

De-mystifying the Pre Reg

Prof Steve Parrish
BSc PhD FCOptom FHEA
Dr Anna Kwartz
MSc PhD MCOptom

What does the year involve?

- ◆ The pre reg is now called a period not a year
- ◆ Trainees learn at their own pace
- ◆ It is based on continuous assessment
- ◆ You have to demonstrate competency
- ◆ There are 82 competency areas
- ◆ You will have a College Assessor
- ◆ They will assess you 3 and possibly 4 times

What are the GOC competencies?

- ◆ Eight core competencies
 - Communication skills
 - Professional conduct
 - Visual function
 - Optical appliances
 - Ocular examination
 - Ocular abnormalities
 - Contact Lenses
 - Binocular vision

What are entry level competencies?

The skills and knowledge needed to be regarded as sufficiently qualified to be registered to practise optometry

How are they sub-divided?

- ◆ Each competency is broken down
 - Communication skills for first quarter
 - The ability to take an accurate history
 - The ability to elicit significant symptoms
 - The ability to elicit relevant family history
 - The ability to elicit issues pertaining to the patient's general health, medication, work, sports, lifestyle and special needs

How are they assessed?

- ◆ Each competency statement will have:
 - A range of patient experience
 - Refractive error, age, child etc
 - Performance criteria
 - Significant symptoms have been elicited and recorded, considered and acted upon
 - Suitable evidence
 - Patient record, logbook, observation, supervisor statement etc

The year at a glance

Entry	Meeting with College Assessor
0 - 3 months	Tutoring (Supervisor) 1st quarter assessment (Assessor)
3 - 6 months	Tutoring (Supervisor) 2 nd quarter assessment (Assessor)
6 - 9 months	Tutoring (Supervisor) 3 rd quarter assessment (Assessor) Additional support where required
12 months	Final assessment March, June, September, December

What do you need to do?

- ◆ Evaluate what an employer can offer you
 - Equipment
 - Chair time
 - Level of supervision
 - Patient type
 - Salary
 - Study time
 - Courses
 - Hospital experience

What else should you think about?

- ◆ Will you get study leave?
- ◆ Will you be paid if you do?
- ◆ Who pays for your exam and resit fees?
- ◆ Who pays for courses?
- ◆ Who pays for accommodation?
- ◆ Can you stay for longer than a year?

What else should you think about?

- ◆ What does the practice offer?
- ◆ What doesn't the practice offer?
- ◆ Can any deficient areas be remedied?
- ◆ What does the supervisor offer?
- ◆ How much experience do they have?
- ◆ How much support will you get day to day?

What else should you think about?

- ◆ How many patients will you be expected to see?
- ◆ How much influence will you have?
- ◆ What you want from the year?
- ◆ What your supervisor wants from the year?
- ◆ Consulting room logistics
 - Eg easy to do retinoscopy on both eyes
 - Light switch half a mile away!

What can you do ?

- ◆ Where possible talk to the current trainee
- ◆ Meet your supervisor face to face
- ◆ Make sure you can both get along together
- ◆ A year can be a long time if you can't
- ◆ Find out who else is in the practice
 - DOs
 - CLO
 - Other optometrists

You need to be aware of problems

- ◆ Many trainees are unhappy
- ◆ It is a new way of life
- ◆ New and often strange environment
- ◆ New geographical location
- ◆ No longer have your friends with you
- ◆ New work patterns
- ◆ New responsibilities

You need to be aware of problems

- ◆ You now have responsibility for yourself
- ◆ There is no longer a formal structure
- ◆ You are not the focus of attention
- ◆ The patients come first
- ◆ Nobody is going to teach you
- ◆ You have to decide what you need to know

It's **your** year

The year can be very enjoyable if you organise it well and engage in the whole process

The year can be very unpleasant if you get yourself in a situation which doesn't give you what you need or expect, or you don't embrace it

What did trainees say this year?

The practice

- ◆ Practice managers not supportive
- ◆ Practice staff don't understand trainee role
- ◆ The relationship between supervisor and manager was often poor
- ◆ Managers need to allow supervisors time to supervise

What did trainees say this year?

The Supervisor

- ◆ Need to watch more sight tests
- ◆ Must give appropriate feedback
- ◆ Need to better understand new scheme
- ◆ Should allocate time for the trainee
- ◆ Need to monitor patient numbers and type
- ◆ Must allow time to dispense own patients

What did trainees say this year?

The Supervisor

- ◆ Should be proactive in setting deadlines
- ◆ Must give vivas and structure to learning
- ◆ Must take the 3 monthly review seriously
- ◆ Should help with evidence portfolio
- ◆ Must be proactive in booking appropriate appointments
- ◆ Must always be on the premises

Other issues

- ◆ Lack of facilities for assessment visit
 - RGP
 - Keratometry
 - Manual focimeter
 - Suitable patients

So.....

- ◆ Check availability of consulting room
- ◆ No too many/too few tests!
- ◆ Check you won't be a cheap pair of hands
 - On shop floor
 - Filing
 - Pre-screening
- ◆ Check equipment
- ◆ Consulting room logistics
- ◆ Time to fit contact lenses, dispense etc