe the construction and use of Duochrome Test in subjective refraction
- B5. Discuss alternative methods of Binocular balancing
- B6. Discuss the process involved in the Over-refraction (over contact lenses) and resulting prescription
- B7. Calculate the addition of obliquely crossed cylinders
- B8. Discuss the principles of objective refraction theory and the use of retinoscopy in finding the refractive error

### Related Learning Outcome

**O4.2** Understands how contact lens parameters are measured to International Organisation for Standardisation (ISO) standards of tolerance.

**O6.3** Demonstrates knowledge of refractive techniques including the principles of binocular vision management in the context of contact lens practice.

### C. Optics of the Eye and Contact Lenses

The expected learning outcome is that the student understands the optical principles of the eye in contact lens practice. Students will be expected to:

- C1. Recall the constants of model and theoretical eyes
- C2. Differentiate between axial, curvature/refractive and index ametropia
- C3. Define spectacle magnification and relative spectacle magnification in both spectacle and contact lens systems for both axial and refractive/curvature ametropia
- C4. Perform calculations based around spectacle magnification in both thick and thin lens systems in spectacles and contact lenses
- C5. Perform calculations based around relative spectacle magnification in spectacles and contact lenses
- C6. Use these calculations to determine the most suitable correction in terms of anisometropia and aniseikonia
- C7. Recall and define the different types of astigmatism that may be encountered in contact lens practice including corneal, lenticular, ocular, residual, induced, irregular
- C8. Classify regular astigmatism in terms of simple, compound, mixed, as well as with-the-rule, against-the-rule and oblique
- C9. Perform calculations based around astigmatic patients to find suitable contact lens powers
- C10. Perform calculations to find the amount of residual astigmatism in a contact lens system
- C11. Differentiate between spectacle and ocular accommodation
- C12. Perform calculations to determine the amount of accommodation in both spectacle and contact lens wearers
- C13. Perform calculations to determine the amount of convergence in both spectacle and contact lens wearers
- C14. Use these calculations in C13 and C14 to determine the more suitable correction
- C15. Calculate contact lens surface powers and radii based around patient data

### Related Learning Outcome

*This section provides grounding knowledge for Learning Outcomes covered later in the syllabus*

- C16. Perform calculations based around hydration factors and changes in parameters after hydration

### Related Learning Outcome

### D. Design, Materials, Manufacture and Related Terminology

The expected learning outcome is that the student understands the design, manufacture and relevant materials used in contact lens practice. Students will be expected to:

- D1. Differentiate between the various methods of manufacturing soft and rigid lenses
- D2. Discuss the properties of contact lens materials, for both soft and rigid lenses
- D3. Discuss the construction and dimensions of all types of contact lenses and related terminology
- D4. Discuss the construction and designs of bifocal, multifocal and other contact lenses for the management of presbyopia and related terminology
- D5. Discuss the construction and designs of rigid and soft torics, reasons for use of different types of torics and related terminology
- D6. Compare the suitability of the above designs for given patient parameters

*This section provides grounding knowledge for Learning Outcomes covered later in the syllabus*

#### ASSESSMENT FORMAT

<b>Unit</b>	2		
<b>Title</b>	Optical Principles of Contact Lens Wear		
<b>Format</b>	Theory examination (online)		
<b>Time allowed</b>	2 hours	<b>Theory pass mark</b>	50%

### A. Clinical Procedures and Instrumentation

The expected learning outcome is that the student understands the clinical procedures required in contact lens practice and the instrumentation required to conduct these procedures.

#### Students will be expected to

- A1. Describe the procedures required to conduct an initial examination of a patient wanting to wear contact lenses
- A2. Describe the procedures required to conduct a collection appointment (including application and removal) for a new contact lens wearer
- A3. Describe the procedures required to conduct an aftercare consultation of an existing contact lens wearer
- A4. Describe the illumination techniques for detailed inspection of the anterior segment, ocular adnexa and tears
- A5. Discuss the use of current instruments related to the assessment and fitting elements of contact lens practice such as Slit-lamp / Keratometer / Burton lamp / Topographers

### B. Clinical Application of Contact Lenses

The expected learning outcome is that the student understands the alternative applications of contact lens use.

#### Students will be expected to

- B1. Discuss the optical, physiological and pathological indications and contraindications to contact lens wear.
- B2. Discuss the optical, therapeutic, protective, diagnostic and cosmetic use of contact lenses and related ocular conditions
- B3. Can differentiate between alternative wearing modalities and their benefits to the patient
- B4. Discuss the use of orthokeratology contact lenses
- B5. Discuss the use of contact lenses in the management of myopia, as well as the holistic management of a patient at risk of myopia progression

### Related Learning Outcome

**O2.2** Works with the patient/carer in partnership to make informed choices, aiming for the optimal outcome for the patient which meets the professional aims of the practitioner.  
**O4.1** Understands how to assess using the appropriate instruments, the dimensional measurement and other features of contact lenses to identify where possible and enable their replication.

**O4.3** Recognises and differentiates between the design features of contact lenses.  
**O5.12** Selects and fits the most appropriate complex/specialist contact lens for the planned use and clinical needs of the patient (e.g., refractive management, therapeutic, prosthetic and cosmetic contact lenses); manages the ongoing contact lens care of own patients.  
**O6.2** Understands the principles and maintains knowledge of evidence relating to myopia management.  
**O6.4** Understands the range of lenses available including soft, rigid and new materials/modalities.  
**O6.5** Understands the clinical application of all contact lens types e.g., optical, therapeutic, protective, diagnostic, prosthetic and cosmetic.  
**O6.11** Evaluates advances in contact lens practice, the evidence behind management strategies and any emerging safety concerns.

## C. Solutions and Drugs

The expected learning outcome is that the student will show an understanding of contact lens solutions and ophthalmic drugs used in contact lens practice.

### Students will be expected to

- C1. Discuss ophthalmic drugs and staining agents used in contact lens practice
- C2. Discuss the relevant legislation concerning drugs and medicines and their use by contact lens opticians
- C3. Describe the contact lens related side effects of commonly prescribed drugs
- C4. Describe alternative methods of disinfection of contact lenses
- C5. Describe alternative solutions used in contact lens practice, and their constituents
- C6. Describe methods of disinfection of trial lenses
- C7. Discuss the importance of trial lens disinfection and the potential risks of not maintaining sterility

## Related Learning Outcome

**O6.6** Understands and safely applies knowledge of the drugs and staining agents used in clinical practice, including any relevant risks and side effects.

**O6.9** Understands the methods of disinfection of contact lenses / contact lens containers including awareness of the different solutions used in contact lens practice, their constituents, the importance of maintaining sterility and common pathogens.

**O6.10** Applies current legislation to contact lens practice and understands the relevant legislation surrounding the use of common ocular drugs.

## D. Clinical Governance

The expected learning outcome is that the student will show an understanding of governance and regulations of contact lens practice.

### Students will be expected to

- D1. Show an understanding of contemporaneous record- keeping, GOC requirements and maintaining confidentiality
- D2. Show an understanding of general data protection regulations
- D3. Discuss the use of grading scales in contact lens practice
- D4. Describe infection control in the consulting room, including the disposal of drugs and waste
- D5. Describe the required information for a contact lens specification
- D6. Discuss the relevant regulation required for the sale and supply of contact lenses

**O2.6** Works within scope of practice and recognises when to refer or seek guidance from another member of the healthcare team or a specialist.

**O5.14** Understands and applies relevant local protocols and professional guidance on the urgency of referrals e.g. The College of Optometrists' clinical management guidelines.

## ASSESSMENT FORMAT

<b>Unit</b>	3
<b>Title</b>	Clinical Principles of Contact Lens Wear
<b>Format</b>	Theory examination (online)
<b>Time allowed</b>	2 hours
<b>Theory pass mark</b>	50%

### Section A: Initial Assessment

#### A1. Initial Discussions and Contra-indications

The expected learning outcome is that the candidate should be able to:

- A1.1 Take a full history from a patient and make full, written notes, including potential risks of contact lens wear to allow informed consent
- A1.2 Discuss potential contra-indications to contact lens wear
- A1.3 Discuss the legal requirements needed to commence contact lens initial assessment and selection
- A1.4 Take routine external measurements from a patient and make full, written notes

#### A2. Anterior Eye Assessment

The expected learning outcome is that the candidate should be able to:

- A2.1 Calibrate a slit lamp for own use
- A2.2 Conduct a full anterior eye assessment of a patient and record full, written notes
- A2.3 Assess the condition of the tear film of a patient and record full, written notes
- A2.4 Discuss the illumination techniques used during a slit lamp examination

#### A3. Corneal Measurement

The expected learning outcome is that the candidate should be able to:

- A3.1 Calibrate a keratometer for own use
- A3.2 Measure the curvature of the cornea using a keratometer and record full, written notes
- A3.3 Discuss the results found and how they can be used in the decision-making process of lens selection

### Related Learning Outcome

#### SECTION A1

**O1.2** Undertakes a patient consultation in an appropriate setting, taking account of confidentiality and understands the issues involved in obtaining valid consent and maintaining dignity and respect in accordance with regulatory standards and contractual requirements.  
**O2.1** Assesses the communication needs of the patient/carer and adapts consultation appropriately (e.g., for language, age, capacity, physical or sensory impairments).  
**O2.4** Explains to the patient the potential risks and benefits of contact lens wear and any management options/treatment, including the importance of hygiene regimes, wearing compliance and when to seek further advice.  
**O5.1** Takes a comprehensive history eliciting any information relevant to the fitting, aftercare and use of contact lenses.  
**O5.4** Interprets relevant patient information (i.e., spectacle prescription, history and any relevant information supplied by any other health care practitioners) and clinical findings to assess the indications and contraindications for contact lens fitting.

#### SECTION A2

**O3.1** Demonstrate knowledge of appropriate instrumentation and technology for detailed inspection of the anterior segment of the eye, related ocular adnexa and tear film. This should include methods of illumination, filters, other instrument attributes and related use of diagnostic stains.  
**O3.2** Assesses the anterior segment, related ocular adnexa and tear film in a systematic sequence.  
**O3.9** Uses appropriate grading scales, imaging and other available technological information and creates and maintains accurate and contemporaneous records of all patient advice and management decisions in line with relevant legislation.  
**O6.8** Implements infection prevention and control in optical practice.

#### SECTION A3

**O3.3** Assesses the curvature and regularity of the cornea and any other dimensions required for contact lens fitting.

### Section B: Soft Lens Selection and Observation

#### B1. Soft Lens Selection

The expected learning outcome is that the candidate should be able to:

- B1.1 Select a suitable soft lens for a patient based on clinical information
- B1.2 Assess the suitability of fit of a soft lens on a patient's eye
- B1.3 Discuss alternative design features of soft lenses
- B1.4 Discuss clinical equivalence and how amendments could be made to improve lens fit, wherever possible
- B1.4 Write a full order for contact lenses based on the available information

#### B2. Over-refraction

The expected learning outcome is that the candidate should be able to:

- B2.1 Assess the visual acuity of a patient while they are wearing contact lenses
- B2.2 Conduct a spherical over-refraction to determine the most suitable spherical power for the patient
- B2.3 Conduct a binocular balancing assessment of the patient to determine final powers
- B2.4 Record full clinical notes of the over-refraction

### Related Learning Outcome

#### SECTION B1

**O2.3** Identifies, recommends and fits contact lenses to achieve vision correction and/or eye health goals, including explaining where patient expectations cannot be met and/or when contact lenses cannot be fitted.  
**O4.3** Recognises and differentiates between the design features of contact lenses.  
**O5.4** Interprets relevant patient information (i.e., spectacle prescription, history and any relevant information supplied by any other health care practitioners) and clinical findings to assess the indications and contraindications for contact lens fitting.  
**O5.5** Discusses contact lens options and makes appropriate recommendations allowing patients to make an informed choice; selects and fits the most appropriate contact lens and parameters for the planned use and clinical needs of the patient.  
**O5.6** Assesses the fitting of a contact lens (soft, rigid and new modalities/materials where applicable) using a variety of techniques; adjusts lens parameters where appropriate.

#### SECTION B2

**O5.5** Discusses contact lens options and makes appropriate recommendations allowing patients to make an informed choice; selects and fits the most appropriate contact lens and parameters for the planned use and clinical needs of the patient.  
**O6.3** Demonstrates knowledge of refractive techniques including the principles of binocular vision management in the context of contact lens practice.



## Section C: Rigid Lens Selection and Observation

The expected learning outcome is that the candidate should be able to:

- C1.1 Select a suitable rigid, corneal lens for a patient based on clinical information
- C1.2 Assess the suitability of fit of a rigid corneal lens on a patient's eye
- C1.3 Discuss alternative design features of rigid lenses
- C1.4 Discuss clinical equivalence and how amendments could be made to improve lens fit, wherever possible
- C1.5 Write a full order for rigid corneal contact lenses based on the available information

## Related Learning Outcome

**O2.3** Identifies, recommends and fits contact lenses to achieve vision correction and/or eye health goals, including explaining where patient expectations cannot be met and/or when contact lenses cannot be fitted.

**O4.3** Recognises and differentiates between the design features of contact lenses.

**O5.4** Interprets relevant patient information (i.e., spectacle prescription, history and any relevant information supplied by any other health care practitioners) and clinical findings to assess the indications and contraindications for contact lens fitting.

**O5.5** Discusses contact lens options and makes appropriate recommendations allowing patients to make an informed choice; selects and fits the most appropriate contact lens and parameters for the planned use and clinical needs of the patient.

**O5.6** Assesses the fitting of a contact lens (soft, rigid and new modalities/materials where applicable) using a variety of techniques; adjusts lens parameters where appropriate.

## Section D: Other Lenses

The expected learning outcome is that the candidate should be able to:

- D1. Discuss Contact Lenses for Astigmatic patients and Toric lenses
- D2. Discuss Contact Lens Corrections for Presbyopic patients
- D3. Discuss Myopia management including advice, contact lenses and principles of orthokeratology
- D4. Discuss the clinically indicated use of contact lenses for ocular conditions that require optical, therapeutic, protective, and/or cosmetic management

**O4.3** Recognises and differentiates between the design features of contact lenses.

**O5.12** Selects and fits the most appropriate complex/specialist contact lens for the planned use and clinical needs of the patient (e.g., refractive management, therapeutic, prosthetic and cosmetic contact lenses); manages the ongoing contact lens care of own patients.

**O6.11** Evaluates advances in contact lens practice, the evidence behind management strategies and any emerging safety concerns.

**O6.2** Understands the principles and maintains knowledge of evidence relating to myopia management.

**O6.5** Understands the clinical application of all contact lens types e.g., optical, therapeutic, protective, diagnostic, prosthetic and cosmetic.

## Section E: Contact Lens Aftercare

The expected learning outcome is that the candidate should be able to:

- E1. Conduct a full aftercare for a contact lens wearing patient
- E2. Discuss patient management and recommendations, including recall dates
- E3. Complete full, written records of the aftercare
- E4. Issue legally compliant contact lens specifications

## Related Learning Outcome

**O1.2** Undertakes a patient consultation in an appropriate setting, taking account of confidentiality and understands the issues involved in obtaining valid consent and maintaining dignity and respect in accordance with regulatory standards and contractual requirements.

**O1.3** Introduces self and role to the patient/carer and confirms patient/carer identity.

**O2.1** Assesses the communication needs of the patient/carer and adapts consultation appropriately (e.g., for language, age, capacity, physical or sensory impairments).

**O2.5** Encourages patients to take responsibility for their ocular health and to respond to contact lens and other health conditions appropriately.

**O3.4** Evaluates results using evidence-based knowledge to make differential diagnoses and inform an appropriate management plan including referral within scope of practice when appropriate.

**O3.9** Uses appropriate grading scales, imaging and other available technological information and creates and maintains accurate and contemporaneous records of all patient advice and management decisions in line with relevant legislation.

**O5.1** Takes a comprehensive history eliciting any information relevant to the fitting, aftercare and use of contact lenses.

**O5.2** Interprets and investigates appropriately the presenting symptoms of the patient.

**O5.3** Interprets relevant patient records to ensure knowledge of the patient's ocular and contact lens history and management to date.

**O5.7** Issues unambiguous and complete contact lens specifications which meet legal requirements.

**O5.9** Demonstrates a routine contact lens aftercare consultation in compliance with the requirements of the Opticians Act.

**O5.11** Informs patients of the importance of continuing contact lens aftercare and regular eye examinations and provide information on arranging aftercare and relevant emergency procedures.

**O6.8** Implements infection prevention and control in optical practice.

## Section F: Management of Contact Lens Patients

The expected learning outcome is that the candidate should be able to:

- F1. Discuss signs, symptoms causes and management of conditions arising from contact lens wear
- F2. Differentiate between sight-threatening and non-sight-threatening eye conditions and discuss suitable referral
- F3. Discuss the use of ophthalmic drugs and staining agents used in contact lens wear
- F4. Discuss when to refer to other members of the multi-disciplinary team

ASSESSMENT FORMAT	
Unit	4
Title	Practical Assessment
Format	Practical Assessment and VIVA
Time allowed	As listed
Pass mark	60%

## Related Learning Outcome

**O1.1** Establishes relationships with other professionals based on understanding, trust and respect for each other's roles in relation to contact lens and other care, and works collaboratively to ensure the delivery, transfer and continuity of care is assured and not compromised.

**O3.6** Recognises the signs and symptoms associated with relevant ocular conditions, (including, but not exclusively, anterior eye disease, dry eye, red eye and foreign body), differentiates normal from abnormal findings, manages the conditions appropriately and refers where necessary.

**O3.8** Manages contact lens induced complications for all types of contact lenses.

**O5.10** Investigates, identifies and manages any contact lens adaptation or aftercare issues.

**O5.13** Recognises the signs and symptoms of sight threatening conditions/ ocular emergencies requiring immediate treatment and manages them appropriately.

**O6.1** Understands common ocular conditions, presenting symptoms and urgency e.g., glaucoma, retinal detachment and age-related macular degeneration (AMD) in the context of contact lens practice.

**O6.6** Understands and safely applies knowledge of the drugs and staining agents used in clinical practice, including any relevant risks and side effects.

**O6.7** Understands the various forms of ocular surface diseases (e.g., dry eye) and maintains knowledge of available management options. Applies current legislation to contact lens practice and understands

**O6.10** the relevant legislation surrounding the use of common ocular drugs.

## Practical Assessment Format

Unit	Assessment type	Time allowed	Pass Mark
<b>Section A: Initial Examination</b>	Practical Assessment	<b>70 mins</b>	<b>60%</b>
<b>Section A1: Indications of Contact Lens Wear</b>			
<b>Section A2: Anterior Eye Assessment</b>			
<b>Section A3: Corneal Measurement</b>			
<b>Section B: Soft Lens Selection and Observation</b>	Practical Assessment	<b>45 mins</b>	<b>60%</b>
<b>Section B1: Soft Lens Fitting</b>			
<b>Section B2: Over-Refraction</b>			
<b>Section C: Rigid Lens Selection and Observation</b>	Practical Assessment	<b>40 mins</b>	<b>60%</b>
<b>Section D: Other Lenses</b>	VIVA	<b>45 mins</b>	<b>60%</b>
<b>Section E: Aftercare</b>	Practical Assessment	<b>45 mins</b>	<b>60%</b>
<b>Section F: Management of Contact Lens Patients</b>	VIVA	<b>45 mins</b>	<b>60%</b>

**Section A. Lens Application, Removal and Care**

The expected learning outcome is that the student should be able to:

- A1. Complete a practical tuition of lens handling, including lens application and removal of both soft and rigid lenses
- A2. Demonstrate tuition in lens care
- A3. Provide additional information to promote safe contact lens wear to a patient

**Related Learning Outcome**

**01.1** Establishes relationships with other professionals based on understanding, trust and respect for each other's roles in relation to contact lens and other care, and works collaboratively to ensure the delivery, transfer and continuity of care is assured and not compromised.  
**05.8** Instructs the patient in contact lens handling (i.e., hygiene, insertion and removal, etc.) and how to wear and care for the lenses including appropriate action to take in an emergency.  
**06.9** Understands the methods of disinfection of contact lenses / contact lens containers including awareness of the different solutions used in contact lens practice, their constituents, the importance of maintaining sterility and common pathogens.

**Section B. Contact Lens Types**

The expected learning outcome is that the student should be able to:

- B1. Discuss a range of soft lenses used in practice
- B2. Discuss a range of rigid lenses currently used in practice
- B3. Differentiate between different designs and materials and relate to patient data

**04.3** Recognises and differentiates between the design features of contact lenses.

**Section C. Contact Lens Solutions**

The expected learning outcome is that the student should be able to:

- C1. Discuss a range of contact lens care solutions used in practice
- C2. Discuss the common constituents of a contact lens solution and their relevant uses and benefits
- C3. Discuss potential contraindications to solution use

**06.9** Understands the methods of disinfection of contact lenses / contact lens containers including awareness of the different solutions used in contact lens practice, their constituents, the importance of maintaining sterility and common pathogens.

ASSESSMENT FORMAT	
Unit	5
Title	Practice visit
Format	Practice Assessment and VIVA
Time allowed	3 hours
Pass mark	Pass/Fail

**Section A: Contact Lens Case Records**

The expected learning outcome is that the candidate should be able to:

- A1. Demonstrate the ability to produce full and accurate case records
- A2. Produce the correct number of each type of prescription and scenario, as laid down in the case record guidelines
- A3. Demonstrate an ability to justify management choices

**Related Learning Outcome**

**01.2** Undertakes a patient consultation in an appropriate setting, taking account of confidentiality and understands the issues involved in obtaining valid consent and maintaining dignity and respect in accordance with regulatory standards and contractual requirements.  
**02.1** Assesses the communication needs of the patient/ carer and adapts consultation appropriately (e.g. for language, age, capacity, physical / sensory impairments).  
**02.2** Works with the patient/carer in partnership to make informed choices, aiming for the optimal outcome for the patient which meets the professional aims of the practitioner.  
**02.3** Identifies, recommends and fits contact lenses to achieve vision correction and/or eye health goals, including explaining where patient expectations cannot be met and/or when contact lenses cannot be fitted.  
**02.4** Explains to the patient the potential risks and benefits of contact lens wear and any management options/ treatment, including the importance of hygiene regimes, wearing compliance and when to seek further advice.  
**02.5** Encourages patients to take responsibility for their ocular health and to respond to contact lens and other health conditions appropriately.  
**02.6** Works within scope of practice and recognises when to refer or seek guidance from another member of the healthcare team or a specialist.  
**06.12** Demonstrates a reflective approach to learning and own development of contact lens practice to ensure continued alignment with current best practice.  
**06.13** Understands continuing education and professional requirements (e.g., continuing professional development (CPD)) within contact lens practice.  
**3.4** Evaluates results using evidence-based knowledge to make differential diagnoses and inform an appropriate management plan including referral within scope of practice when appropriate.  
**3.6** Recognises the signs and symptoms associated with relevant ocular conditions, (including, but not exclusively, anterior eye disease, dry eye, red eye and foreign body), differentiates normal from abnormal findings, manages the conditions appropriately and refers where necessary.  
**3.8** Manages contact lens induced complications for all types of contact lenses.  
**3.9** Uses appropriate grading scales, imaging and other available technological information and creates and maintains accurate and contemporaneous records of all patient advice and management decisions in line with relevant legislation.  
**5.2** Interprets and investigates appropriately the presenting symptoms of the patient.  
**5.4** Interprets relevant patient information and clinical findings to assess the indications and contraindications for contact lens fitting.  
**5.10** Investigates, identifies and manages any contact lens adaptation or aftercare issues  
**5.11** Informs patients of the importance of continuing contact lens aftercare and regular eye examinations and provide information on arranging aftercare and relevant emergency procedures.

CATEGORY	Number required
Presbyopic patients	2
Astigmatic patients corrected with toric lenses	2
Patients corrected with rigid lenses	2
Paediatric patients	2
Powers over +/-5.00D	2
Clinical signs resolved through change of management	2
Patients presenting at aftercare with issues which required management change	2
Referral to external body	1

See case record requirements on page 22 for further details.

**Practical Assessment Format**

Case Record Discussion	Online VIVA	30 mins	Pass/Fail
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## Section B: Assessment of Portfolio

The expected learning outcome is that the candidate should be able to:

- B1. Submit a tracking sheet confirming a minimum of 225 hours supervised contact lens practice
- B2. Submit a reflective statement detailing the progress made during the supervised period
- B3. Submit evidence of CPD related to contact lens practice

ASSESSMENT FORMAT	
Unit	6
Title	Portfolio and Case Records
Format	Portfolio and 30-minute online VIVA
Time allowed	As above
Pass mark	Pass/Fail

## Related Learning Outcome

**O6.12** Demonstrates a reflective approach to learning and own development of contact lens practice to ensure continued alignment with current best practice.

**O6.13** Understands continuing education and professional requirements (e.g., continuing professional development (CPD)) within contact lens practice.

## Case Record Requirements

For Unit 6 of the ABDO Certificate in Contact Lens Practice examination, candidates are required to present 15 case records chosen from the patients seen and/or fitted during the personal clinical experience period. A number of the case records will be discussed in detail with the candidate, including decisions made and actions taken.

The records must reach ABDO by the required deadlines in order to take their section 4 examinations (please see Case Record Guidance for further details). They should demonstrate the range and depth of experience of the candidate and are required to meet the following criteria.

### Fitted Patients (10)

- **2 presbyopic patients** demonstrating management of both distance and near visual requirements. Please note that a minimum of 1 of these patients must have been fitted with bifocal/multifocal contact lenses for their near vision requirements
- **2 rigid lens patients** – Please note that we are unable to accept Ortho-K patients for this category, although corneal, mini-scleral and scleral lenses can be included
- **2 astigmatic patients** fitted with toric contact lenses
- **2 paediatric patients** (defined as aged under 16). Please note that a minimum of 1 of these must be myopic and have some discussion around myopia management as part of their fitting process (although specific myopia management lenses do not have to be fitted to the patient)
- **2 patients with prescriptions of 5.00D or more**

### Managed Patients (5)

- **2 existing patients showing clinical signs caused by contact lens wear** (issues with the cornea or adnexa) which require refitting or a major change in management. These case records do not need to have been originally fitted by the candidate
- **2 existing patients who have attended the practice with concerns caused by contact lens wear** (this could include issues with vision or comfort) which require refitting or a major change in management. These case records do not need to have been originally fitted by the candidate

- **1 patient showing clinical signs or symptoms that require referral outside of the practice** (not to an optometrist). This record does not necessarily need to have been refitted or managed by the candidate, nor does this case record does not need to have been originally fitted by the candidate

The cases should be selected from those patients fitted during the personal clinical practical experience and should demonstrate a depth and breadth of experience.

For the fitted patients, the patients are required to have been fitted and monitored until the fitting is deemed to have been completed (with specifications issued) and to have a minimum of 1 routine aftercare appointment after the fitting has been completed. For the managed patients, the patients must be monitored until the existing issues have been resolved and at least one full aftercare to have taken place after the issue has been resolved. If a case record does not meet these criteria, it will be considered invalid. Candidates will be given feedback on the reason for the invalidity and will be required to resubmit either an amended record or a replacement record. Only when all 15 records have been accepted as valid can arrangements be made for your case record discussion.

The notes should report appropriate aftercare so the number of appointments will depend on the type of lens, the type of lens wear and the patient's ocular status.

### Case Record Presentation

The records are not required to be exact copies of the original practice records as it is appreciated that the practical experience practice record format may not demonstrate the candidate's full potential. However, the record of the initial appointment should not exceed 2 pages of A4 (or equivalent) and the following consultations should not generally exceed 1 page of A4 (or equivalent) for each appointment. The records should be scanned and submitted in PDF form and emailed to [examinations@abdo.org.uk](mailto:examinations@abdo.org.uk)

Further details regarding the portfolio can be found in The Diploma in Contact Lens Practice 2024 Portfolio Guidance for Students which can be found on the ABDO website.



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## abdo | Examinations

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**Association of British Dispensing Opticians**

**August 2024**