



optometry blog

Welcome Pack

The Optometry Blog Online CET
Programme

www.ukoptometry.co.uk

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1 Introduction & about the online CET Programme

The Optometry Blog was created in 2006 as a part of an initiative between CLEARVIEW Training and Flame Health Ltd to provide class leading CET, Training and Development and Pre-Registration training to the UK, European and Global Optical community through an innovative web based solution.

The focus of the site is to provide Optometrists, Dispensing Opticians and associated Optical professionals the opportunity to access GOC, AOI, SAOA & OAA accredited CET in a convenient way. By using the Optometry Blog, you can access and download accredited Podcasts from leading figures within the Optometry sector.

All of the articles that are available for download on the Optometry Blog are written by leading people within their field of expertise. We have industry leaders, university lecturers and researchers, pioneering optometrists with a passion for their field of expertise and also newly qualified optometrists who are widely recognised by their peers as having a bright future within the optical sector all contributing on a regular basis. So by becoming a Subscriber you will have access to a wide variety of interesting and challenging CET which is not available elsewhere

The Podcasts are fully transferable to a number of mediums and once consumed you return to the Optometry Blog to complete the relevant multiple-choice questionnaire and to receive the relevant CET Points. This forward thinking solution provides the opportunity to have flexibility of learning whilst on the move and the convenience of having CET available at your fingertips

As a Subscriber to the Optometry Blogs CET program, you will have access to downloadable CET Podcasts which can then be listened to at a time which suits yourself. The articles are all accredited for 12 months allowing you the flexibility you require but also providing the peace of mind that you will have access to enough points in order to remain a registered practitioner.

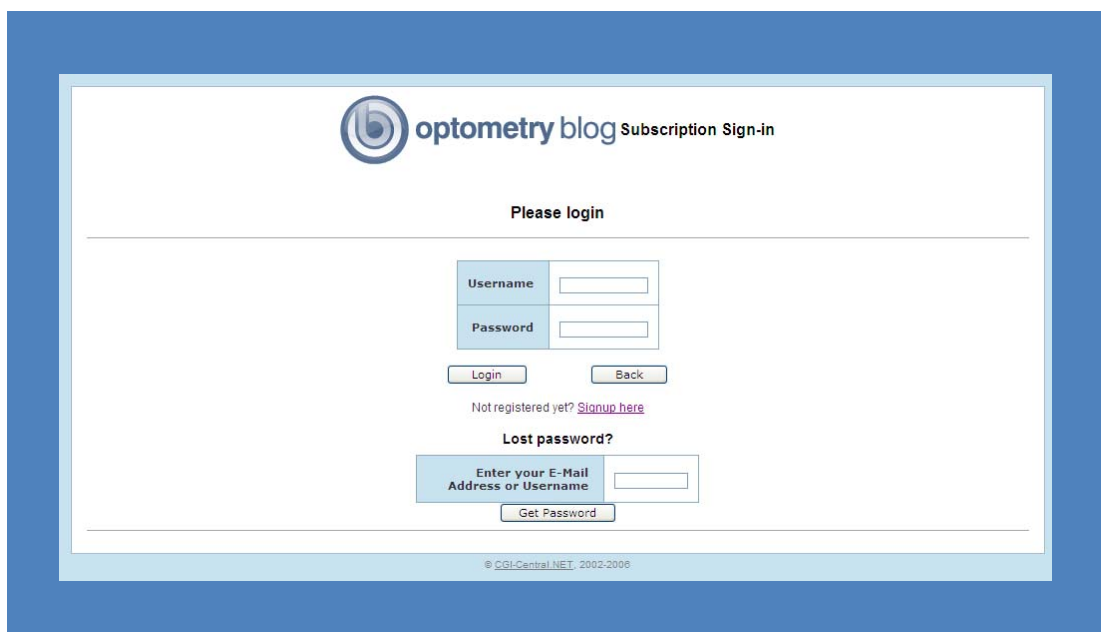
We look forward to receiving your feedback and comments.

2 Getting Started

2.1 Logging in for the first time

A new user account will have been created for you using your chosen Email address.

- You will first receive an Email from [aMember -Membership Information](#).
 - This will contain your user ID (Your Name) and a Password (Your GOC Number)
 - You may view your Membership information by clicking on the link contained in the Email.
 - To access the Online CET programme, you will need to visit the Optometry Blog: www.ukoptometry.co.uk and click on [Optical CET](#)
 - Once you have chosen an article to read or listen, click on the article header which will take you to the Log-in Page:

A screenshot of the 'Subscription Sign-in' page on the Optometry Blog. The page has a white background with a blue border. At the top, there is the 'optometry blog' logo and the text 'Subscription Sign-in'. Below this, the text 'Please login' is centered. A horizontal line separates the header from the login form. The login form consists of two input fields: 'Username' and 'Password', each with a corresponding label and a text box. Below these fields are two buttons: 'Login' and 'Back'. Underneath the buttons, there is a link: 'Not registered yet? [Sign up here](#)'. Below this link is the text 'Lost password?' followed by another input field labeled 'Enter your E-Mail Address or Username' and a 'Get Password' button. At the bottom of the page, there is a small copyright notice: '© CGI-Central.NET, 2002-2008'.

2.2 Accessing CET articles

After Logging-in, you will then be able to access the full post containing the CET article.

- This [full view](#) will now give you access to:
- Download the FULL TEXT copy of the article to your PC to read or print out.
- Download a copy of the Multiple choice questions (MCQs)
- Download the podcast to your computer and MP3 player or
- Listen to the Podcast online

This article will review both the Global and UK definitions of visual impairment together with a review of the legal framework covering the route to registration and the route to social care. The International Classification of Functioning, Disability and Health will be discussed followed by a detailed account of the past, present and future of the CVI, RVI and LVL documents. The role of optometrists and dispensing practitioners within this process will also be highlighted, together with a brief overview of community care. A discussion covering the most appropriate advice and information that we should be giving our patients will also be given.


This article forms part of the Optometry Blog's optical CET programme which guarantees you a minimum of 12 CET points by simply becoming a subscriber. To find out more information about this innovative CET programme and how to become a subscriber [click here](#).

[Download a FULL TEXT copy of article C7923 here](#)

[Download a copy of MCQs for article C7923](#)

Listen to the article narrated by Sarah Sherborne:



 Low Vision 1: The Purpose and Process of Registration: [Hide Player](#) | [Play in Popup](#) | [Download](#)


This article has been accredited by the following organisations:

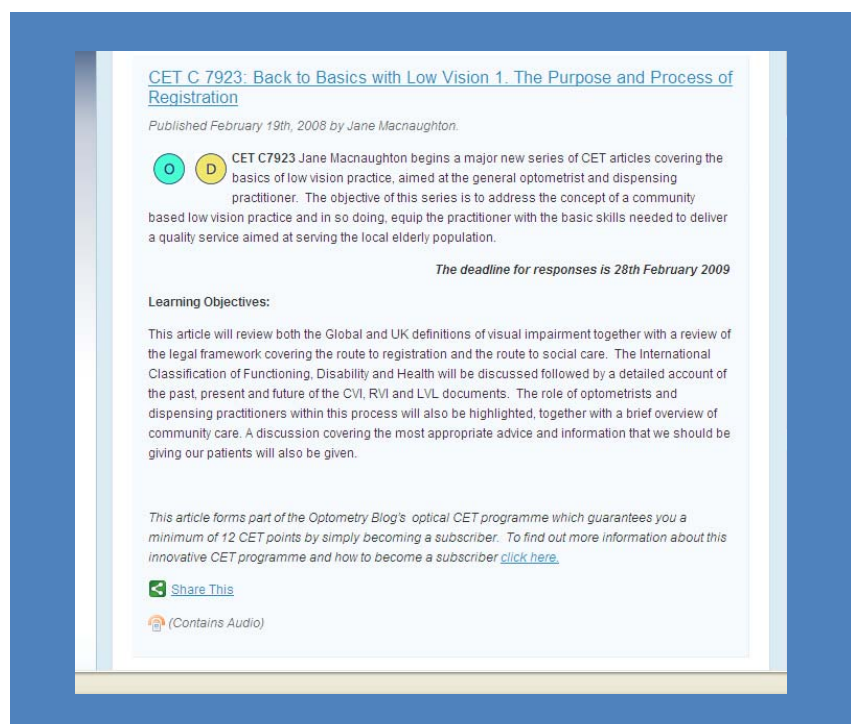


2.3 About the CET post

On the Optical CET section of the Optometry Blog you will find a selection Published CET articles.



Each post will display:

- the unique CET Accreditation Code (e.g. C 7923)
- the Target Group
- e.g.  Optometrists
- A brief abstract or summary of the CET
- The author's name
- The Learning Objectives
- The expiry date of the CET



[CET C 7923: Back to Basics with Low Vision 1. The Purpose and Process of Registration](#)

Published February 19th, 2008 by Jane Macnaughton.


  CET C7923 Jane Macnaughton begins a major new series of CET articles covering the basics of low vision practice, aimed at the general optometrist and dispensing practitioner. The objective of this series is to address the concept of a community based low vision practice and in so doing, equip the practitioner with the basic skills needed to deliver a quality service aimed at serving the local elderly population.


The deadline for responses is 28th February 2009

Learning Objectives:

This article will review both the Global and UK definitions of visual impairment together with a review of the legal framework covering the route to registration and the route to social care. The International Classification of Functioning, Disability and Health will be discussed followed by a detailed account of the past, present and future of the CVI, RVI and LVL documents. The role of optometrists and dispensing practitioners within this process will also be highlighted, together with a brief overview of community care. A discussion covering the most appropriate advice and information that we should be giving our patients will also be given.




This article forms part of the Optometry Blog's optical CET programme which guarantees you a minimum of 12 CET points by simply becoming a subscriber. To find out more information about this innovative CET programme and how to become a subscriber [click here](#).

 [Share This](#)

 (Contains Audio)

2.4 CET for Target Groups

The user group for each CET group is illustrated by the following icons:

-  Denotes that an article is accredited for Optometrists
-  Denotes that an article is accredited for Dispensing Opticians
-  Denotes that an article is accredited for Contact Lens practitioners

It is important that you choose CET for your own target group. If you complete CET for another target group to which you do not belong, you will not be accredited with CET points.

For further information on accreditation and the CET cycle, either [Contact Us](#) (or refer to the online Frequently Asked Questions (FAQ) Section on the [CETOptics](#) site.

3 Methods of delivery:

3.1 Audio MP3 Files (Podcasts)

Our online CET programme consists of CET articles in a selection of the following formats:

- Audio Podcasts
- Text Based Distance Learning
- VRICS Quiz (Visual Recognition and Interpretation of Visual Signs)



Most text-based distance learning articles are available as Audio files, or Podcasts, denoted on the Home Page of the Optometry Blog by the 'contains audio' icon. All Audio files are recoded by professional voice over actors.

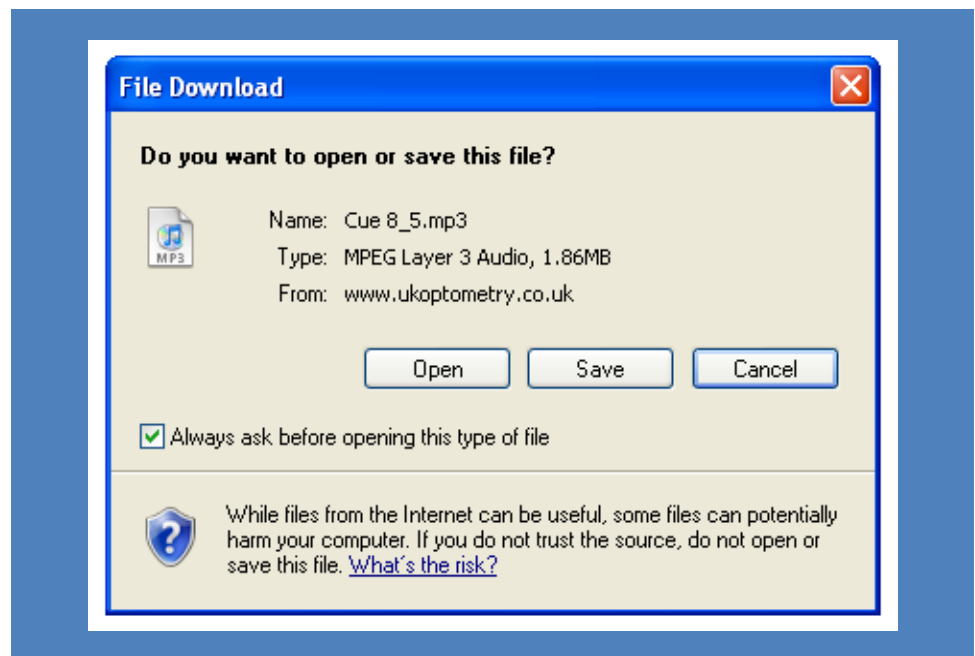
You may listen to an Audio CET article in either of the following ways:



Podcast - Angle Closure Glaucoma: [Hide Player](#) | [Play in Popup](#) | [Download](#)

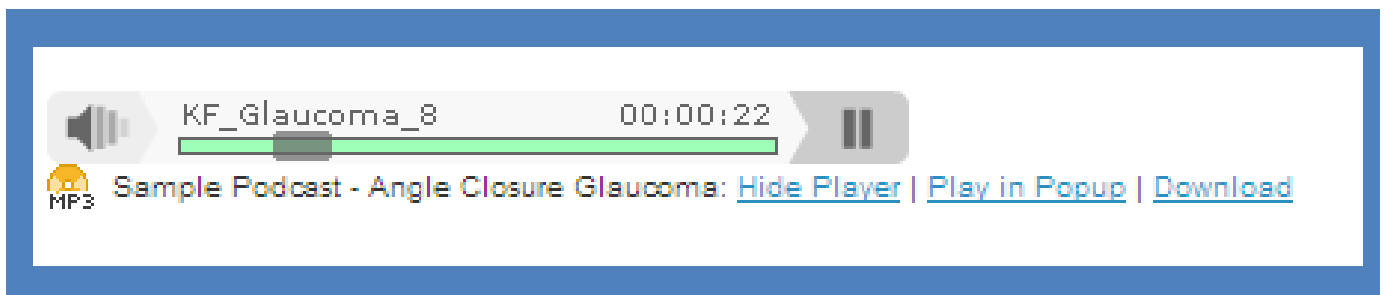
Downloading the file to your Computer and MP3 Player:

- To download to your PC or MP3 player, click on [Download](#)
- You will then be prompted with a window which will ask you to save the file in your own directory on your computer



Listening to a podcast online

You may also listen to the audio file streamed online. Simply click on [Play in Popup](#) which will open the Player in a new window. You may then pause, fast forward or rewind the audio file as required.



3.2 Text-based distance learning

All of our online text-based distance learning articles are available as a PDF Document that may be readily downloaded or printed from your personal computer.

Continuing Education and Training

trabecular meshwork. Blockage of the trabecular meshwork can be thought of as resulting from problems in one or more of four anatomical positions:

- Iris
- Ciliary body
- Lens
- Posterior to the lens

Figure 1: The normal drainage angle. The figure illustrates the path of aqueous from the ciliary body into the posterior chamber, through the pupil, into the anterior chamber and draining out through the angle. (Reproduced with permission from the National Eye Institute, National Institutes of Health.)

Figure 2: The figure illustrates the mechanism of pupillary block where the path of aqueous is impeded in its route to the anterior chamber. This results in forward movement of the iris and contact between the peripheral iris and trabecular meshwork. (Reproduced with permission from Medscape.org and The University of Iowa.)

Iris
The most common form of angle closure occurs as a result of pupillary block (Figure 2). The path of aqueous from its site of production, through the pupil to the anterior chamber is impeded as a result of contact

between the lens and the posterior iris surface. This results in a relative pressure gradient between the posterior and anterior chambers. The iris is forced forwards and the subsequent bowing of the iris causes narrowing of the angle. This can result in contact between the iris and trabecular meshwork.

Ciliary body
Abnormal ciliary body development or position can result in anteriorly positioned ciliary processes which in turn force the peripheral iris into the angle. A good example of this phenomenon is "plateau iris". On gonioscopy the iris is flat resembling a plateau (unlike other mechanisms where the iris has a more convex appearance). There is a shallow, narrow angle with a sharp drop-off of the peripheral iris. "Plateau iris syndrome" is the term used to describe angle closure, either spontaneous or as a result of dilation, with a plateau iris configuration, even after the patient has received a peripheral iridotomy. These are the patients in whom it is advisable to avoid the use of mydriatics. Other ciliary body causes of angle closure include iridociliary cysts, tumours or oedema.

Lens
Anterior lens subluxation or an intumescent cataract can cause acute or chronic angle closure. The malpositioned or swollen lens pushes against the iris and ciliary body forcing them forward to block the angle.

Forces posterior to the lens
Forces behind the lens can push the whole lens-iris diaphragm forwards, closing the angle. This is sometimes referred to as "malignant glaucoma" or "ciliary block": in ciliary block a pressure gradient exists between the posterior and anterior chambers, similar to the situation with pupillary block. However in this case it is caused by aqueous misdirection into the vitreous. It usually arises following an unknown initiating event that results in abnormal aqueous circulation either into or behind the vitreous. This leads to physical alteration of the vitreous and results in its anterior movement which pushes the lens-iris diaphragm forward. There is shallowing of the anterior chamber, both axially and peripherally, and subsequent angle closure. In some cases there may also be a shallow supra-ciliary detachment.

Other rarer causes of angle closure include:

- Iris or ciliary body cysts
- Enlargement of ciliary body due to inflammation or tumour
- Air or gas bubbles after intraocular surgery
- Iris and/or angle neovascularization
- Iridocorneal endothelial (ICE) syndrome
- Anterior uveitis

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on all patients over the age of 40, alongside tonometry, visual field testing and optic disc examination.

Gonioscopy
Using a slit lamp alone it is not possible to visualise the drainage angle, and in particular the trabecular region. Overlapping sclera prevents a frontal view and light from the angle undergoes total internal reflection within the cornea, obscuring the lateral view. In order to visualise the angle structures it is necessary to carry out gonioscopy. Accurate gonioscopic evaluation of the angle is vital in the proper diagnosis, classification and management of a patient with glaucoma. It remains the gold standard for diagnosing angle closure and providing evidence for the mechanism of angle closure.

Gonioscopy can be either direct or indirect. Direct gonioscopy lenses, such as the Koeppe lens, have an anterior surface which is more steeply curved than the cornea. Light is refracted at the lens - air interface, allowing the examiner to look directly at the angle structures while the patient is supine. In most glaucoma clinics it is more usual to use indirect gonioscopy lenses that incorporate one or more mirrors orientated to give a view of the angle by reflection. These lenses are more convenient to use as the patient can be seated at the slit lamp.

Figure 4: Common gonioscopy lenses from left to right: a) Goldmann 3 mirror lens b) Haag-Streit large mirror lens c) Sauerbrey 4 mirror lens

Figure 5a: Schematic representation of a normal wide open angle seen on gonioscopy

Figure 5b: Actual view of a normal wide open angle seen on gonioscopy

Figure 6: Peripheral anterior synechiae (PAS) are abnormal adhesions between the iris and trabecular meshwork

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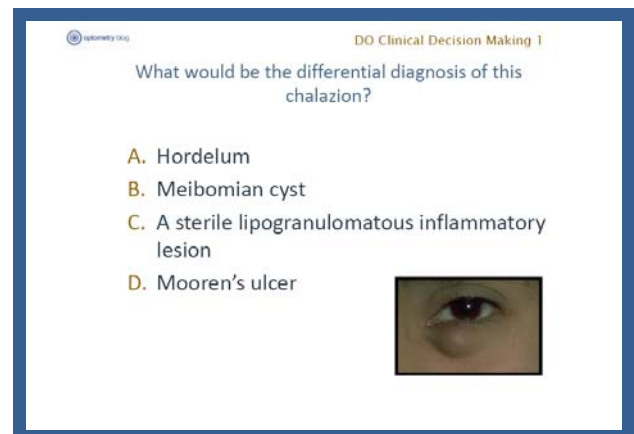
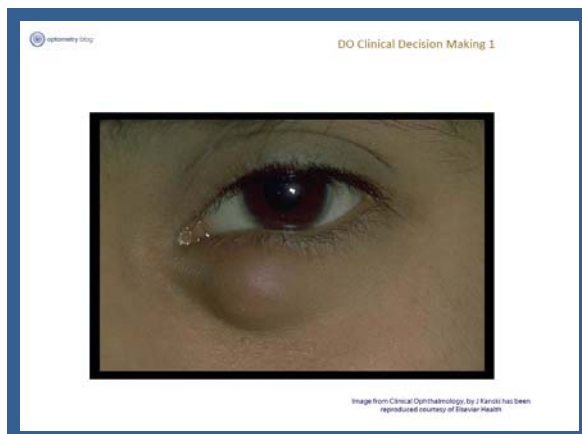
3.3 VRICS Quizzes

VRICS (Visual Recognition and Interpretation of Clinical Signs) quizzes consist of 12 high resolution images. The aim of these quizzes is to encourage accurate interpretation of clinical signs, to encourage accurate differential diagnosis of common ocular lesions and to understand clinical and legal responsibilities when referring or managing common ocular lesions.

VRICS Quizzes can be completed alone or as a group. If you work alongside other practitioners, you are encouraged to discuss each picture with peers.

Alternatively, if you work alone, you are encouraged to investigate each picture or case by using methods available to you (such as reference texts or the Internet).

Multiple Choice Questions (MCQs) accompany each picture which will assist the investigation and encourage differential diagnosis.



3.4 Viewing and Downloading PDF files:



- To view either the text-based distance learning articles or the VRICS Quizzes, you will need [Adobe Reader](#) installed on your computer.
- Adobe Reader is available as a free download. Click on the Adobe icon in the Optical CET section to download the latest copy of [Adobe Reader](#).

4 Claiming CET Points

4.1 Taking the test

Each CET article is accompanied with a Multiple Choice (MCQ) test paper which can be downloaded and completed at the end of each CET article.

To claim CET points for an article, you will need to achieve a pass rate of at least 60%. For each online CET article this equates to,

- 4 out of 6 correct answers for articles of 2,000-4,000 words, (One CET point), or
- 8 out of 12 correct answers for articles of 4,000-6,000 words (Two CET points)

Under GOC guidelines, only *one* attempt is allowed for each CET test paper.

After you have completed your MCQ test paper, you may send us your answers in the following ways:

- **To Email us your answers:**

Download a PDF or word version of the Answer Sheet at the end of the article and submit your results to CET@ukoptometry.co.uk

- An Answer Sheet is available on the Optometry Blog. Alternatively a copy has been included in Section 8 of this Welcome Pack.
- **To Fax us your CET test paper:**

Download a PDF version of the Test Paper at the end of the article post and send to fax number +44 (0) 1664 444 874

Note: To receive CET points, test papers must reach us by 12PM on the deadline date.



CET points are uploaded to your [CETOptics](#) Account within 10 working days of your submission.

4.2 Answers to the Test Papers - Results

- Use the RSS feed to be alerted to the results of the MCQ test papers. Results are published online on the Optometry Blog after the CET expiry date.



4.3 Asking a Question

- Unique to the Optometry Blog is an online facility whereby you can post a question directly to the author regarding the CET article.
- Simply fill out the form underneath the posting and your comment will be displayed on the site for others to see and for the author to reply to.

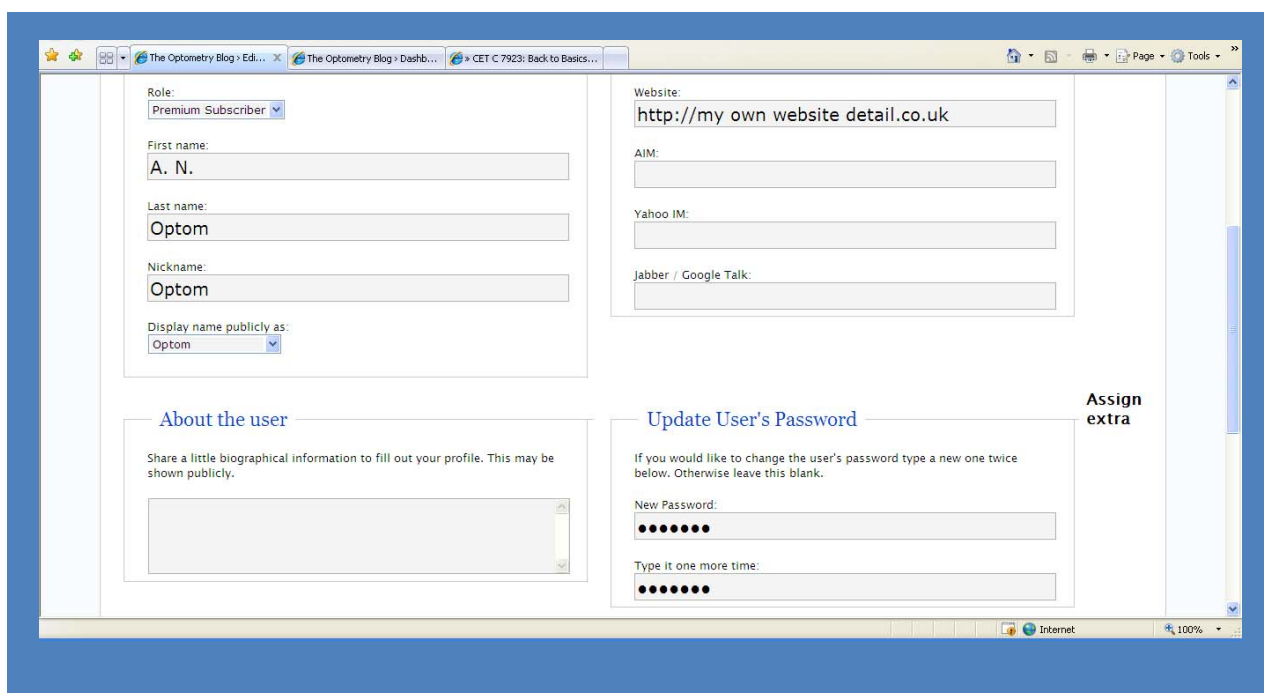
5 Troubleshooting

5.1 Changing your password

It is recommended that you change your password before when you first logon.

If you lose or forget your password then use the prompts on the Login pages and a reminder will be forwarded to your Email account.

You may customise your password at any time by using the [Dashboard](#):





5.2 Contacting Us

If you need to contact us or ask a question, please Email us:

CET@ukoptometry.co.uk



6 Data protection statement

Data Privacy: your account details will be used for the purpose of The Optometry Blog only.



7 Your feedback

- We welcome your feedback on improvements to improve this unique online CET service for you.
- We also would like to hear from you with suggestions for future CET articles.
- Please use the Contact Page on the Optometry Blog or Email us

CET@ukoptometry.co.uk



8 Sample Answer Sheet

- The Answer sheet may be used to submit answers for any CET article.
- Alternatively, a copy may be downloaded from the Optometry Blog



Title of Article

CET Code: C-.....

A Pass mark of 60% is needed to earn CET Points for each quiz:

Please Circle *one* answer:

	Answers			
Question 1	A	B	C	D
Question 2	A	B	C	D
Question 3	A	B	C	D
Question 4	A	B	C	D
Question 5	A	B	C	D
Question 6	A	B	C	D
Question 7	A	B	C	D
Question 8	A	B	C	D
Question 9	A	B	C	D
Question 10	A	B	C	D
Question 11	A	B	C	D
Question 12	A	B	C	D

Your Name

Your GOC / AOI Reg

Your full postal address

Your E-mail

Date

To submit these answers please complete the form in full and send onto either:

- 1 Postal Address: CET, CLEARVIEW Training, 12 South Street, SCALFORD, Melton Mowbray. Leics. LE14 4DY
- 2 Email this page or your answers to us at CET@ukoptometry.co.uk
- 3 Fax us to: +44 (0) 1664 444 874