



Advice

Initially plan to gain the 12 CET points requirement for re-registration with GOC:

- Visit www.cetoptics.com and register for a Vantage number (if your GOC number is not current)
- Explore all the CET options – especially those provided free and those accessible quickly:
 - Free CET from Optometry Today publication: MCQ, VRT, Video CET, Legal modules on OTtv www.optometry.co.uk
 - Replay Learning: CD and online CET available on subscription to the required number of points
 - Company CET Roadshows: CIBA Vision, J&J, Transitions Optical, Bausch & Lomb – day sessions with up to 12 points available as lectures/posters/MCQ

Visit the General Optical Council (GOC) website at www.optical.org.uk:

- Download relevant re-registration forms
- Complete and submit forms
- Successfully rejoin national register of UK Optometrists

Explore ways to increase confidence in practice – call AOP Education Advisor for a 1-to-1 conversation regarding:

- Assess current confidence and approximate skill level in telephone or face-to-face consultation with AOP:
 - Match confidence and skill level to available solutions
 - Access to tutoring:
 - 1-to-1 tutoring with experienced Optometrists based in practice
 - 1-to-1 tutoring with University based Optometrists

Investigate available courses:

- Clearview Training
- Innovative Optical Training
- Institute of Optometry
- Universities
- J&J Visioncare Institute
- Other



Explore Practice based possibilities for work experience:

- General Practice based experience starting with reception duties (answering the phone, making appointments etc)
- Move to dispensing and contact lens insertion & removal teaching – to increase confidence and re-introduce individual to Practice/Clinical environment
- Practice based Optometry skills:
 - 1 to 1 session/s with tutor Optometrist
 - Observe tutor Optometrist undertaking eye examination
 - Test Client's family and Practice staff
 - Supervised eye examination on Practice Patient
 - Further eye examinations and contact lens appointments to gain experience and confidence
 - Contact suitable Optometrists locally for work experience

Explore relevant ancillary information:

- 'Taking History & Symptoms' memory jogger sheet and additional technical information such as 'Optics at a Glance' which includes NHS coding and re-examination periods.
- The Association of Optometrists (AOP) www.aop.org.uk Student section for study resources; other areas of website for legal, regulatory, record keeping and NHS (National Health Service) requirements and guidance for England/Scotland/Wales & Northern Ireland
- Information and guidance on re-registering with the local Primary Care Trust (PCT) in order to undertake NHS (National Health Service) General Ophthalmic Services to eligible groups e.g. children, elderly and specific groups such as diabetics
- Information and web-links to current legislation and regulations e.g. NICE guidelines for glaucoma 2010

Conclusion

The process of re-entering the profession from the initial phone call to confident working Optometrist can take as little as a few weeks but rarely more than a few months.

The reintroduction of a capable practitioner into Optometry is a fairly straightforward process. The biggest barrier to success is the individual's confidence level. Relevant practical clinical experience, in supportive environments, to increase confidence levels rapidly results in increased confidence and ability.