

## Developing Clinical Skills

### Programme Summary:

#### Contact Applanation Tonometry

This section provides instruction in the use of contact applanation tonometers, including:

- The advantages and disadvantages of the slit lamp mounted and hand held instruments
- The choice and application of a suitable local anaesthetic
- The practical skills necessary to obtain meaningful results, including:
  - coping with droopy upper eyelids
  - the correct centering of the cone
  - recognition and management of a whole-cone tear meniscus
  - the effects of inadequate fluorescein instillation
- The correct alignment of images using in-line video capture
- Instrument calibration

#### Fundus Viewing Lenses

This section provides instruction in the use of non-contact type fundus viewing lenses, including:

- The advantages and disadvantages of the various lenses commercially available
- The choice and application of a suitable mydriatic
- The practical skills necessary to obtain meaningful results, including:
  - the alignment of the slit lamp illumination system
  - the slit height used
- The nature of the image seen using in-line video capture
- The recording of abnormal findings

#### Gonioscopy

This section provides instruction in the use of contact lenses for examination of the anterior chamber angle and their role in fundus viewing:

- The advantages and disadvantages of the non-contact and contact lenses for fundus viewing
- The choice and application of a suitable local anaesthetic and mydriatic
- The choice and use of an interface solution
- The practical skills necessary to obtain meaningful results, including:
  - the application of the lens to the cornea
  - the alignment of the slit lamp illumination system
  - the slit height and orientation used
- The nature of the image seen using in-line video capture
- A guide to the structures of the anterior chamber angle
- The recording of abnormal findings



### **Programme References:**

- College of Optometrists and Royal College of Ophthalmologist - Guidelines on referrals of glaucoma suspects
- College of Optometrists - Guidance on record keeping
- NICE - Guidelines for glaucoma referrals
- College of Optometrists Guidance for professional practice - Infection control

### **Essential reading:**

- [Elliott D, \(2020\) Clinical Procedures in Primary Eye Care 5th Edition, Elsevier](#)

