



THE COLLEGE OF OPTOMETRISTS

DOCET

Activity and Expenditure Report 2017-18

May 2018

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'This resource provides an up-to-date evaluation of presentation and management of common anterior eye disorders and has refreshed my knowledge and understanding. It is particularly good at providing appropriate verbal advice for patients including expected duration of treatment to resolution.

The format was easy to follow and video presentations clear and concise. Good links to further resources.'

Hospital optometrist
'Anterior Eye'

1. Executive summary

In 1990, the Directorate of Continuing Education and Training (DOCET) was established and since then the College of Optometrists has administered funds from the four UK Health Departments for the provision of continuing education and training for UK optometrists.

At the beginning of the DOCET finance year 2017-18, the total of £579,379 has been made available in the form of grants from the four countries. In chapter three the report details expenditure against allocated funds.

The new DOCET learning management system (LMS) docet.info was launched in March 2016 and activity in 2017-18 has focused on marketing the content on the LMS and producing and publishing new online learning content.

The increased user numbers and positive user feedback show that the new DOCET LMS has greatly improved the user experience and gives optometrists across the UK easy access to high-quality online CET.

During 2017-18 we published nine new programmes with 17 CET points (11 non-interactive and six interactive points), republished five programmes with non-interactive CET and have commissioned another seven courses. As a result of our activities, we are able to offer optometrists more than 26 CET points covering all the required General Optical Council (GOC) Stage 2 competencies for optometrists plus some competencies for therapeutic optometrists.

We have refreshed the brand, created new style guidelines, continued to use email alerts, press releases and other forms of communication such as the College of Optometrists enews to promote usage of our online resources. DOCET staff promoted the DOCET offer at the NES conference in Edinburgh in 2017 and at the College's Optometry Tomorrow conference in March 2018.

A proportion of DOCET's funding is set aside each year to help support locally organised CET events such as conferences, lectures and workshops. In 2017-18, DOCET funded 56 events in total. The allocation of DOCET event funding increased by another 35% compared to 2016-17 and has been at its highest since 2013-14.

Project development activity and publications during this year reflected the priority list agreed by the DOCET Council for the period of 2016-18, which included topics such as advances in contact lenses, the young eye/children's vision, learning disabilities, legal and health and safety issues in community practice, AMD, glaucoma and instrumentation. Highlights this year were the publication of *Anterior Eye* and *Visual Impairment* and new programmes such as *Examining Patients with Learning Disabilities* and a course on *Imaging in Eye Care*, which started production in 2017. Please see the full list of projects below.

In 2017-18 DOCET has completed and reissued the following programmes:

- Three editions of the Advances in Eyecare podcasts – non-interactive
- Anterior Eye – three interactive and three non-interactive
- Acute Presentation – two non-interactive
- Safeguarding for Optometrists – non-interactive
 - Safeguarding Adults for Optometrists
 - Safeguarding Children for Optometrists
- The Ageing Eye – interactive and non-interactive
 - The Ageing Eye: Adapting the Routine - Community Practice
 - The Ageing Eye: Visual Impairment
- Contact Lenses: Fitting Astigmatic Patients – interactive and non-interactive
- Binocular Vision (reissued) – non-interactive
- Developing clinical skills (reissued) – non-interactive
- The Ageing Eye: Adapting the Routine - Domiciliary Eye Care (reissued) – non-interactive
- The Ageing Eye: Charles Bonnet Syndrome (reissued) – non-interactive
- The Ageing Eye: Refractive Correction (reissued) – non-interactive.

The following projects have been commissioned or are in development:

- Young Eye: Embryology
- Modern Imaging in Eyecare
- Examining Patients with Learning Disabilities
- Glaucoma update
- Ocular Surface Disease
- Referral update
- Advances in Eyecare summer edition.

For a detailed overview of DOCET projects please see Chapter 5 of this report.

2. Introduction

The Directorate of Continuing Education and Training (DOCET) is a committee established by The College of Optometrists, at the request of the UK Health Departments. DOCET's aim is to improve the eye health and eye care of the population through the provision of high-quality CET for all optometrists registered with the General Optical Council (GOC) in the UK.

DOCET's programme of activity is made possible by shared funding from the four UK countries, which is in proportion both to the numbers of optometrists within each country and the size of their general populations. This equates to the following approximate percentages: England 83%, Scotland 9%, Wales 6%, and Northern Ireland 2%.

DOCET's provision ensures that all GOC-registered optometrists in all parts of the UK are provided with access to high-quality, impartial and comprehensive continuing education and training resources, wherever they live and practice.

DOCET's Terms of Reference are to warrant that funds are used towards ensuring that optometrists keep up to date with technological and scientific advances and assisting them in acquiring the necessary skills to improve their eye care services.

Since the introduction in 2005 of the GOC's mandatory CET scheme for optometrists, the focus of DOCET products has been on maintaining current entry-level competence for optometrists, although the aims of DOCET are broad enough to allow for other priorities to be identified.

DOCET provides optometrists not only with regular newly published CET resources, but also with ongoing access in perpetuity to a comprehensive and expanding bank of past DOCET materials made freely available through the learning management system.

DOCET's priorities and activities are agreed by all stakeholders who make up the DOCET Council, which meets twice a year. A smaller Executive Committee monitors progress and advises on activity on a more regular basis throughout the year.

Through the meetings of DOCET Council and the work of the Executive Committee, the training advisers and administrative staff, DOCET has sought to ensure that its activities respond to the changing needs of optometrists practicing in the UK and that it maintains the highest standards of quality, impartiality and relevance in the CET it provides.

3. Expenditure against allocation for the year

3.1 DOCET funding breakdown

The total of £579,379 is the sum of the grants made by the four countries for 2017-18. This equates to a total sum of £37.13 for each of the 15,602 optometrists currently registered with the GOC in the UK (GOC figures as at March 2018).

Table 1 – DOCET funding breakdown 2016-17

England	£477,599	83%
Scotland	£53,000	9%
Wales	£36,180	6%
NI	£12,600	2%
Total	£579,379	100%

3.2 DOCET expenditure report 2017-18

Table 2 (below) shows a summary of expenditure against priority areas discussed in this report. As at 31 March 2017 the whole of the £579,379 has been committed to specific projects. Where projects span more than one financial year they are completed with part of the next year's funding.

Table 2 – DOCET expenditure report 2017-18*

Activities	Allocated	Expenditure 31/03/18	Reallocated Funds
CET events¹	30,000	44,279	-14,279
Distance learning projects			
Advances in Eyecare ²	52,000	64,000	-12,000
Ageing Eye: Visual Impairment	20,000	20,000	0
Young Eye: Embryology ³	66,000	59,900	6,900
Contact Lenses: Fitting Astigmatic Patients ⁴	55,000	55,000	0
Examining Patients with LD ⁵	16,000	39,600	-23,600
Modern Imaging in Eyecare ⁶	16,000	47,000	-31,000
Ocular Surface Disease (replacing CL module 2) ⁷	10,000	18,300	-8,300
Young Eye: Module 2 ⁸	10,000	0	10,000
Redevelopment (AMD) ⁹	31,379	0	31,379
Training Advisers ¹⁰	60,000	45,500	14,500
Online maintenance & development¹¹	70,000	49,700	20,300
Meetings & subsistence	3,000	1,200	1,800
College administration fee¹²	105,000	105,000	0
Print, mailing, marcomms¹³	35,000	29,900	5,100
Total	£579,379	£579,379	£0

* See Appendix A for details of the variation to expenditure.

3.3 Committed funds from 2016-17

During 2016-17, £15,000 of funding was committed to the completion of *Ageing Eye: Adapting the Routine – Community Practice* and *Young Eye: Embryology* as shown in the DOCET Forward Plan 2017-18. There was also £82,000 committed to ongoing costs for Training Advisers, Redevelopment and *Advances in Eyecare*. Table 3 (below) shows a summary of expenditure for this committed funding to the end of 2017-18.

Table 3 – DOCET expenditure report for £97,000 funding from 2016-17

Activities	Allocated	Expenditure	Committed
		31/03/18	Funds
Ageing Eye: Community Practice ¹⁴	£7,000	£15,400	-£8,400
Young Eye: Embryology	£8,000	£8,000	0
Training Advisers	£5,000	£5,000	0
Redevelopment (Glaucoma) ¹⁵	£49,000	£13,500	£35,500
Advances in Eyecare	£28,000	£28,000	0
Total	£97,000	£69,900	£27,100

3.4 CET event funding

A proportion of DOCET’s funding is set aside each year to help support locally organised CET events such as conferences, lectures and workshops. DOCET contributed the following sums for locally organised CET events during 2017-18, shown by country where the events took place:

Table 4 – CET event funding by country

Country	No of events supported	Total DOCET funds contributed
England	50	£39,649
Scotland	1	£260
Wales	0	£0
Northern Ireland	5	£4,370
Total:	56	£44,277

* The committed fund from 2016-17 is allocated against the Glaucoma update in 2018-19 forward plan.

In 2017-18 DOCET funded 56 events in total, an increase of 14% compared to 49 events in the previous year. The allocation of DOCET event funding increased by 35% compared to 2016-17 and has been at its highest since 2013-14.

3.5 Variation to expenditure

- 3.5.1 Compared to the forward plan of 2017-18, and as discussed in the DOCET Executive Committee and Council meetings, the list of priorities changed in the course of the year. After the publication of the Tear Film Ocular Surface Dry Eye Workshop II (TFOS DEWS II) report, it was decided to add a programme on ocular surface disease to the DOCET catalogue.
- 3.5.2 It was agreed to wait with the update of the *Glaucoma and Age Related Macular Degeneration (AMD)* programme until the new NICE guidelines had been published (in November 2017 and January 2018 respectively). We have therefore accelerated the production of *Modern Imaging in Eye Care*, *Examining Patients with Learning Disabilities* and *Advances in Eyecare: Referral Update* and we were able to offset the incurred costs with underspend in areas such as Online maintenance and Print, mailing and marketing communication.
- 3.5.3 We also had a considerable increase in funding applications in 2017-18 but were also able to offset this with underspend in other areas. The budget for 2018-19 reflects those changes.
- 3.5.4 For detailed information on variation to expenditure, please see Appendix A.

‘Very concise and easy to understand. The pages were easy to navigate and the content engaging and interactive. Each objective was discussed and explained thoroughly with relevant scenarios to test understanding.’

Community optometrist - multiple
‘Safeguarding Adults for Optometrists’

4. Programme management

4.1 Risk and governance

DOCET funds are maintained as a restricted fund of the College of Optometrists and high-level risks pertaining to DOCET activity are identified and addressed as part of the College's three-year strategic plan. Individual project-related risks and issues are managed and monitored as part of the work of DOCET's Executive Committee, reporting to DOCET Council.

4.2 DOCET committees

Under its Terms of Reference, the DOCET Council meets twice yearly whilst the Executive Committee meets approximately six to eight times per year. The requisite elections and nominations are made on an ongoing basis.

4.3 Strategy, activity and priorities

After the launch of the new DOCET learning management system (LMS) in March 2016 the activity this year (April 2017 to March 2018) has focused on producing new, engaging and high-quality content for the LMS, improving the user experience and increasing marketing activities to encourage new users to use DOCET.

The DOCET LMS has greatly improved the user experience and gives optometrists across the UK access to high-quality CET. It also offers great flexibility in accessing online learning. The user is in control of the progress they are making, which is tracked on their user dashboard and they can manage their time flexibly using the bite-sized chunks of learning on offer. We now have a greater capability to present short sections of multimedia, which can be supported with other resources, such as reading lists, references and quick links. Users can now be prompted to test their learning with knowledge questions or activities at regular intervals.

The DOCET LMS also enables efficient administration; the DOCET administrators can access and tailor reports on user metrics and see feedback from users at a glance. DOCET assessors can now review and mark submissions online. We will continue to review and improve the LMS to ensure it remains user-friendly, keep it administratively efficient and to ensure full use is made of the system's functionality.

At its June and December 2017 biannual meetings, DOCET Council reviewed the 2016-18 priorities. Although DOCET's funding is only approved on an annual basis, it is necessary to plan projects at least 18 months to two years in advance.

This is to ensure continuity for users and allow for the length of project development time generally required to produce DOCET materials.

During this year, we have published nine new programmes with 17 CET points as well as reissuing five programmes on the live CET section of the LMS with five CET points. The audio library now contains 54 programmes. The agreed activity plan included a number of new distance learning projects, several of which are now close to completion or are in production. Full details of distance learning projects undertaken in 2017-18 are provided in section 6 of this report.

I have always found it difficult to approach the smoking question and advice section of the test as I have never felt like I should tell someone what to do and I think it is a personal thing or preference. But this video has helped me learn different ways of communicating and advising on cessation of smoking and learn different approaches.

Community optometrist – multiple
Open Your Eyes: Modern Life and its Effects on the Eye - Smoking

4.4 Marketing and communications

In 2017-18, DOCET has focused on two key areas in marketing and communication. We have been working with an external agency on a brand refresh, which has resulted in the creation of a new Brand Style Guide and the production of various marketing materials. We have also increased our collaboration with partner organisations to raise user awareness of DOCET.

- We have produced a new brochure, which was launched at the NES conference in October 2017 and was subsequently distributed to delegates at the annual conferences of ASDA and Boots, as well as the Scottish Optical Conference.
- In 2017-18, DOCET staff attended two key optometric conferences: NHS Education for Scotland (NES) annual conference in October in Edinburgh and the College's Optometry Tomorrow conference in Birmingham in March. We showcased the new banner which helped draw optometrists to our stand. We see attendance at these events as an important way of raising DOCET's profile amongst optometrists and promoting what we offer.

- We are liaising with partner organisations such as FODO and LOCSU who are promoting DOCET materials to their members.
- We have been liaising with NES on promoting DOCET materials in Scotland and they have promoted DOCET's *Open your Eyes: Modern Life and its Effects on the Eye – Nutrition* during their 'A Feast for the Eyes programme'.
- We have also created an advert in the workbook for the ASDA annual conference, an insert for the delegate packs for Optometry Tomorrow and a postcard that was distributed to all UK registered optometrists at the beginning of the year.
- We have continued to use the College's enews to promote usage of DOCET's online resources.

4.5 CET event funding

For information on CET event funding, please see Section 3.4 above.

We aim to continue our marketing strategy in this area, to increase the awareness of the event funding available and, in turn, increase the take-up and geographical spread of this valuable resource.

'This will enable me to provide a better standard of advice for people with impaired vision with a much clearer idea of technology available and appropriate organisations to approach for advice and help.'

Community optometrist - multiple
'The Ageing Eye: Visual Impairment'

5. DOCET projects and other activities 2017-18

During 2017-18 we published nine new programmes with 17 CET points (11 non-interactive and six interactive points), republished five programmes with non-interactive CET and have commissioned another seven courses. As a result of its activities, DOCET is able to offer optometrists more than 26 CET points covering all required General Optical Council (GOC) Stage 2 competencies for optometrists plus some competencies for therapeutic optometrists.

In addition there is a bank of past training materials, which has been made freely available to optometrists in the video and audio library section of the learning management system (LMS).

Please see the summary of distance learning projects below. For further details on each course please refer to Appendix B for audio projects and Appendix C for multimedia projects.

5.1 Summary of DOCET audio projects

5.1.1 Audio (completed and reissued)

- Advances in Eyecare: Developments in Screening (Jan 18)
- Advances in Eyecare: Future Technologies (May 17)
- Advances in Eyecare: Reviewing the Evidence (Aug 17).

5.1.2 Audio (commissioned/in development)

- Advances in Eyecare: Neuroregeneration (April 18)
- Advances in Eyecare: Referral 2 (summer 18).

‘A useful nudge to review research articles with a renewed degree of scepticism and to use Critical Appraisal Tools to gain a more balanced conclusion.

Refreshingly engaging and unpatronising presentation from all three presenters. These subjects can be so dry and boring, however not in this case. Well done.’

Community optometrist – independent
‘Advances in Eyecare: Reviewing the Evidence’

5.2 Summary of DOCET multimedia projects

5.2.1 Multimedia (completed and reissued)

- Acute Presentation (reissued Jul 17)
- Anterior Eye (non-interactive Jun 17/interactive Sep 17)
- Binocular Vision (reissued Jul 17)
- Contact Lenses: Fitting Astigmatic Patients (Apr 18)
- Developing Clinical Skills (reissued Sep 17)
- Safeguarding Adults for Optometrists (Apr 17)
- Safeguarding Children for Optometrists (Apr 17)
- The Ageing Eye: Adapting the Routine – Community Practice (Oct 17)
- The Ageing Eye: Adapting the Routine – Domiciliary (reissued Sep 17)
- The Ageing Eye: Charles Bonnet Syndrome (reissued Sep 17)
- The Ageing Eye: Refractive Correction (reissued Sep 17)
- The Ageing Eye: Visual Impairment (Jan 18).

5.2.2 Multimedia (commissioned/in development)

- Examining Patients with Learning Disabilities
- Glaucoma update
- Modern Imaging in Eye Care
- Ocular Surface Disease/Dry Eye
- Young Eye: Embryology.

‘Another brilliant CET, made very relevant for practice and not overloading on irrelevant practice. Good refresher on the main problems that come into clinics.’

Community optometrist working in multiple settings
‘Acute Presentation – Part 2’

6. Annual data and user feedback

6.1 Annual data review

An initial review of the data from April 2017 to December 2018 is showing positive results. The monthly website visits have been consistently higher than in the same period of the previous year. There was an average increase of 57% in website visits (122,632 in 2016-17 to 192,730 in 2017-18) with the highest increase of 122% in November: from 9,412 website visits in 2016 to 20,880 website visits in 2017.

There was a 19% increase in enrolments from 15,069 in 2016-17 to 17,904 in 2018-19 and a 14% increase in course completion from 8,879 to 10,163. In 2017-18 we have achieved a 76% conversion rate of users moving from enrolling on one or more course(s) to completing the course(s). This surpassed our target of increasing the conversion rate to 70% by 6%.

The most successful course was Anterior Eye with 4,405 enrolments and 2,143 completions, followed by Safeguarding (both courses) with 3,364 enrolments and 2,470 completions and Open your Eyes (all four courses) with 1,675 enrolments and 1,681 completions. The full Annual Data Report 2017-18 will be published in June 2018.

6.2 User feedback

We have commissioned a report again this year to review feedback and trends in 2017-18 to support decision-making for the 2018-19 finance year. Interim findings show that 96% of ratings for course materials were 'excellent' or 'good', compared to 95% in the previous year, and 92% of respondents thought that the course objectives had been fully met compared to 91% in 2016-17. The full report will be published in June 2018.

'I felt the information and guidance was invaluable, the resources for advice on management of conditions was both clear and logically presented. The photographs were effective in demonstrating grading of conditions and presenting signs. I feel it certainly has made me more confident in the advice I can give to my patients.'

Locum optometrist
'Anterior Eye'

7. Conclusion

In 2017-18 we successfully published an exciting range of distance learning projects and made good use of the funding provided.

We have engaged in a brand refresh and produced a series of marketing materials. The website visits, enrolments and completions on the learning management system have increased and we received highly positive feedback on the courses on offer.

The focus for DOCET in 2018-19 will be to continue to produce high-quality CET to engage optometrists in learning and support them in achieving their CET requirements. We will also continue to provide funding for local CET events. In addition we aim to conduct tailored marketing and communication to promote the online resources and facilities.

‘All aspects of this course are extremely relevant to day to day community practice, particularly in a store with an elderly demographic as I work in. It is helpful to be reminded of all the available refraction techniques and more importantly I feel to always consider how the patient feels in a busy high street environment. We always try to ensure appropriate test times are given to elderly patients and would hate to think any patient felt rushed or uncared for.

Very clear, well presented videos with relevant information.’

Community optometrist working in multiple settings
‘The Ageing Eye: Adapting the Routine’

Appendix A: Variation to expenditure

CET events¹

DOCET experienced an increased number of CET funding applications. This is a combination of one-offs as well as organisations that run the same event in various locations or various events throughout the year. Since this is the second year running that there has been an increase of over 30% in funding applications. We will be monitoring this closely to see if this trend persists.

Advances in Eyecare²

Advances in Eyecare is DOCET's audio magazine and we have commissioned an update for the programme on referrals, as well as a programme on neuroregeneration for the summer 2018 edition. The acceleration of the *Referral* update will be reflected in the budget for 2018-19.

Young Eye: Embryology³

The first programme in the Young Eye series was scheduled for publication in 2017-18 but due to the very labour-intensive work of the 2D and 3D animation, it is currently scheduled for release in May/June 2018. However, there are no further costs besides the allocated budget expected at this stage.

Contact Lenses: Fitting Astigmatic Patients⁴

We allowed a budget of £100,000 for this project of which £33,000 was spent in 2016-17. The project was accelerated and will be completed in 2017-18 bringing forward the balance of £12,000 expected in 2018-19.

Examining Patients with LD⁵

We allowed a budget of £100,000 for *Examining Patients with Learning Disabilities* of which we planned to spend £16,000 in 2017-18 and £84,000 in 2018-19. However, the project was accelerated and we are now almost halfway through production having spent £39,600 and will need the remaining £60,400 funding in 2018-19.

Modern Imaging in Eyecare⁶

As with *Examining Children with Learning Disabilities*, we allowed a budget of £100,000 for *Modern Imaging in Eyecare* of which we planned to spend £16,000 in 2017-18 and £84,000 in 2018-19. The project was accelerated and we are now almost half way through production having spent £47,000. We have allocated the remaining £53,000 in the 2018-19 budget.

Ocular Surface Disease (replacing contact lens module 2)⁷

After the TFOS DEWS II report was published in 2017, it was suggested that we add a programme on ocular surface disease to the list of DOCET priorities. At the DOCET Council meeting in November 2017 it was agreed to move this project to the top of the list of priorities. DOCET has now commissioned this course and moved the planned third module in the contact lens series to start later in 2018. We allowed a budget of £100,000 of which we planned to spend £10,000 in 2017-18 and £90,000 in 2018-19. The project was accelerated slightly, having spent £18,300 leaving £81,700 for the 2018-19 budget.

Young Eye: Module 2⁸

The second part of the Young Eye series will be commissioned in 2018-19 after completion of the first part on embryology and genetics.

Redevelopment – AMD⁹

After an initial review it has been agreed to rebuild the *AMD* programme as interactive elearning course rather than just updating the areas that are now factually incorrect. Since the NICE guidelines for AMD were updated in January 2018, we will schedule the update of the AMD programme in 2018-19.

Training Advisers¹⁰

In 2017-18 we did not spend all of the monies allocated to training advisers, but as the popularity of the DOCET interactive exercises increases, and to cover a surge in the demand of interactive CET at the end of the three year CET cycle in November 2018, we predict the need for more adviser time to cover the costs of marking and will therefore allocate a budget of £65,000 in the 2018-19 budget.

Online maintenance and development¹¹

Due to the underspend in this budget line in 2017-18 we have reduced the funding allocated for online maintenance and development for 2018-19 and will redirect the money into DOCET core activities. Consequently, the budget for distance learning projects has been increased to allow for the agreed priorities to be addressed.

College administration fee¹²

The administration category is the administrative fee (mostly staff costs) paid by the programme to The College of Optometrists for managing and running the DOCET programme.

Print, mailing, marcomms¹³

As with online maintenance and development, we have slightly reduced the budget for print, mailing, marketing and communication in 2018-19 to allow for an increase on distance learning projects.

Ageing Eye: Adapting the Routine – Community Practice¹⁴

For background information on Ageing Eye: Adapting the Routine please see section Appendix C 11.1. Ageing Eye: Adapting the Routine was split into two parts, *Ageing Eye: Adapting the Routine – Domiciliary* was published in 2015 and *Ageing Eye: Adapting the Routine – Community Practice* in 2017. During the post-production of the community practice course, we realised that the programme was longer than expected. Instead of cutting down valuable content, DOCET made the decision to keep the content and agree to the additional post-production budget.

Redevelopment – Glaucoma¹⁵

After an initial review, it has been agreed to rebuild the Glaucoma programme as interactive elearning course, rather than just updating the areas that are now factually incorrect. As the NICE guidelines for Glaucoma were updated in November 2017, we were only able to commission the programme in December 2017. The programme has gone into pre-production in January 2018. The remainder of the committed funds from 2016-17 will be carried forward to reduce the expenditure on the Glaucoma programme out of the 2018-19 budget.

Appendix B: DOCET projects – audio

1. Advances in Eyecare

The production of the modules in this audio series is a rolling process and is commissioned with Open Creative Communications.

Each edition of the audio programme covers a range of topics linked to priority training areas and/or those of current interest in the optometric field, as well as an occasional review feature discussing relevant current academic studies and papers, and is published three times a year, available online and in CD format.

Topic identification for future editions in 2018-19 is underway including a programme on artificial intelligence and an update of the referral programme. These are subject to change depending on contributor availability and amendments to priorities.

Following user feedback, we have introduced a list of key content for each edition and this is published on the course page.

1.1. Advances in Eyecare: Developments in Screening

This edition focuses on research in retinal screening, and how the latest techniques are helping in the early detection of glaucoma, vascular changes, and neuronal degenerative conditions such as Alzheimer's disease.

This module was completed and issued in January 2018 with one non-interactive CET point approved by the GOC for successful completion of a multiple choice exercise.

1.2. Advances in Eyecare: Future Technologies

This edition looks at recent innovations and how they help improve the diagnosis and management of ocular disease.

This module was completed and issued in May 2017 with one non-interactive CET point approved by the GOC for successful completion of a multiple choice exercise.

1.3. Advances in Eyecare: Reviewing the Evidence

This edition concentrates on the best way to interpret published literature and the evidence base that may influence the way optometry is practised.

This module was completed and issued in August 2017 with one non-interactive CET point approved by the GOC for successful completion of a multiple choice exercise.

1.4. Advances in Eyecare: Neuroregeneration

In this edition the very latest theory for glaucoma and its progression is discussed, along a new way of assessing a patient's stereo vision, and our current understanding of human 3D vision and how it may be impacted upon by 3D and virtual reality displays.

This audio course is in the final stages of post-production and is scheduled for publication in May 2018.

Appendix C: DOCET projects – multimedia

1. Acute Presentation

This course provides optometrists with instructions on managing patients presenting with acute onset symptoms in four key areas, covering 24 different conditions. It describes the presentation of each condition, what to look for during examination, differential diagnosis, referral steps, further clinical management and any red flag symptoms requiring immediate referral.

The course is divided into two parts, with two sections each:

Acute Presentation Part 1:

Sudden loss of vision

Central retinal artery occlusion

Central retinal vein occlusion

Vitreous haemorrhage

Other pre-retinal haemorrhage

Neurological visual field loss

Amaurosis fugax

The painful red eye

Anterior uveitis

Acute angle closure glaucoma

Sight threatening keratitis

Contact lens-induced acute red eye
(CLARE)

Scleritis

Orbital cellulitis

Penetrating/chemical trauma

Acute Presentation Part 2:

Neurological problems

Sudden onset diplopia

Sudden onset pupil anomalies

Papilloedema

Sudden onset haemianopic visual field
defects

Other problems

Temporal arteritis

Blunt trauma

Symptomatic retinal detachment

Transient ischemic attacks

This project was completed and published originally in November 2013, and has been redeveloped as an elearning package using our Adapt software for publication on the learning management system to complement the Anterior Eye course. The updated version was published in July 2017 with one non-interactive CET point for each part.

2. Anterior Eye

Chronic or non-sight threatening anterior eye conditions are conditions where the patient may have longstanding or less serious anterior eye issues that optometrists should be able to deal with successfully in community practice. The module aims to improve the quality of advice given to patients presenting with these conditions and to reduce unnecessary referrals to secondary care. Where it is appropriate, it includes treatment and management options for independent prescribing optometrists.

The programme follows a similar format and style as the previously produced DOCET module on *Acute Presentations. Anterior Eye* aims to improve optometrists' understanding of how to differentiate between non-urgent and sight-threatening anterior eye conditions. The sections and conditions covered include the following:

Eyelid disorders	Conjunctival disorders	Various disorders
<ul style="list-style-type: none">• Blepharitis• Hordeum• Chalazion• Molluscum contagiosum• Ectropion• Entropion• Meibomian gland dysfunction	<ul style="list-style-type: none">• Infective conjunctivitis• Allergic conjunctivitis (acute/SAC/PAC/VCK)• Sub-conjunctival haemorrhage• Pinguecula• Pterygium	<ul style="list-style-type: none">• Tear film disorders (dry eye)• Scleral disorders (episcleritis)• Corneal disorders (corneal abrasions, recurrent corneal erosions)• Foreign bodies

For each condition, the programme includes sections on presentation, look for, differential diagnosis, management, further clinical management and references.

This course was completed and issued in June 2017 with three non-interactive CET points. It was then also published in September 2017 as three individual modules with one interactive point each.

3. Binocular Vision

Binocular Vision provides a step-by-step practical guide to the various techniques required in practice to assess the binocular status of patients, both young and old. The programme uses specific clinical cases and clinical footage of assessment techniques on real life patients to illustrate best practice in binocular vision assessment. Test techniques considered include: cover-uncover, alternating cover, convergence assessment, accommodation, ocular motility, fixation disparity, foveal suppression, stereopsis and fusional reserves.

This programme was first published in April 2015 and reissued in July 2017 with one non-interactive CET point approved by the GOC.

4. The Contact Lenses series

DOCET has identified an update on contact lens best practice as a priority training area for optometrists. Due to rapid developments in technology and design, contact lens products are continually changing, but much of the information and training available to optometrists in this area has a commercial bias of some sort. To give the best advice and recommendations to a patient, an optometrist needs to understand a wide range of lenses and solutions and how best to manage contact lens patients in the context of modern lifestyles.

Following initial work to scope this project as a single, standalone programme, the decision was taken that, in order to fully and effectively cover this wide ranging topic area, it should be dealt with as a series of several modules, starting with an introductory module exploring the basic routine. *Contact Lenses: Core Skills – Fitting and Aftercare* was completed and published in February 2017, for further information please see Appendix D.

Future modules will then deal with specific types of patients and conditions that may be encountered. Besides the programme on fitting astigmatic patients, the series will cover the following key areas:

- Fitting children with contact lenses, soft contact lens materials and including myopia control
- Presbyopic contact lens fitting and managing dry eye in contact lens wearers (after publication of TFOS DEWS II report)
- Irregular corneas (eg post-refractive surgery, keratoconus, and contact lens wear in an allergic eye)
- New materials (covering complications eg SEALs, abrasions, hypoxia, hyperaemia)
- Overnight wear, solutions and compliance.

Contact Lenses: Fitting astigmatic patients

The second course in the contact lens series is split into two parts and covers fitting astigmatic patients with contact lenses, including aftercare, management and problem solving. There are two patient scenarios discussed by a peer discussion group followed by expert advice from the CEO of the British Contact Lens Association who covers the key points in more technical detail.

This course was completed and issued in April 2018 with one interactive and one non-interactive point approved by the GOC.

5. Developing Clinical Skills

This programme looks at the application of three advanced clinical investigative techniques and shows how to undertake and interpret van Herick technique, the use of slit lamp and indirect lenses for assessment of the fundus and how to measure intraocular pressure using a contact technique.

This course was first published in November 2012 and reissued in September 2017 with one non-interactive point approved by the GOC.

6. Examining Patients with Learning Disabilities

Optometrists often lack confidence when communicating with and examining children or adults with learning disabilities. This course covers the specific needs and learning techniques to improve their patients' experience and care.

The previous programme on this topic is approximately 10 years old and in need of updating. In 2017 the DOCET Council approved adding this topic to the list of priorities. The new programme will cover the following areas:

- Terminology
- Epidemiology
- Common ocular issues and visual deficits
- Communication strategies
- Legal issues
- Experts on testing and managing patients, real cases, testing techniques, dispensing issues
- Multidisciplinary support.

The project is currently in production and is scheduled for publication in late summer 2018.

7. Safeguarding Children and Adults for Optometrists Level 2

In 2016, we took the decision to develop our own safeguarding courses to increase the optometric content and ensure they were in line with the Optical Confederation guidance. We now offer two safeguarding courses at level 2: Safeguarding Children and Safeguarding Adults. A certificate showing completion of safeguarding training is a requirement to sign up to the NHS National Performers List and we are aware of several LOCs and local authorities also requesting copies of safeguarding training certificates for their purposes.

The two multimedia resources inform optometrists of the issues surrounding abuse in vulnerable adults and children, and how to recognise and deal with those that arise in their practice. It outlines the regulatory and ethical topics and explains how to report concerns about vulnerable adults and children.

The courses were completed and issued in April 2017. The courses are GOC CET approved for one non-interactive point each upon successful completion of a set of multiple choice questions.

8. Glaucoma update

The current DOCET Glaucoma course was first published in 2012 and aspects of assessment and care pathway policy are due for an update. In 2017, we took the decision to remake the programme as an interactive elearning course, rather than simply updating the existing content. Once the new NICE guidelines for Glaucoma were published in November 2017 the project went ahead and began pre-production in January 2018.

There will be new sections on assessment; referral, including changed protocols across countries, enhanced services, repeat measures, NICE recommendations, Scottish SIGN guidance and optometrists involved in community pathways; management and treatment.

The course is scheduled for publication in autumn 2018.

9. Modern Imaging in Eye Care

DOCET has identified an update on instruments for eye care as a priority training area for optometrists in 2017/18. Many practitioners are now exposed to OCT, either in their own practice or in the wider professional world. Imaging is an important part of everyday practice, and education in this area is both important and essential for practitioners to be able to work within the recently introduced GOC Standards of Practice.

The course covers various instruments and how they work, why they are useful and how they can be used most effectively. There are four sections on:

- Image capture and storage
- Digital cameras
- Scanning Laser Ophthalmoscopy
- OCT.

The course is scheduled for publication in autumn 2018.

10. Ocular Surface Disease/Dry Eye

After the TFOS DEWS II report was published in 2017, it was suggested to add a programme on understanding, assessment and management of dry eye/ocular surface disease to the list of DOCET priorities. Due to modern lifestyles and an ageing population optometrists are dealing with an increasing number of conditions related to poor tear film and ocular surface disease. To give the best advice and recommendations to a patient, an optometrist needs to understand a complex range of conditions with a wide range of possible management strategies.

At the DOCET Council meeting in November 2017 it was agreed to move this project to the top of the list of priorities. We have now commissioned this course and moved the planned third module in the contact lens series to start later in 2018.

The programme will cover key points and sections from the TFOS DEWS II report:

- New classification
- Tear film structure
- Physiology
- Pathology
- Prevalence
- Risk factors
- Investigations
- Diagnosis and Management
- Treatment.

11. The Ageing Eye series

DOCET identified the understanding, assessment and management of the ageing eye as a priority training area for optometrists. Due to an ageing population optometrists are dealing with an increasing number of age-related conditions affecting the eye directly or as part of systemic conditions. To give the best advice and recommendations to a patient, an optometrist needs to understand a wide range of conditions and challenges that face the older population. In order to effectively cover this wide ranging topic area, we proposed treating this as an overarching series, divided into two main parts – Part 1: Assessment and Part 2: Management. Each part comprises a number of different modules on specific topics. Due to the nature of the topic, there are more modules in Part 1 than in Part 2.

The Ageing Eye (Part 1: Assessment) includes the following modules:

- Physiology and Pathology - Ocular
- Physiology and Pathology - Systemic
- Communication and the Older Patient
- Charles Bonnet Syndrome
- A Day in the Life
- Vision and Falls
- Adapting the Routine: Domiciliary Eye Care
- Adapting the Routine: Community Practice.

The Ageing Eye (Part 2: Management) includes the following modules:

- Refractive Correction
- Visual Impairment (formerly listed as Low Vision).

Adapting the Routine – Community Practice and *Visual Impairment*, which conclude the series on the ageing eye, were completed and published in 2017-18, please see details below. For further information on content, publication dates and availability of the other courses in the Ageing Eye series, please refer to Appendix D.

11.1. Adapting the Routine

During the process of project development, and following discussion by the Executive Committee, the decision was taken to divide this into two separate modules, one dealing with adaptations for domiciliary eye care, and the other dealing with adaptations in community high street practice. This was to ensure that the required content could be fully covered in each case.

At the point of splitting this programme, the content for the domiciliary eye care portion was further along in production terms than the content for the community practice portion. A need for some further reworking of the community section was identified in order to satisfactorily address the required scope. It was therefore decided to focus on completing and releasing the domiciliary module first and to then restart work on the community practice module as a separate entity.

Adapting the Routine - Domiciliary Eye Care

Using expert advice and insights, this course guides optometrists through all aspects of carrying out domiciliary eye examinations, including useful facts and tips on planning and arranging visits, effective communication, legal requirements, necessary equipment and adapting clinical techniques to meet the needs of patients being examined in their own homes and care homes.

The module was completed and issued in June 2015 with three interactive CET points approved by the GOC. It was then reissued in August 2016 and again in September 2017. It is currently available with one non-interactive CET point approved by the GOC for successful completion of a multiple choice exercise

Adapting the Routine - Community Practice

In this module, experts look at how to adapt the routine eye check when examining elderly patients in community practice, including communication, ocular examination and refraction.

It provides guidance on techniques to use and how best to modify an examination to ensure that elderly patients get the highest level of care and their individual needs are addressed.

The module was completed and issued in October 2017 with one interactive and one non-interactive point approved by the GOC.

11.2. Visual Impairment

Visual Impairment, the final module in the Ageing Eye series concludes Part 2 – Management. The module is divided into two parts and looks at the assessment of visually impaired patients and how to adapt procedures to meet the needs of elderly people. The programme uses a mix of filmed discussions, animations and interactive elements to make learning an engaging and effective experience.

Part one has a clinical focus and covers adapting history and symptoms taking for the visually impaired patient, understanding the use of specialist charts, predicting the relevant magnification to meet a patient's needs and reviewing the nature and properties of a range of optical, non-optical and electronic low vision aids.

Part two has a patient focus and includes four animated patient scenarios, panel discussions with three experts exploring the visual needs of the four patients as well as related health issues such as mobility difficulties and depression and a downloadable management plan for each patient.

The module was completed and issued in January 2018 with one interactive point for part two and one non-interactive point for part 1 approved by the GOC.

12. The Young Eye series

DOCET has identified the young eye and children's vision as a priority training area for optometrists. A new training programme has been proposed to address this, to be treated as an umbrella topic, formed of a series of related modules, in a similar way to the Ageing Eye series. The planned series will comprehensively cover aspects of the development and assessment of vision from 0-18 years, as well as paediatric disease and disorders (medical and optometric), paediatric prescribing including dispensing and contact lenses, and relevant issues around special needs including learning disabilities, autism and dyslexia.

It is intended that the series should cover the following key areas:

- Embryology
- Development of vision (birth to 18 years)
- Assessment of vision (birth to 18 years) including screening and protocols.
- Paediatric disease and disorders: medical
- Paediatric disease and disorders: optometric
- Paediatric prescribing including dispensing and contact lenses
- Children with special needs including learning disabilities, dyslexia, autism.

Embryology

Embryology, as the first course in the Young Eye series, has been developed as 2D and 3D animation and covers the development of the eye from conception through to birth including birth issues, impacts, defects and elements of genetics.

- First trimester: genetics (inheritance, DNA, epigenetics, zika virus, folic acid reduction, macular disorder, retinal detachment)

- Second trimester: embryology (maturation of foetus, impact of disease, toxins and lifestyle)
- Third trimester: birth-related issues (prematurity; birth; post-natal tests and social influence).

The programme is in the late stages of post-production and is scheduled for publication in June 2018.

Appendix D: DOCET courses on the learning management system

Title	First published	Reissued	Available in
Acute Presentation provides optometrists with instructions on managing patients presenting with acute onset symptoms in four key areas covering 24 different conditions. It covers the presentation of each condition, what to look for during examination, differential diagnosis, referral steps, further clinical management and any red flag symptoms requiring immediate referral.	Dec 2013	Jul 2017	Live CET
Advances in Eyecare: Developments in Screening discusses the very latest in retinal screening techniques and focuses on those which help the early detection of glaucoma, vascular changes, and neuronal degenerative conditions such as Alzheimer's disease.	Jan 2018	n/a	Live CET
Advances in Eyecare: Reviewing the Evidence includes interviews with top academics considering the best way to interpret the published literature and evidence base that may influence the way we practice optometry. It introduces the new TFOS DEWS II report into dry eye disease.	Aug 2018	n/a	Live CET
Age Related Macular Degeneration examines the causes of AMD and the risk factors, the aetiology and physiology of AMD, examination techniques, existing and new treatments and strategies for management.	Jun 2011	n/a	Video library
Anterior Eye presents various anterior eye disorders and takes practitioners through the presentation, examination, diagnosis and management of those external eye conditions.	Jun 2017 Sep 2017	n/a	Live CET
Binocular Vision provides a step-by-step practical guide to the various techniques required in practice to assess the binocular status of patients, both young and old.	Apr 2015	Sep 2016 Jul 2017	Live CET
Communication Skills introduces different aspects of clinical communication and demonstrates how communicating effectively with patients will help run a successful and safe practice.	Mar 2010	n/a	Video library
Contact Lenses: Core Skills – Fitting and Aftercare looks at the latest recommended techniques for contact lens assessment and fitting and the aftercare of the patient in order to achieve a successful outcome. It demonstrates the latest slitlamp camera techniques, captures the assessment routines from an optometrist's viewpoint and demonstrates best practice.	Feb 2017	n/a	Live CET

Contact Lenses: Fitting Astigmatic Patients is split into two parts. The first part covers the skills required to examine and fit astigmatic patients with contact lenses and looks at two patients using soft toric and rigid gas permeable (RGP) contact lenses. The second part of the programme covers the aftercare, management and problem solving of patients wearing RGP lenses.	Apr 2018	n/a	Live CET
Developing Clinical Skills looks at the application of three advanced clinical investigative techniques and shows how to undertake and interpret van Herick technique, the use of slit lamp and indirect lenses for assessment of the fundus and how to measure intraocular pressure using a contact technique.	Nov 2012	Sep 2017	Live CET
Examining Children covers key points about examining children of all ages and how to adapt your routine. Expert optometrists offer advice on communication, expected findings and management of common paediatric conditions.	Oct 2006	n/a	Video library
Flashes and Floaters looks at the best way to differentiate those symptoms that are caused by innocuous or less worrying conditions and those that may be indications of more serious and possibly sight-threatening disease. The programme provides guidance on the best way to assess the patient, and discusses management against the background of various risk factors.	Oct 2013	Sep 2016	Live CET
Glaucoma outlines the key facts about glaucoma, covering the definitions, classifications, pathophysiology, incidence, associations, risk factors, assessment, investigation, referral, management and treatment of glaucoma.	Jun 2012	n/a	Video library
Hygiene, Infection Control and Waste Management follows a typical high street optometric practice as they prepare for a hygiene inspection, this training course provides optometrists with clear guidance on identifying and managing hygiene risks and hazards.	Oct 2012	n/a	Video library
On the Record aims to provide clear guidance in the art of good record keeping, and looks at what the serious implications can be when adequate records are not kept.	Jun 2008	n/a	Video library
Open your Eyes: Modern life and its effects on the eye – Driving articulates the problems with the current standard visual assessments for driving and stresses the need for a balance between individual and public safety and the optometrist's duty of care and confidentiality.	Dec 2016	n/a	Live CET
Open your Eyes: Modern life and its effects on the eye – Nutrition explains the relationship between nutrition and eye health, particularly in age-related eye disease.	Dec 2016	n/a	Video library

Open your Eyes: Modern life and its effects on the eye – Smoking highlights the particular risks that smoking poses to eye health, including, but not limited to, an increased risk of cataract, AMD and vascular diseases.	Dec 2016	n/a	Live CET
Open your Eyes: Modern life and its effects on the eye – UV light details specific risks to eye health and recommended protective measures in regards to UV light exposure which is associated with cataracts and macular degeneration among other diseases.	Dec 2016	n/a	Video library
Optometry and Ethnicity looks in broad terms at the four main ethnic groups in the UK and the predominant eye conditions found within each group. It provides help and guidance on building competence with cultural issues and how key principles can be applied in everyday practice.	Mar 2015	Sep 2016	Video library
Peer discussion case file materials are a series of video and audio case studies for use in peer discussion and peer review. Peer discussions currently available: <ul style="list-style-type: none"> • Dentist – lifestyle and dispensing considerations • Driving • Early Dementia • Record Keeping and Floaters • Sudden Loss of Vision • Pupil Abnormality (Acute Presentation) • Visual Disturbance (Acute Presentation) • Visual Problems with New Spectacles (Acute Presentation) • Examination of an Elderly Patient • Domiciliary Visit • Flashes and Floaters – Four Cases. 	Various dates	n/a	Peer discussion section
Safeguarding Adults for Optometrists and Safeguarding Children for Optometrists both inform optometrists of the issues surrounding the abuse of vulnerable adults and children, and how to recognise and deal with those that arise in their practice. It outlines the regulatory and ethical topics and explains how to report concerns about vulnerable adults and children seen in their consulting room.	Apr 2017	n/a	Live CET
See More: Dementia & Optometry covers key areas such as dementia as a condition, visual deficits related to dementia, examining a patient with dementia, prescribing, referrals and dispensing to address the uncertainty among optometric practitioners.	Jan 2012	Sep 2016	Video library

The Ageing Eye: Adapting the Routine – Community Practice looks at how to adapt the routine eye check when examining elderly patients in community practice, including communication, ocular examination and refraction.	Oct 2017	n/a	Live CET
The Ageing Eye: Adapting the Routine – Domiciliary Eye Care guides optometrists through all aspects of carrying out domiciliary eye examinations, including useful facts on arranging visits, effective communication, legal requirements, necessary equipment and adapting clinical techniques to meet the needs of patients being examined in their own homes and care homes.	Jun 2015	Aug 2016 Sep 2017	Live CET
The Ageing Eye: A Day in the Life improves the understanding of the impact of reduction in vision on the everyday lives of older patients and helps optometrists to support patients with vision loss.	Nov 2014	Aug 2016	Video library
The Ageing Eye: Charles Bonnet Syndrome is an introduction to this rare condition in patients with sight loss, including advice on identification, communicating with patients and appropriate management steps.	Jul 2014	Sep 2015 Sep 2017	Live CET
The Ageing Eye: Communication and the Older Patient provides guidance on the challenges in communication that optometrists may face when dealing with older patients.	Jul 2014	Aug 2015 Aug 2016	Video library
The Ageing Eye: Physiology and Pathology - Ocular looks at the effects of ageing on a normal, healthy eye, including aspects of anatomy and visual performance.	Apr 2014	May 2015 Mar 2016	Video library
The Ageing Eye: Physiology and Pathology - Systemic improves optometrists' understanding of common age-related systemic disease and their impact on the eye.	Sep 2014	Mar 2016	Video library
The Ageing Eye: Refractive Correction for Older Patients looks at the various refractive correction options available for presbyopes to enable optometrists to understand the options for refractive correction and management of the older patient. Key areas include spectacle frames and lenses, contact lenses, intra-ocular lenses and refractive surgery for presbyopes.	Nov 2015	May 2016 Sep 2017	Live CET
The Ageing Eye: Vision and Falls explores how visual impairment can be a significant risk factor in falls in older people and the role of the optometrist in their prevention.	Nov 2014	n/a	Video library
The Ageing Eye: Visual Impairment is divided into two parts and looks at the assessment of the visually impaired and how to adapt procedures to meet the needs of elderly patients.	Jan 2018	n/a	Live CET
Vision in the Real World: Visual Task Analysis gives practical advice and guidance on using history and symptom taking to enable a full understanding of a patient's needs for work and leisure.	May 2013	n/a	Video library