



THE COLLEGE OF OPTOMETRISTS

Docet

Activity and Expenditure Report 2022-23

November 2023

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Executive summary

Docet (Directorate of Continuing Education and Training) was established in 1989 and since then the College of Optometrists has administered funds from the four UK Health Departments for the provision of continuing education and training / continuing professional development for UK optometrists.

For the Docet finance year 2022-23 the total of £579,379 was made available in the form of grants from the four nations. See section two for details of expenditure against allocated funds.

Activity in 2022-23 has focused on producing and publishing new online learning content, podcasts and webinars and marketing the content on [Docet.info](https://www.docet.info), Docet's learning management system (LMS).

In 2022-23 we launched 22 courses offering 22 new CPD points:

- Two new courses, one in the contact lens and one in the young eye series
- Nine episodes of the Docet podcast Sound Optometry
- Three webinars.

We currently offer all GOC registered optometrists 59 CPD points covering all the required GOC domains for optometrists plus a number of courses for therapeutic optometrists.

Project development activity and publications during this year reflected the priority list agreed by the Docet Council for the period of 2022 to 2024. We proceeded to work on our modules in the contact lens and young eye series as well as on topics such immunology and headaches.

Highlights this year were the publication of courses on assessment of children's vision and the course on presbyopia in the contact lens series, the ongoing success of our podcast Sound Optometry and attendance at the first face-to-face conference OT 2022. For a detailed overview of Docet projects please see section four of this report.

Engagement with our online learning site by the target user group of all UK registered optometrists was good and consistent with expectations according to the three-year CPD cycle.

We routinely collect feedback from optometrists who complete CPD exercises and feedback shows very high user satisfaction. Out of the 13,837 responses we collected an impressive 98% rated the CET/CPD material overall as either excellent or good.

The Young Eye

Assessment of Vision

A three-part course exploring the practical considerations of testing children's vision



1. Introduction

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 CPD 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 nations, which is in proportion both to the numbers of optometrists within each nation 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 across the UK are provided with access to high quality, impartial, non-commercial and comprehensive continuing education and training resources.

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 (Continuing Education and Training) scheme for optometrists, the focus of Docet's output 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. At the beginning of 2022 the GOC moved to a mandatory CPD (Continuing Professional Development) scheme and Docet will continue to support all GOC registered optometrists with their training needs to fulfil the GOC requirements under the new scheme.

Docet provides optometrists not only with regular newly designed CPD resources, but also with ongoing access to a comprehensive and expanding bank of past Docet materials made freely available through the learning management system (LMS).

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 the Docet Council and the work of the Executive Committee, the training advisers, management and administrative staff, Docet has sought to ensure that its activities respond to, and address the changing needs of optometrists practising in the UK. Docet aims to maintain the highest standards of quality, impartiality and relevance in the CPD it provides.

2. Expenditure against allocation for 1 April 2022 to 31 March 2023

2.1 Docet funding breakdown

The total of £579,379 is the sum of the grants made by the four nations for 2022-23 serving all 17,401 optometrists currently registered with the GOC in the UK (GOC figures as at March 2023).

Table 1 – Docet funding breakdown 2021-22

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

Interpretation of Visual Fields - What to do when it is not glaucoma (November 2022 Webinar)

“It was a very helpful reminder of the importance of visual field testing in practice, and particularly in choosing the appropriate test for the symptoms and for the patient. I also found helpful the comments about interpreting results and identifying rogue and unreliable results. A very clear and helpful course.”

Independent optometrist



2.2 Docet expenditure report 2022-23

Table 2 (below) shows a summary of expenditure against priority areas. As at 31 March 2023, 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 2022-23 (incl VAT)

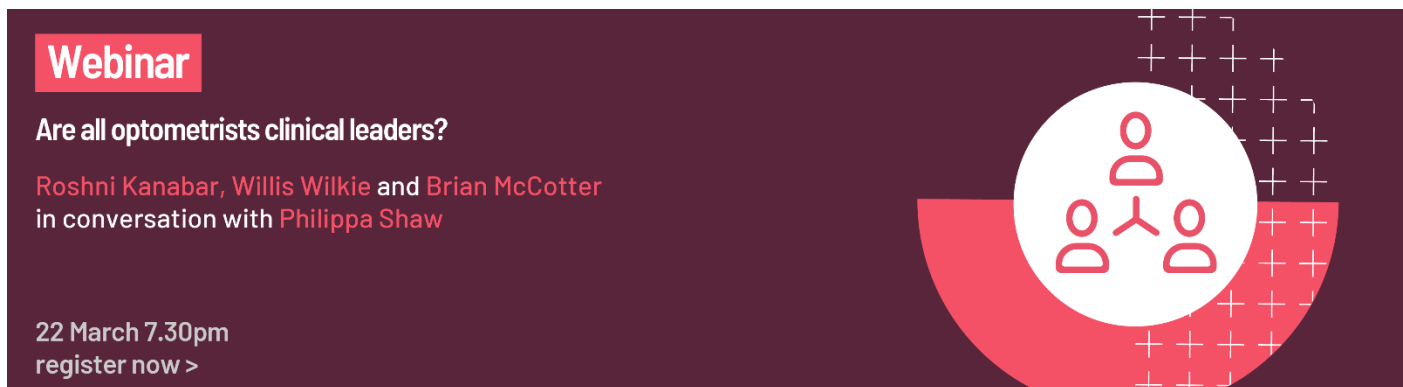
Activities 2022-23	Allocated	Expenditure 31/03/23	Reallocated Funds	Carried Forward
Distance learning projects				
Sound Optometry	£30,000	£29,354	£646	
Young Eye: Module 4	£40,000	£9,800		£30,200
Contact Lenses: Module 5	£21,932	0		£21,932
Headaches	£40,000	£36,564		£3,436
Immunology P2	£10,000	0		£10,000
Record keeping	£40,000	0		£40,000
Webinar	£14,000	£12,013	£1,987	
Redevelopment	£10,000	0		£10,000
Training Advisers	£118,395	£64,573	£5,363	£48,464
Online maintenance & development	£50,000	£45,798	£4,202	
Meetings & subsistence	£2,000	£244	£1,756	
College administration fee	£108,000	£108,000		
Marketing Communications	£45,000	£61,382	-£16,382	
Contingency	£50,052	0	£52	£50,000
Subtotal	£579,379	£367,728		£214,032
Carried forward from 2021/22				
Redevelopment	£12,376	0	£2,376	£10,000
Young Eye: Module 3	£20,000	£20,000		
Young Eye: Module 4	£40,000	£40,000		
Contact Lenses: Module 4	£1,972	0		£1,972
Contact Lenses: Module 5	£28,068	0		£28,068
Immunology P1	£16,306	£8,122		£8,184
Immunology P2	£40,000	£19,173		£20,827
Headaches	£2,168	£2,168		
Webinars	£1,318	£1,318		
Training Advisers	£3,348	£3,348		
Online Maintenance & dev	£8,618	£8,618		
Subtotal	£174,178	£102,746		£69,051
Total	£753,557	£470,474	£0	£283,083

2.3 Variation to expenditure

Unfortunately, projects in 2022-23 progressed slower than we had anticipated due to challenges based on expert availability. This caused unavoidable delays and therefore temporary underspends in some of the projects we were working on.

In regards to overspends in the marketing and communication budget, Docet attended OT 22 in Telford and introduced the new branding to the delegates alongside the usual promotional activity via mailchimp, LinkedIn and Acuity.

For more details on **variations to expenditure**, please see Appendix A.



Webinar

Are all optometrists clinical leaders?

Roshni Kanabar, Willis Wilkie and Brian McCotter
in conversation with Philippa Shaw

22 March 7.30pm
[register now >](#)

3. Programme management

3.1 Risk and governance

The College of Optometrists maintains the Docet funds and high-level risks pertaining to Docet activity are identified and addressed as part of the College's three-year strategic plan. The Docet Executive Committee manages and monitors Individual project-related risks and issues, and reports to the Docet Council.

3.2 Docet committees

Under its Terms of Reference, the Docet Council meets twice yearly while the Executive Committee meets four times per year. The requisite elections and nominations are made on an ongoing basis.

3.3 Strategy, activity and priorities

The areas of focus after converting all Docet CET offerings to CPD in 2021 for the new CPD cycle starting in January 2022 has been to produce new, engaging, effective and high-quality content for optometrists in three different formats: as interactive online learning content, webinars, and the monthly podcast Sound Optometry.

The Docet team and Docet Executive Committee continued to review priorities for the 2022-24 CPD cycle. Although Docet's funding is only approved on an annual basis, it is necessary to

plan projects at least 18–24 months in advance. This ensures continuity for our learners and allows for project development time.

We have continued to create effective interactive learning content which offers users high-quality video content, images and graphics supported by explanations and descriptions displayed in bite-size sections. The content prompts users to test their learning with knowledge questions or activities at regular intervals. We have introduced some shorter pieces of learning with the introduction of half points by the GOC, however generally keep individual CPD courses to one hour's duration and release longer courses in several parts.

Michelle Hanratty (IP optometrist) who is our Podcast Adviser supported by Boffin Media as the agency to produce the podcasts, continues to host our podcast Sound Optometry. Since the first podcast was published in June 2020, we have published 28 episodes with a combined listenership of more than 50,000 on the podcast platform audio boom by the end of March 2023 and of which almost 20,000 listens in 2022-23.

The training advisers Philippa Shaw and Catherine Viner work as optometrist experts on the various multimedia projects supported by Louise Munns and Theresa Adamson as assessors for the interactive CPD. Tiffany Joiner has worked as online support on the course build and maintenance of the LMS. Bettina Noelle-Fox, CPD Manager and Chee Han Tang, Docet Coordinator, manage Docet on behalf of the College and have been joined by Grace Fagbenro, CPD Coordinator in December 2021 and supported by Robin Spinks, Online Learning Project Manager (until June 2023), and Andy Miller, Head of Post Registration Education.

During 2022-23 we offered two new online modules, along with three webinars, and nine episodes of Sound Optometry, all totalling 22 CPD points. The library now contains 118 programmes. Full details of distance learning projects undertaken in 2021-22 are provided in section 4, Appendices B and C of this report.

We continue to review and improve the LMS and its functionality to ensure it remains user-friendly and can be administered efficiently.

We have engaged in a variety of marketing activities. A breakdown of all marketing and communication activities are shown in the next section.

3.4 Marketing and communications

In 2022-23, Docet focused on a number of key areas in marketing and communication. We have raised awareness of the new Docet branding and created new banners for OT 22 and posted adverts in Acuity. We have continued to engage with optometrists on social media via LinkedIn and Twitter and continued to work with our network of partner organisations and large employers to help promote Docet courses.

3.4.1 Social media

We continued to promote our CPD courses, webinars and podcast episodes on social media and worked with an external agency on expanding our online presence on LinkedIn. We succeeded in increasing the number of followers on LinkedIn by 27% from 699 in April 2022 to 889 in March 2023.

3.4.2 Employers and partner organisations

We partner with a range of employers to encourage their staff to use Docet courses and supplement their in-house training. In particular ASDA and Boots promote Docet on their internal learning platforms.

We prepare press packs for all our core programmes, which have been shared with Health and Social Care Board Northern Ireland, NHS Education for Scotland and Optometry Wales who have included information about Docet courses in their newsletters.

3.4.3 Conferences

We attended Optometry Tomorrow 2022, in June 2022 in Telford and used the opportunity to raise awareness for the new Docet brand. We created new banners and a summary of all Docet courses with a notebook for reflective learning to support optometrists with the changes in the new CPD cycle.

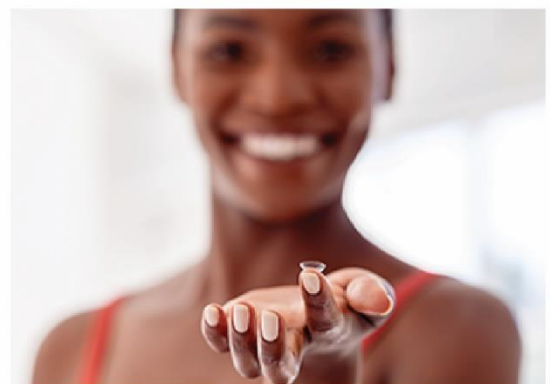
3.4.4 Promotion

We send Mailchimp alerts to all database contacts for newly published programmes.
We promote Docet's online resources in the College enewsletter.
We produced one page advertorials in Acuity and promoted the overall Docet offering in the summer, Sound optometry in the autumn, the Young Eye: Assessment of Vision in the winter and Contact Lenses: Presbyopia in the spring edition.

Contact Lenses: Presbyopia - Part 1: Opportunities and correction options

“Inspired me to go to work and proactively offer my presbyopic patients the option of multi focal contact lenses.”

Independent optometrist



4. Docet projects

From April 2022 to March 2023 we launched two new modules in the contact lens and young eye series on presbyopia (four parts) and assessment of vision (three parts), nine episodes of the Docet podcast Sound Optometry and three webinars, totalling 22 CPD points (17 non-interactive and five interactive). In this time period we were working on four new online modules. We currently offer all GOC registered optometrists 59 points covering all the required GOC stage 2 domains for optometrists plus a number of 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 LMS.

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

4.1 Summary of Docet podcast Sound Optometry

- Episode 19: Modern contact lens practice - May 2022
- Episode 20: Sudden loss of vision – Jun 2022
- Episode 21: Uveitis – Jul 2022
- Episode 22: Corneal disease – Sep 2022
- Episode 23: Eyelid lesions – Oct 2022
- Episode 24: Mental health (optometrists) – Nov 2022
- Episode 25: Visual field tests – Jan 2023
- Episode 26: Patient mental health – Feb 2023
- Episode 27: Dry eye - Mar 2023

Sound Optometry: Episode 24 - Mental Health: Optometrists, be well!

“Useful and very different kind of CPD - found it very refreshing to consider mental well-being of the practitioners and allowing them to therefore do their best for their patients.”

Locum optometrist



4.2 Summary of Docet multimedia projects

4.2.1 Summary of live webinars

- Common eyelid lesions – Sep 2022
- Visual fields – What to do when it is not glaucoma – Nov 2022
- Are all optometrists clinical leaders? – Mar 2023

4.2.2 Multimedia (completed)

The Young Eye: Assessment of Vision

- Part 1: Birth to 12 months
- Part 2: Twelve months to five years
- Part 3: Primary and secondary school-age children

Contact Lenses: Presbyopia

- Part 1: Opportunities and correction options
- Part 2: Choosing the right lens – Materials
- Part 3: Choosing the right lens – Lens design
- Part 4: Multifocal contact lens fitting

4.2.3 Webinar recording

- Common eyelid lesions
- Visual fields – What to do when it is not glaucoma
- Are all optometrists clinical leaders?

4.2.4 Multimedia (commissioned/in development)

- Contact Lenses: Module 4 – Presbyopia – Case studies
- Contact Lenses: Module 5 – Materials and complications
- Headaches
- Immunology Part 1
- Immunology Part 2
- Young Eye: Module 4 – Children's refractive and BV management
- Record Keeping.

Common eyelid lesions (September 2022 Webinar)

“Good refresher on forgotten topics as the rarer ones don't come up that much in practice.”

Optometrist in a multiple setting



5. Annual data and user feedback

5.1 Annual data review

During the period 1 April 2022 to 31 March 2023 the engagement with our online learning site by the target user group of all UK registered optometrists was good and consistent with expectations according to the three year CPD cycle.

2021-22 was the last year in the previous cycle and traditionally the last year in a CET/CPD cycle shows increased engagement from our audience, as everybody has to achieve their 36 points by the end of that year. Equally, the first year of a new CET/CPD cycle tends to be quieter. 2022-23 was also the first year after the change from CET to CPD. This meant there was a significant change in how points are processed ie it is now the responsibility of the individual optometrist to upload the points rather than points being processed by the providers.

It was therefore to be expected that the numbers of engagements and completions have decreased in comparison to the previous year. However, it is encouraging to see that the numbers compared to the equivalent year of the previous cycle have increased and that the numbers of website visits have increased both compared to the previous year as well as the first year in the previous CET cycle.

7,392 optometrists visited the site at least once. This is a 16% decrease in individual users from 8,755 optometrists in the previous year and a 6% increase from 6,970 in 2019/20.

Overall there were **569,390** visits to the LMS in this period, which is a 19% increase compared to 479,011 visits for the same period last year and a 38% increase from 411,982 in 2019/20.

We had **20,148 enrolments** in learning during this year. This is a decrease of 24% from 26,456 enrolments in the previous year and an increase of 23% from 16,429 enrolments in 2019/20.

During 2022/23, 4,827 individuals **completed 11,821 courses**. This is a decrease of 17% from 14,151 completions in the last year and an increase of 20% from 9,840 in 2019/20.

The most visited courses were **Safeguarding for optometrists** (both courses) with 4,671 enrolments and 4,174 completions, followed by and **Young Eye: Assessment of vision** with 1,490 enrolments and 516 completions, **AMD** with 1,200 enrolments and 749 completions, **Glaucoma** with 1,069 enrolments and 700 completions and there were 4,149 combined enrolments to the podcast Sound Optometry.

A further **3,891 CPD** points were achieved by optometrists attending the three **webinars** Common eyelid lesions with Mr Raman Malhotra, Interpretation of visual fields with Dr Lindsay Rountree and Are all optometrists clinical leaders? with Roshni Kanabar, Willis Wilkie and Brian McCotter.

Please see the Annual Data Report 2021-22 for further details.

5.2 User feedback

We routinely collect feedback from optometrists who complete CPD exercises and feedback shows very high user satisfaction. Out of the 13,837 responses we collected 98% rated the CPD material overall as either excellent or good.

For user comments please see the quotes in this report.

We continue to analyse user feedback on all courses on a regular basis and use the findings to inform further developments.

6. Conclusion

In 2022-23 our activity focused on producing and publishing new online learning content, podcasts and webinars. We continued to provide a dynamic range of core clinical content in a variety of formats for our learners.

We attended our first face-to-face conference and introduced our new branding and expanded our reach on social media and collaborated with our network of multiples and partner organisations to promote Docet.

The user feedback from all users completing CPD is consistently positive.

The focus for Docet in 2023-24 will be to continue our work as CPD provider producing and offering high-quality CPD resources and promoting a move towards lifelong learning. This will include a new series of nine podcasts, a range of webinars, alongside a variety of multimedia online resources. We will continue to support our learners in developing their clinical skills and fulfil their professional CPD requirements. This in turn will enable optometrists to deliver the highest standard of care in a professional landscape that is undergoing change as a result of the COVID-19 pandemic and workforce developments in the sector.

Sound Optometry

Episode 32:

**Managing myopia:
Now and for the future**



Appendix A: Variation to expenditure

1. Young Eye: Module 4

The fourth module of the young eye series was commissioned to start in 2021-22. We allowed an overall budget of £100,000 for this project and allocated £40,000 for 2020-21 for this project. As all Docet resources were focused on the move from CET to CPD at the latter part of 2021, the project was only started in May 2022. £40,000 were carried forward and another £40,000 were allocated in 2022-23. We spent £49,800 and carried forward the remaining £30,200. Currently the project is scheduled for completion in June 2024.

2. Contact Lenses: Module 4

The fourth part of the contact lens series was commissioned in 2020-21 with a proposed budget for this project of £97,400 with £60,000 committed for 2020-21. We spent £81,769 in 2020-21. We were able to cover the extra costs of £21,769 with savings from the cataract project, the webinar recordings and the contingency fund. We allocated £15,600 for the completion of the project and spent £13,628. We did not spend any money on the project in 2022-23 although the project progressed steadily through the year, and we were able to complete it in September 2023. Therefore, the remaining budget of £1,972 was reallocated and spent in 2023-24.

3. Contact Lenses: Module 5

The fifth part of the contact lens series was commissioned in 2021-22. The proposed budget for this project is £100,000 and we allocated £25,000 to kick off the project at the beginning of 2022. In March 2022 we went through our routine tendering process to identify a new agency to take on this project but unfortunately couldn't find a suitable provider of sufficient quality. In 2022-23 we were still unable to find a suitable provider. The budget of £50,000 is carried forward to 2023-24 and the project is scheduled to commence at the beginning of 2024.

4. Headaches

The Headache project started in January 2022 with a proposed budget of £100,000. In 2021-22 we allocated a budget of £50,000 to this project. We spent £47,832 and carried forward the remaining £2,168 to 2022/23. We allocated £40,000 of the 2022-23 fund. In 2022-23 we spent £38,732 and carried forward £3,436. The project is scheduled for completion in May 2024.

5. Immunology Part 1

The Immunology Project Part 1 was commissioned in 2020-21. We allowed an overall budget of £65,000 for this project and allocated £30,000 for 2020-21. We spent £32,487 in 2020-21. We were able to cover the extra costs of £2,487 with savings on the AMD project. We allocated £32,550 for the completion of the project and spent £16,244. Due to time constraints of our subject matter experts, there have been unforeseen delays and the remaining budget of £16,306 has been carried forward to 2022-23. In 2022-23 we spent £8,122 and carried over the remaining budget of £8,184 to 2023/24. The project is now scheduled for completion in January 2024.

6. Immunology Part 2

The Immunology Project Part 2 will follow on from Immunology Part 1 and was commissioned in 2021-22. We allowed an overall budget of £88,000 for this project and allocated £40,000 in 2021-22. Due to the delay of Immunology Part 2, the decision has been made to delay the kick off for this project and we have carried forward the entire budget of £40,000 to 2022-23 and allocated £10,000. In 2022-23 we spent £19,173 and carried over £30,827 to 2023-24. The project is scheduled for completion in October 2024.

7. Record Keeping

In 2022-23 we allocated £40,000 to start a project on record keeping however due to delays in some of the other projects the project was not started. The budget has been carried over to 2023-24 and the project is scheduled to start at the beginning of 2024.

8. Redevelopment

We allocated a budget of £9,379 to course redevelopment in 2020-21. Although we updated four of our existing courses, the cost for those updates were covered under Training Advisers and Support and Online Maintenance and Development budget lines. £9,379 of committed funds were carried forward to 2021-22. We allocated a further £4,779 to pay external support for the move from CET to CPD. However, the cost for the updates were covered again under the Training Advisers and Support and Online Maintenance and Development budget lines and we only spent £1,782. The remaining budget of £12,376 was carried forward to 2022-23 and we allocated £10,000 to update the Docet Safeguarding courses. Due to the delays on some of the other projects we did not start the update. £2,376 have been reallocated against the increased budget in marketing and communications and the remaining £20,000 have been carried forward to 2023/24.

9. Training Advisers

In 2022-23 we allocated £121,743 for training advisers and support. Due to a delay in recruitment, we spent £67,921. We reallocated £5,363 of the funds and carried over £48,464 to 2023-24.

10. Marketing Communications

In 2022-23 we allocated £45,000 for marketing and communications. Due to some additional projects following the rebrand and added expenditures for sponsorship, we spent £61,382. We covered the extra costs with funds from various areas as listed in Section 1.1 Table 2.

Sound Optometry

Episode 22:

Corneal Disease
Big problems in young eyes



Appendix B: Docet projects – podcast

1. Sound Optometry

The Docet podcast Sound Optometry has established a devoted following and the numbers show that the focus on topics closely related to everyday optometric practice is well received by our listeners. Numbers on the podcast provider Audioboom have remained steady at 20,000 from 2021-22 to 2022-23 (20,259 listens for the period from 1 April 2021 to 31 March 2022 compared to 19,876 listens from 1 April 2022 to 31 March 2023). This is an average of 54 listens per day.

There are nine new episodes spread across the year with 25 to 30 minute interviews. The episodes are a combination of Q&As following a Docet webinar and episodes containing a patient case study and an expert interview around the case study. Reading materials accompany the interviews for those users who would like to gain CPD points.

1.1. Episode 19 - Modern contact lens practice

Episode 19 brings some of the highlights of the BCLA Continued Learning Evidence-based Academic Report (CLEAR) to the Sound Optometry listener. The episode begins with Professor James Wolffsohn, the Executive Chair of the CLEAR and Head of Optometry at Aston University explaining why the reports were needed and how valuable a resource they are. Michelle Hanratty, IP optometrist and presenter is then joined by Neil Retallic, President of the British Contact Lens Association to discuss several aspects of the report and answer some questions that arose during a recent Docet webinar on the topic.

Issued in: May 2022 with one non-interactive CPD point.

1.2. Episode 20 - Sudden loss of vision: Time is sight!

In this episode, podcast host Michelle Hanratty discusses sudden loss of vision with hospital optometrists Helen Wilson and Amanda Harding, including the presentation and optometric management of retinal vascular occlusions, differential diagnosis, appropriate triage and referrals. The episode concludes with the clinical signs optometrists need to look out for when examining a patient with a history of a vascular occlusion.

Issued in: June 2022 with one non-interactive CPD point.

1.3. Episode 21 - Uveitis: Detecting the rare and managing the obvious

Episode 21 starts with an interview with Alison, a patient that suffered from punctate inner choroidopathy (PIC), about the challenges she faced in the years before she was correctly diagnosed and received treatment under the care of Professor Alistair Denniston.

Presenter Michelle Hanratty then discusses the presentation and optometric management of both posterior and anterior uveitis with Professor Denniston and his colleague Dr Balini Balasubramaniam from the Queen Elizabeth Hospital in Birmingham. The episode concludes with a summary of the signs optometrists need to look out for when examining a patient with unusual visual symptoms as well as those relating to more typical anterior uveitis.

Issued in: July 2022 with one non-interactive CPD point.

1.4. Episode 22 - Corneal Disease: Big problems in young eyes

The podcast starts with an interview with a young corneal disease patient about the discomfort he experienced and the challenges of getting an accurate diagnosis before being treated at the Royal Victoria hospital in Belfast. Mr Michael O’Gallagher, consultant ophthalmic surgeon and specialist in paediatric corneal disease, then explains the presentation, differential diagnosis and management of vernal keratoconjunctivitis. The second part of the podcast moves on to blepharokeratoconjunctivitis.

Issued in: September 2022 with one non-interactive CPD point.

1.5. Episode 23 - Eyelid Lesions: Look for the sign, malignant or benign?

The podcast begins with a patient case study, where we hear about the initial innocuous presentation of a basal cell carcinoma (BCC) through to excision and reconstructive surgery over a two-year period. Podcast host Michelle Hanratty then discusses the presentation, differential diagnosis and management of BCC with Mr Raman Malhotra, consultant ophthalmic surgeon and expert in oculoplastics. They follow up with the differentiation between BCC and other malignancies of the eyelid and typical characteristics and management of the most common benign eyelid lesions encountered in practice.

Issued in: October 2022 with one non-interactive CPD point.

1.6. Episode 24 - Mental Health: Optometrists, be well!

In this episode, podcast host Michelle Hanratty focuses on the mental health and wellbeing of optometrists in the workplace environment with optometrist and life coach Sheena Tanna-Shah. Also discussed are the potential triggers of stress and anxiety in a healthcare environment with Dr Rachel Morris, executive coach and former GP.

Issued in: November 2022 with one non-interactive CPD point.

1.7. Episode 25 - Visual Field Tests: When, why and what it can mean

Episode 25 starts with presenter Michelle Hanratty speaking to optometrist Stephen Freeman about the clinical decision making process of when to conduct a visual field test. This is followed by a discussion with Dr Lindsay Rountree about visual field testing including how to best achieve reliable test results and how to interpret them; how to relate visual field loss to the location in the visual pathway and likely causes. The episode concludes with advice on referral, and the importance of communicating the impact of visual field loss to a patient’s driving status.

Issued in: January 2023 with one non-interactive CPD point.



1.8. Episode 26 - Patient mental health: Eyes and minds

In this episode Michelle Hanratty asks optometrist Sarah Farrant and her patient Christine Lanaghan who suffers from dry eye disease how to talk about mental health in practice. Michelle then investigates the relationship between mental health and ocular health with Dr Dennis Pardo, an optometrist and psychotherapist in Massachusetts.

Issued in: February 2023 with one non-interactive CPD point.

1.9. Episode 27 - Dry eye? Think MGD and beyond

In this episode we hear from David about his journey with dry eye disease, its effect on his career and his mental health, and how his optometrist and specialist dry eye practitioner Sarah Farrant managed it. Professor Sai Kolli from the Queen Elizabeth Hospital in Birmingham then joins Michelle Hanratty to explain how optometrists in the community can help prevent patients from getting to the stages of severe dry eye disease.

Issued in: March 2023 with one non-interactive CPD point.

Appendix C: Docet projects – multimedia and webinars

1. Are all optometrists clinical leaders? – Webinar

In this lecture, an expert panel lead by Philippa Shaw looks at the leadership role that all optometrists need to take in community practice and how they may influence colleagues in their team. The panel discusses common situations that occur every day in practice as well as optometrists' responsibilities.

The webinar ran in March 2023 with one interactive point available and the recording is available with one non-interactive CPD point on the LMS.

2. Common eyelid lesions - Webinar

This lecture hosted by Consultant Ophthalmic Surgeon Raman Malhotra will help optometrists to identify and manage commonly occurring suspicious eyelid conditions. It will cover both benign and malignant eyelid lesions as well as discuss the features, diagnosis, management and referral of the conditions by community optometrists. At the end of the webinar Mr Malhotra answers questions raised during the lecture.

The webinar ran in September 2022 with one interactive point available and the recording is available with one non-interactive CPD point on the LMS.

3. The Contact Lenses Series

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. Docet published **Contact Lenses Module 1: Core Skills – Fitting and aftercare** in February 2017, **Contact Lenses Module 2: Fitting astigmatic patients** in April 2018 and **Contact Lenses Module 3: Fitting children with contact lenses** in May 2022.

The focus of the next two modules will be on presbyopic contact lens fitting and soft contact lens aftercare (lens materials and solutions). Future modules will deal with specific types of patients and conditions that may be encountered covering the following key areas:

- Soft contact lens aftercare (Part 2) – Common soft lens complications
- Introduction to complex contact lens fitting.

3.1. Module 4: Presbyopic Contact Lens Fitting

Many optometrists are reluctant to fit presbyopes with contact lenses. This programme will challenge some of the perceived barriers to fitting older patients needing more than one refractive solution, and will provide an understanding of the range of products that have improved fitting success rates in this group of patients.

The course is split into seven units covering the following key areas:

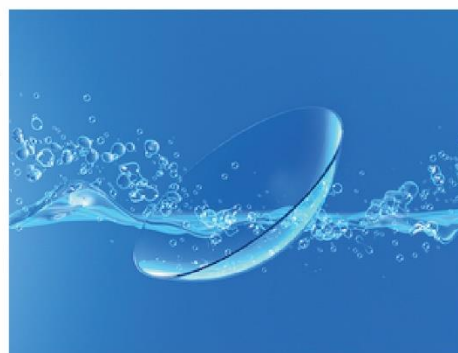
- Part 1: Opportunities and correction options
- Part 2: Choosing the right lens – Materials
- Part 3: Choosing the right lens - Materials
- Part 4: Multifocal contact lens fitting
- Part 5: Case study 1 - Samir
- Part 6: Case study 2 - Cathy
- Part 7: Case study 3 – Damian

This project was started in July 2020 and Part One to Four completed at the beginning of 2023. Part One launched in March 2023. The Patient Case studies were completed in the summer of 2023 and Case study 1 launched in September 2023. The course offers six non-interactive CPD points and one interactive point.

Contact Lenses: Presbyopia - Part 2: Choosing the right lens: Materials

“This CPD has helped me better understand the management of contact lens material choices. The relationship between DK values and modality of CLs, the pros and cons of SiH and Hydrogel CLs, in order to make sound choices to fit presbyopia patients with dry eyes. I have more confidence in recommending multifocal CLs to suit patients rather than focusing just on varifocals/near correction for correction of presbyopia.”

Optometrist in a multiple setting



3.2. Module 5: Soft contact lens aftercare (Part 1)

– Lens materials and solutions

The publication of the CLEAR report during 2021 has summarised contact lens research papers and the module will inform optometrists on the most up-to-date evidence to use in their clinical practice.

Content to include:

1. An overview of soft lens materials and to understand their properties, and be able to help identify which may be most appropriate for a patient and their lifestyle requirements
2. An overview of the range of solutions available, their main constituents and be able to choose the most appropriate for the patient and their lens type
3. Be able to identify the best lens material, modality and solution to choose for a patient
4. Be able to understand the interactions of points 2 and 3 above to prevent contact lens complications – the complications will be covered in our next module.

This project was scheduled to commence at the beginning of 2022 and we went through our routine tendering process to identify a new agency to take on this project but unfortunately couldn't find a suitable provider of sufficient quality. This project is now scheduled to commence in 2024.

4. Headaches

This is an area of concern to optometrists following some high profile cases; it is also one of the most common presenting symptoms for optometrists. The course will be split into two parts:

- Part 1: Wrapping your head around headaches
 - What are headaches?
 - The headache files - case studies
 - Red flags
- Part 2: Headache types and how to address them
 - Headaches due to non-ocular causes
 - Headaches due to ocular causes
 - Headaches and everyday life
 - The headache files - case studies
 - Bringing it all together

Due to the strain on frontline staff during the COVID-19 pandemic, this project was put on hold and restarted in January 2022. It is scheduled for completion in Spring 2024.

5. Immunology

Immunology is an area of interest to optometrists since many allergic conditions can be dealt with in practice and under MECS schemes. We are planning to cover the topic in two parts:

5.1. Immunology and the eye - Module 1

- Part 1 - The Immune System
 - Unit 1: Immunology foundation
 - Introduction to the immune system
 - The innate immune system
 - The adaptive immune system

- T cell responses
 - B cell responses
- Unit 2: Ocular immunology
 - Introduction to immune privilege
 - Immunity at the ocular surface
 - Immunity at the conjunctiva
- Unit 3: Allergy
 - Introduction to allergy
 - Type I hypersensitivity
 - Type IV hypersensitivity
 - Causes of ocular allergy
- Unit 4: Autoimmune disease
 - Introduction to autoimmunity
 - Organ-specific vs systemic autoimmune disease
 - Mechanisms of autoimmunity

- **Part 2 - Allergic Eye Disease**

This part covers an overview, epidemiology, aetiology, signs and symptoms, differential diagnoses, non-pharmacological and pharmacological management and practice perspective for each of the following conditions:

- Unit 1: Seasonal allergic conjunctivitis (SAC) and perennial allergic conjunctivitis (PAC)
- Unit 2: Acute allergic conjunctivitis (AAC)
- Unit 3: Atopic keratoconjunctivitis (AKC)
- Unit 4: Vernal keratoconjunctivitis (VKC)
- Unit 5: Contact lens associated papillary conjunctivitis (CLAPC)
- Unit 6: Conjunctivitis medicamentosa (CM).

This project was started in November 2020, the first review on adapt is due in October 2023 and the course is scheduled for publication at the beginning of 2024.

5.2. Immunology and the eye – Module 2

Following Immunology Module 1, the second module covers systemic autoimmune disease with ocular effects. The module will cover key points of common AI conditions and outline their main features (eg prevalence, aetiology, overview of the condition, presenting ocular signs and symptoms). Conditions covered will include:

- Arthritic conditions
 - Rheumatoid arthritis
 - Juvenile arthritis
 - Ankylosing spondylitis
 - Reiter's syndrome
 - Psoriatic arthritis
- Sarcoidosis
- Inflammatory Bowel Disease (including celiac disease)
- Multiple Sclerosis (MS)
- Systemic lupus erythematosus (SLE)
- Myasthenia gravis
- Giant Cell arteritis

- Thyroid AI conditions (eg Graves' disease, Hashimoto's)
- Sjogrens
- Type 1 diabetes (overview only)
- Post viral infection
 - Long-term effects on the immune system and consequently the eye (eg chronic fatigue syndrome, and some evidence post-COVID).

The project kick off for Module 2 is scheduled for October 2023.

6. Record keeping

Docet has identified record keeping as a priority project. Recording clinical information is a constant feature of day-to-day life all for healthcare professionals, including optometrists. It is such an integral part of professional life, but we rarely review what we record. This is an area of concern to many optometrists as poor record keeping can lead to poor patient management, complaints, including GOC referrals, and litigation.

Record keeping has changed significantly over the last decade due to the changes such as paperless record systems and digital referrals becoming the norm. Clinical imaging is also now commonplace, which results in additional considerations.

This programme will aim to increase optometrists' understanding of good record keeping and legal requirements and expectations, that will ensure a good level of continuity of patient care and reduce the risk of complaints and litigation.

7. Interpretation of Visual Fields: What to do when it is not glaucoma – Webinar

In this lecture, Dr Lindsay Rountree explores non-glaucomatous visual fields, covering the choice of test, interpretation of field plots, and appropriate referral. At the end of the lecture, Dr Rountree answers questions raised during her talk.

The webinar ran in November 2022 with one interactive point available and the recording is available with one non-interactive CPD point on the LMS.

Webinar

Interpretation of visual fields

Hosted by Dr Lindsay Rountree
22 November 7.30pm

[Register now >](#)



8. The Young Eye series

Docet identified the young eye and children's vision as a priority training area for optometrists. A new training programme addresses this as an umbrella topic, formed of a series of related modules, in a similar way to the ageing eye series.

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

- Embryology [published in September 2018]
- Development of vision [published in October 2021]
- Assessment of vision from birth to 18 years [published in Nov 2022]
- Children's refractive and BV management
- Paediatric prescribing challenges
- Paediatric disease and disorders: Medical.

8.1. Module 3 - Assessment from Birth to 18 Years

The third module in the Young Eye series looks at the practical considerations of testing children's vision. This includes choosing the most appropriate techniques for the particular child in order to establish their visual status. Emphasis is on examining children in high street practice rather than in a specialist clinic and includes discussion on how to modify or adapt standard tests to improve the interaction and involvement of the child. Content is broken down into age groups and includes history and symptoms, establishing unaided vision / visual acuity, establishing binocular status, objective refraction and examination of fundus.

The completed module has three parts:

- Part 1: Birth to 12 months
- Part 2: Twelve months to five years
- Part 3: Primary and secondary school-age children

The module launched in November 2022 with two non-interactive CPD points and one interactive point.

The Young Eye: Assessment of Vision, Part 1 - Birth to 12 months

"Very good course. Allowed me to remember the lectures we studied in university. I feel more confident using this information in a hospital/multiple optometry setting. The glossary was the best as it allows us to save the information as well as summarise all the important tests that can be carried out during a test."

Optometrist in a multiple setting



8.2. Module 4 – Children’s Refractive and BV Management

Module four on children’s refractive and BV management will focus mainly on hypermetropic and anisometropic children, although discussion of prescribing for myopes will also be covered. We will be looking at four cases: Hyperope with high risk of eyes turning in; Hyperopic prescription but decision is made to not prescribe spectacles; Anisometropic patient ending up with amblyopia; Young myope – managing myopia.

Content to include:

- When to carry out a cycloplegic refraction
- When to prescribe
- What to prescribe
 - Refraction
 - Consideration of amblyopia
 - Anisometropia/ametropia
 - Modification of Rx
 - Amblyopia treatment
 - Occlusion
 - Penalisation
 - Binocular
 - Within and outside traditional critical period
- When to review
- When to refer
- Practice based management of BV issues
 - Eg convergence insufficiency, convergence excess
 - Orthoptic exercises that may be prescribed/recommended in community practice.

This project was started in May 2022 and is scheduled for completion in June 2024.

The Young Eye: Assessment of Vision, Part 2 - Twelve months to five years

“This course has given me more confidence in examining a toddler. It highlighted some key aspects of the examination to consider depending on the child's age and their level of engagement. This course has also reminded me to be calm and patient when interacting with children and to engage with them on their level. This was a very informative and interesting course. Thank you.”

Locum optometrist

