

**docet**

**THE COLLEGE OF OPTOMETRISTS**

**Docet**

**Activity and Expenditure Report 2023-24**

August 2024

## **Contents**

<b>Executive summary .....</b>	<b>3</b>
<b>1. Introduction.....</b>	<b>4</b>
<b>2. Expenditure against allocation for 1 April 2023 to 31 March 2024 .....</b>	<b>5</b>
<b>3. Programme management .....</b>	<b>7</b>
<b>4. Docet projects.....</b>	<b>10</b>
<b>4.1 Summary of Docet podcast Sound Optometry .....</b>	<b>10</b>
<b>4.2 Summary of Docet multimedia projects .....</b>	<b>11</b>
<b>5. Annual data and user feedback.....</b>	<b>12</b>
<b>6. Conclusion .....</b>	<b>13</b>
<b>Appendix A: Variation to expenditure.....</b>	<b>14</b>
<b>Appendix B: Docet projects – podcast .....</b>	<b>16</b>
<b>Appendix C: Docet projects – multimedia and webinars.....</b>	<b>18</b>

## 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 2023-24 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 2023-24 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 2023-24 we offered 22 courses offering 22 new CPD points:

- Two modules, one in the contact lens series and one on immunology
- Ten episodes of the Docet podcast Sound Optometry
- Two webinars completed and one in planning.

We currently offer all GOC registered optometrists 64 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, headaches and record keeping.

Highlights this year were the publication of the final three parts of the course on presbyopia in the contact lens series and the release of the first module on immunology and the ongoing success of our podcast Sound Optometry. 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 14,480 responses we collected an impressive 97% rated the CET/CPD material overall as either excellent or good.

### Immunology and the eye: Part 1 – Foundation

*"I am currently studying IP for optometrists and this has single-handedly helped me understand the role of each cell type better than the module content and also better than any YouTube video I have watched. Really excited for the next part to come out. Thank you to everyone who created great visuals and made this very easy to understand."*

Optometrist in a hospital setting



# 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 continuing professional development (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 CPD 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 of the GOC’s mandatory CET (Continuing Education and Training) scheme for optometrists in 2005, 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 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.

### Contact Lenses: Presbyopia, Part 7 - Case study three: Damien

*“I have not fitted RGP lenses for many years. This course has made me realise that it’s not that scary. Being able to use the labs advice is a great reassurance.”*

Independent optometrist



## 2. Expenditure against allocation for 1 April 2023 to 31 March 2024

### 2.1 Docet funding breakdown

The total of £579,379 is the sum of the grants made by the four nations for 2023-24 serving all 18,034 optometrists currently registered with the GOC in the UK (GOC figures as at March 2024).

**Table 1 – Docet funding breakdown 2023-24**

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

docet



CPD  
your way

**d** Online Training Programmes

**S** Podcasts

**d** Webinars

Docet is the most accessible CPD resource for optometrists online: essential subjects from every angle, free for every optometrist in the UK.

Discover more at [docet.info](https://www.docet.info)

Managed by:



THE COLLEGE OF  
OPTOMETRISTS

## 2.2 Docet expenditure report 2023-24

Table 2 (below) shows a summary of expenditure against priority areas. As at 31 March 2024, 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 2023-24 (incl VAT)**

<b>Activities 2023-24</b>	<b>Allocated</b>	<b>Expenditure 31/03/24</b>	<b>Reallocated Funds</b>	<b>Carried Forward</b>
<b>Distance learning projects</b>				
Sound Optometry	£33,500	£33,336	£164	
Young Eye: Module 4	£9,500	0		£9,500
Young Eye: Module 5	£50,000	£19,977		£30,023
Headaches	£7,000	0		£7,000
Immunology P2	£26,720	0		£26,720
Record keeping	£10,000	0		£10,000
Webinar	£15,000	£3,636		£11,364
Training Advisers	£40,000	£39,714		£286
<b>Online maintenance &amp; development</b>	£80,000	£81,149	<b>-£1,149</b>	
<b>Meetings &amp; subsistence</b>	£1,000		£898	£102
<b>College administration fee</b>	£108,000	£108,000		
<b>Marketing Communications</b>	£70,000	£52,667		£17,333
<b>Subtotal</b>	<b>£450,720</b>	<b>£338,479</b>		
<b>Carried forward from 2022/23</b>				
Redevelopment	£20,000	0		£20,000
Young Eye: Module 4	£30,200	£12,450		£17,750
Contact Lenses: Module 4	£1,972	£1,947	£25	
Contact Lenses: Module 5	£50,000	0		£50,000
Record keeping	£40,000	£24,898		£15,102
Immunology P1	£8,184	£8,122	£62	
Immunology P2	£30,827	£19,173		£11,654
Headaches	£3,436	£0		£3,436
Training Advisers	£48,464	£48,464		
<b>Contingency</b>	£50,000	0		£50,000
<b>Subtotal</b>	<b>£283,083</b>	<b>£115,054</b>		
<b>Total</b>	<b>£733,803</b>	<b>£453,533</b>	<b>£0</b>	<b>£280,270</b>

## 2.3 Variation to expenditure

Due to long-term sickness of a key member of staff, personal challenges for other members of the team and expert availability, there have been slight delays in the progress of some of the core programmes in 2023-24. This caused unavoidable delays and therefore temporary underspends in some of the projects we were working on.

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



**Contact Lenses**  
**Presbyopia - Part Six**

**Case study Cathy**

1 Non-interactive CPD point

## 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

With the first CPD cycle coming to a close at the end of 2024 our focus has been on producing varied, engaging, effective, and high-quality content for optometrists in multiple formats: interactive online learning modules, informative webinars, and the monthly podcast, Sound Optometry. We have also started reviewing our online courses to get them up-dated for the 2025-27 CPD cycle.

The Docet team and Docet Executive Committee have continued to review priorities for the 2022-24 CPD cycle. Although Docet's funding is approved annually, it is necessary to plan projects at least 18–24 months in advance to ensure continuity for our learners and allow sufficient project development time.

We have maintained our commitment to creating effective interactive learning content, offering users high-quality video content, images, and graphics supported by explanations and

descriptions in bite-size sections. The content prompts users to test their learning with knowledge questions or activities at regular intervals. During this CPD cycle, we introduced shorter pieces of learning with the GOC's introduction of half points, while generally keeping individual CPD courses to one hour's duration and releasing longer courses in multiple parts.

Michelle Hanratty (IP optometrist), our Podcast Adviser supported by Boffin Media, continues to host our podcast, Sound Optometry. Since the first podcast was published in June 2020, we have released 37 episodes with a combined listenership of more than 76,000 on the podcast platform Audioboom by the end of March 2024, with more than 25,000 listens in 2023-24 alone, a 27% increase from the previous year.

Training advisers Philippa Shaw and Catherine Viner serve as optometrist experts for various multimedia projects. They are supported by Theresa Adamson, who acts as an assessor for the interactive CPD. Tiffany Joiner provides online support for course development and LMS maintenance. Bettina Noelle-Fox, CPD Manager, and Chee Han Tang, Docet Coordinator, oversee Docet on behalf of the College under the guidance of Andy Miller, Head of Post-Registration Education. They were joined by Angélique Grab, who assumed the role of Online Learning Project Manager in November 2023.

During 2023-24, we offered two new online modules, two webinars, and ten episodes of Sound Optometry, totalling 21 CPD points. The library now contains 125 programmes. Full details of the distance learning projects undertaken in 2023-24 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 is provided in the next section.

### **3.4 Marketing and Communications**

In 2023-24, Docet focused on several key areas in marketing and communication. We created new banners for OT 24 and posted adverts in Acuity. We continued engaging with optometrists on social media via LinkedIn and Twitter, and collaborated with our partner organisations and large employers to help promote Docet courses.

#### **3.4.1 Social media**

We promoted our CPD courses, webinars, and podcast episodes on social media, and worked with an external agency to expand our online presence on LinkedIn. As a result, we increased our number of LinkedIn followers by 14%, from 889 in April 2023 to 1,012 by March 2024.

#### **3.4.2 Employers and partner organisations**

We partnered with a range of employers to encourage their staff to use Docet courses and supplement their in-house training. Notably, ASDA and Boots promoted Docet on their internal learning platforms.

We prepared press packs for all our core programmes, which were shared with the Health and Social Care Board Northern Ireland, NHS Education for Scotland, and Optometry Wales. These organisations included information about Docet courses in their newsletters.

### 3.4.3 Conferences

We planned our attendance at Optometry Tomorrow 2024 in April in Telford and used the opportunity to raise awareness about the latest programmes we've added online. We created new banners and a leaflet summarizing all Docet courses, along with a notebook for reflective learning to support optometrists with the changes in the new CPD cycle.

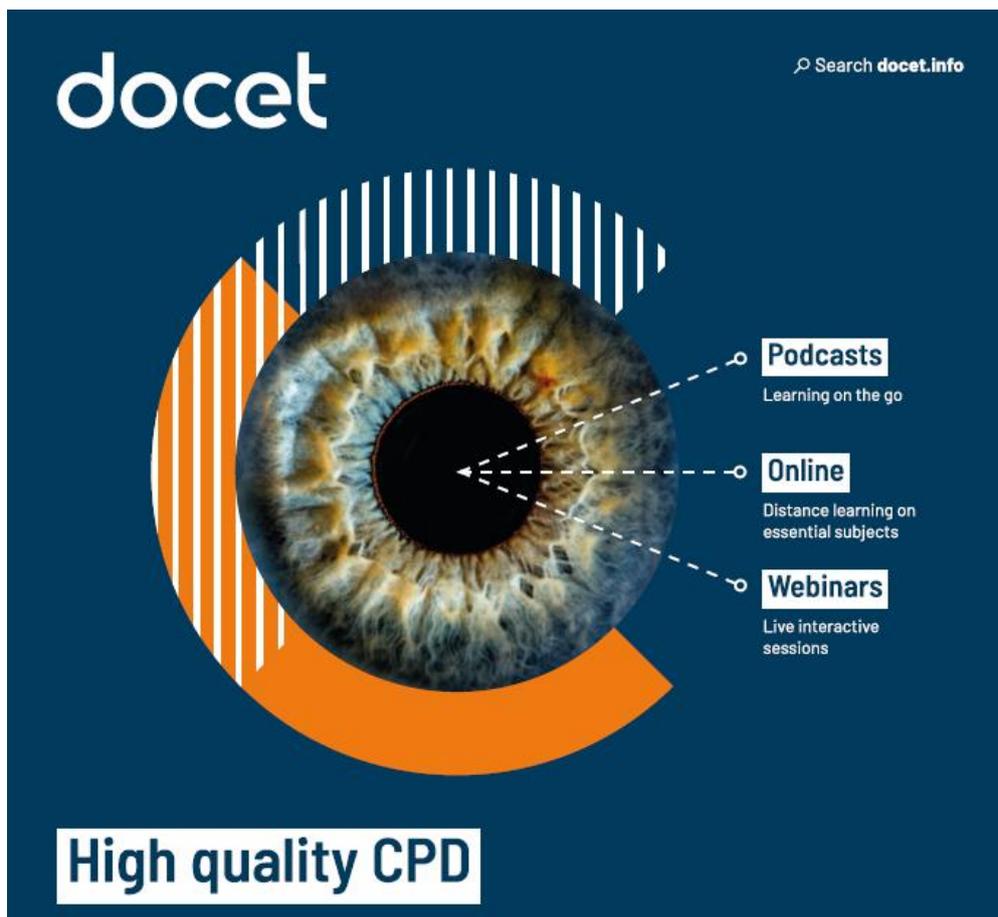
### 3.4.4 Promotion

We sent Mailchimp alerts to all database contacts for newly published programmes. We promoted Docet's online resources in the College e-newsletter. We produced one-page advertorials in Acuity, promoting the new courses in Docet:

- Summer 2023 Edition: Docet – Fully focused on learning
- Autumn 2023 Edition: Sound Optometry
- Winter 2023 Edition: Contact Lenses and Presbyopia
- Spring 2024 Edition: Immunology Module 1

### 3.4.5 Brand guideline update

After applying the new Docet brand guidelines to our online resources and marketing communication for more than a year, we found one of the colours challenging to use. Consequently, we engaged the agency that created the brand guidelines to review the style guide and make some adjustments. We changed the dark red to a dark teal and requested a selection of images to increase our catalogue.



## 4. Docet projects

From April 2023 to March 2024, we published three case studies in the Contact Lenses Presbyopia Module and completed the five parts of the Immunology and the Eye Module1; we organised three webinars and launched 10 episodes of Sound Optometry totalling in 21 CPD points (four interactive and 20 non-interactive CPD points). We commissioned three new courses and started the review of the whole Docet catalogue of offerings in readiness for the next CPD cycle starting in January 2025.

Due to long-term sickness of a key member of staff, there have been slight delays in the progress of some of the core programmes in 2023. In November, Angélique Grab joined the Docet team as Online Learning Project Manager to support the management of the Docet CPD courses and we have been making great progress.

### Sound Optometry: Episode 29 – Hydroxychloroquine: Potentially toxic, potentially blinding

*“As usual, Docet courses are informative and extremely interesting. As I am now entirely hospital based and only working in glaucoma, I enjoy the variation of these podcasts.”*

Optometrist in a hospital setting



### 4.1 Summary of Docet podcast Sound Optometry

- Episode 28: Leadership and accountability in optometry – Apr 23
- Episode 29: Hydroxychloroquine – May 23
- Episode 30: Glaucoma: ISNT it suspicious? – Jun 23
- Episode 31: Diabetic retinopathy screening and treatment – Jul 23
- Episode 32: Managing myopia: Now and for the future – Sep 23
- Episode 33: Cataract surgery – Oct 23
- Episode 34: YAG & SLT – Optometrist delivered laser treatments – Nov 23
- Episode 35: Dry AMD: Hope on the horizon – Jan 24
- Episode 36: SEN: The path to lifelong eye care – Feb 24
- Episode 37: Immunology and Allergy: A not so obvious link – Mar 24

Sound Optometry

Episode 32:

Managing myopia:  
Now and for the future



## 4.2 Summary of Docet multimedia projects

### 4.2.1 Summary of live webinars

- Glaucoma: Optic Disc Challenge – Jun 2023
- Assessing children with special educational needs (SEN) – Jan 2024
- Leadership is hierarchical: Learning from OCCS complaints – Apr 2024

A recording of the webinars is published on the LMS. Optometrists who were not able to attend the live session are able to gain one non-interactive point for watching the recording and completing the MCQs.



### 4.2.2 Multimedia (completed)

- **Contact Lenses Module 4 - Presbyopia**
  - Part 5: Case study 1 – Samir (fitting typical presbyope)
  - Part 6: Case study 2 – Cathy (re-fitting typical presbyope)
  - Part 7: Case study 3 – Damien (fitting presbyope with RGP toric multifocal CL)
- **Immunology and the Eye – Module 1**
  - Part 1: Foundation
  - Part 2: Ocular allergy and autoimmune disease
  - Part 3: Allergic Eye Disease (SAC and PAC)
  - Part 4: Allergic Eye Disease (AAC, AKC and VKC)
  - Part 5: Allergic Eye Disease (CLAPC and CM) – interactive

### 4.2.3 Multimedia (commissioned/in development)

- Headaches
- Young Eye M4: Children's refractive and BV management
- Immunology M2
- Record Keeping
- Young Eye M5: Paediatric prescribing challenges
- Safeguarding adults and children for optometrists Level 2 - Update
- Contact Lenses M5: Soft contact lens aftercare (Part 1) – Lens materials and solutions

## 5. Annual data and user feedback

### 5.1 Annual data review

During the period **1 April 2023 to 31 March 2024 (2023/24)** we had consistent engagement with the Docet online learning site by the target user group of all UK GOC-registered optometrists.

2023/24 is the second year in the CPD cycle and traditionally this period mirrors the numbers of the first year or shows some decrease in participation.

Last year was the first year after the change from CET to CPD and the first year in the CPD cycle. The numbers were relatively low as it is expected in a first year of the cycle and additionally optometrists were getting used to the changes involved in the new CPD scheme.

2020/21, the second year in the previous CPD cycle, was in the midst of the Covid-19 pandemic, during which time we had record numbers across all of our online resources. These trends, similar data compared to the previous year and a decrease in date compared to 2020-21 are reflected in the engagement and completion data.

**7,592 optometrists** visited the site at least once. This is a 3% increase in individual users from 7,392 optometrists in the previous year and a 14% decrease from 8,816 in 2020/21.

Overall there were **624,126** visits to the LMS in this period, which is a 10% increase compared to 569,390 visits for the same period last year and a 28% increase from 488,264 in 2020/21.

We had **19,994 enrolments** in learning during this year. This is comparable to 20,148 enrolments in the previous year and a decrease of 22% from 25,714 enrolments in 2020/21.

During 2023/24, **5,120** individuals **completed 12,909 courses**. This is an increase of 6% from 4,827 completions in the last year and a decrease of 20% from 6,648 in 2020/21.

The most visited courses were **Safeguarding for optometrists** (both courses) with 5,273 enrolments and 5,052 completions, followed by **Contact Lenses: Presbyopia** with 1,892 enrolments and 804 completions, **Anterior Eye** with 1,123 enrolments and 663 completions, **AMD** with 942 enrolments and 643 completions, the **Glaucoma** module with 910 enrolments and 595 completions and the recorded webinar **Glaucoma – The optic disc challenge** with 878 enrolments and 475 completions. There were 4,203 combined enrolments to the podcast Sound Optometry.

A further **2,068 CPD** points were achieved by optometrists attending the following two **webinars**: Glaucoma – The optic disc challenge, with Paddy Gunn in June 2023 and Assessing children with special educational needs, with Professor Rachel Pilling in January 2024.

Please see the Annual Data Report 2023-24 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 14,480 responses we collected 97% rated the CPD material overall as either excellent or good.

For user comments please see the quotes in this report and in Appendix A for the Data Report 2023-24.

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

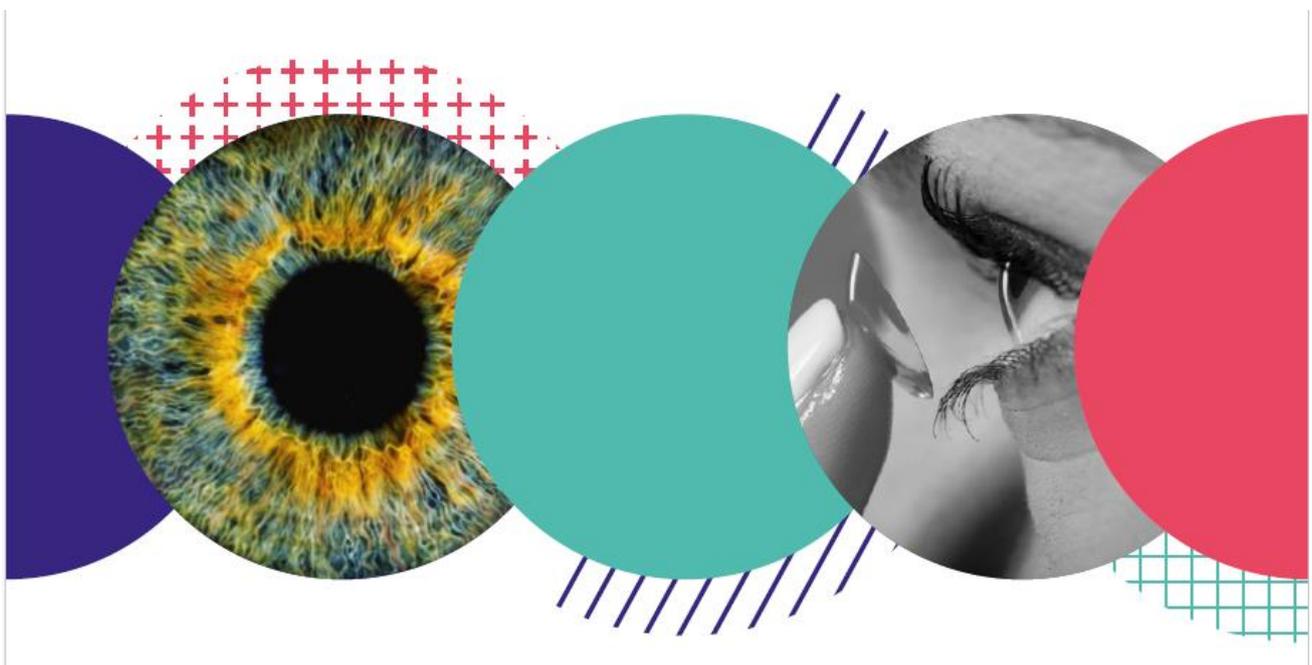
## 6. Conclusion

In 2023-24 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 reviewed and updated our new branding and expanded our reach on social media.

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

The focus for Docet in 2024-25 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 ten 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 fulfill 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 workforce developments in the sector.



## 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 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 and allocated £9,500 from the 2023-24 budget. Due to expert availability the project progressed slower than expected and we only spent £12,450 in 2023-24. We carried forward £27,250. Currently, the project is scheduled for completion in February 2025.

### 2. Young Eye: Module 5

The fifth module of the young eye series was commissioned to start in 2023-24. We allowed an overall budget of £100,000 and allocated £50,000 for 2023-24 for this project. We spent £19,977 in 2023-24 and carried over £30,023 to 2024-25. The project is scheduled for completion in Summer 2025.

### 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. At the beginning of 2024 one of our agencies went into administration and our efforts were focused on finding a replacement to finish the Headaches project before commencing with Contact Lenses Module 5.

### 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 and allocated £7,000 of the 2023-24 fund. In March 2024 we were notified that the agency who was working on this project had gone into administration. We managed to retrieve all the assets, did a tender for the project and commissioned a new agency to complete the project. We carried over £10,436. The project is scheduled for completion in Nov 2024.

### 5. 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 1, 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, carried over £30,827 and allocated £26,720 of the 2023-24 funds. In 2023-24 we spent £19,173 and carried over £38,374. The project is scheduled for completion in March 2025.

## 6. 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 was carried over and we allocated £10,000 of the 2023-24 funds. In 2023-24 we spent £24,898 and carried over £25,102. The project is scheduled for completion in autumn 2025.

## 7. 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. In 2023/24 we have prioritised the other projects that were in production and have carried forward the £20,000 to 2024/25. We have now scheduled an update for both Safeguarding Courses in readiness for the next CPD cycle starting in January 2025.

## 8. Webinars

We allocated £15,000 for the production of webinars in 2023-24. We spent £3,636 on two webinars in 2023-24. Although most of the work for the third webinar was completed in 2023-24 the third webinar was held and paid for in 2024-25. Additionally, the budget was lower than anticipated as we recorded all the webinars remotely rather than in the studio. We carried forward £11,364. We have allocated £5,364 towards webinars and £6,000 towards the redevelopment of the safeguarding courses.

## 9. Marketing Communications

In 2023-24 we allocated £70,000 for marketing and communications based on the expenditure of the previous year. We only spent £52,667 in 2023-24 and allocated £17,333 towards the 2024-25 budget.



**Sound Optometry**  
**Episode 35:**  
**Dry AMD**  
**Hope on the horizon**

## Appendix B: Docet projects – podcast

### 1. Sound Optometry

The Docet podcast, Sound Optometry, has established a devoted following, with numbers showing that the focus on topics closely related to everyday optometric practice is well received by our listeners. The podcast provider Audioboom recorded a 27% increase in listens, up from 19,876 listens from 1 April 2022 to 31 March 2023 to 25,187 listens from 1 April 2023 to 31 March 2024, averaging 68 listens per day.

We released ten new episodes throughout the year, each featuring 25 to 30-minute interviews. These episodes combine Q&A sessions following Docet webinars and episodes with patient case studies and expert interviews. Accompanying reading materials are provided for users who wish to gain CPD points. Spread across the year, these ten 25-minute podcasts offer case studies and expert interviews/discussions that bring each topic to life.

**Sound Optometry: Episode 28 – Leadership and accountability in optometry: Essential not optional**

*“As a locum I often feel like a stand in rather than part of a team on that day. This insight and approach will help me a lot to work as part of the team instead of being a one man band. Communication of this will help me deliver ongoing care even in my absence.”*

Locum optometrist



#### 1.1. Episode 28: Leadership and accountability in optometry – Essential not optional

In this episode, a follow-up to the Docet webinar ‘Are all optometrists clinical leaders?’, Michelle Hanratty discusses the concepts of leadership with Mat Pickering, General Manager of Optegra UK. Brian McCotter joins in to signpost resources that are available to help optometrists ensure that they are meeting requirements for supervision, record keeping and clinical governance.

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

#### 1.2. Episode 29: Hydroxychloroquine – Potentially toxic, potentially blinding

In episode 29, Janice McCrudden talks to host Michelle Hanratty about the stark reality of hydroxychloroquine retinopathy when it is discovered too late. We hear about the patient and optometrist experience of a pilot monitoring scheme in Wales, before Michelle explores the toxicity effects of hydroxychloroquine with Consultant Ophthalmologist Rhianon Reynolds.

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

#### 1.3. Episode 30: Glaucoma – ISNT it suspicious?

In this episode we first hear a patient case study; later, Patrick Gunn reflects on how his professional development and training has led to a specialist qualification in glaucoma. The second part of the podcast answers some of the questions asked by the glaucoma webinar attendees and delves into optic disc interpretation in detail. Presenter Michelle Hanratty and Patrick discuss the early signs to look out for in glaucomatous discs and how these relate to other findings such as OCT and visual fields.

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

#### 1.4. Episode 31: Diabetic Retinopathy – Screening & Treatment

In episode 31, we hear about England's diabetic retinopathy screening programme, with a 'fly on the wall' recording of a screening appointment within the NHS. Dr Cathy Egan explains how AI systems work and reveals how the potential of AI will improve services to the public and increase research capability. We then hear from consultant ophthalmologist Sajjad Mahmood about current treatments for patients at risk of vision loss.

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

#### 1.5. Episode 32: Managing Myopia – Now and for the future

In this episode, Michelle speaks with a highly myopic patient who is also a parent of highly myopic children about myopia's impact on lifestyle and ocular health, and their hopes and fears for the future. We also hear from Kathryn Webber about recent myopia management research, advancements and guidance.

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



#### 1.6. Episode 33: Cataract Surgery – Understanding risks and managing complications

In episode 33, Michelle speaks with Dr David Lockington about how to get the balance right when explaining the risks and benefits of cataract surgery to patients. The consent process is explored in depth and David shares a surgeon's insight into the risks that make a cataract surgery more complex, but not necessarily complicated. The second part of the podcast concentrates on postoperative complications and the importance of setting patient expectations prior to surgery.

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

#### 1.7. Episode 34: YAG and SLT – Optometrist-delivered laser treatments

This episode provides a fly on the wall account of a typical YAG laser procedure. Michelle speaks with specialist optometrists Steven Burge and Don Williams, who reflect on their experiences of the training they underwent to be able to perform key ophthalmic laser techniques before moving on to discuss how they have honed their techniques with experience.

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

### 1.8. Episode 35: AMD: Hope on the horizon

Michelle meets with optometrist Bradley Warwick and one of his patients with geographic atrophy, and they discuss the benefit to patients that regular monitoring can provide. We also hear from consultant ophthalmologist Clare Bailey about the exciting developments in the therapeutic treatment of dry AMD.

Issued in: January 2024 with one non-interactive CPD point.

### 1.9. Episode 36: SEN: The path to lifelong eye care

In episode 36, we hear from the assistant head teacher and sensory impairment lead of a SEN primary school about the impact of visual dysfunction on SEN children. Michelle then speaks to Professor Rachel Pilling, delving into the potentially daunting task of carrying out an eye examination on children with SEN and providing valuable hints, tips and resources to better equip optometrists and lay the foundations to lifelong eye care for SEN children.

Issued in: February 2024 with one non-interactive CPD point.

### 1.10. Episode 37: Immunology and Allergy: A not so obvious link

In this episode, Michelle Hanratty and Dr Peter Frampton discuss the ocular allergic responses commonly seen in optometric practice and explore their treatment using therapeutic agents. We also hear from a patient who suffered from interstitial keratitis, highlighting how the successful therapeutic management of this case is connected to the immunological response.

Issued in: March 2024 with one non-interactive CPD point.

#### **Recorded Lecture: Assessing children with special educational needs**

*"So interesting, really enjoyed this. Excellent lecture. I will employ various aspects - I especially liked hearing about the hylonight ointment to make eyelids slippy which can prevent rubbing."*

Optometrist in a hospital setting



## Appendix C: Docet projects – multimedia and webinars

### 1. Assessing children with special educational needs (Webinar)

This webinar and recorded lecture aims to build the confidence of community optometrists when examining children with special educational needs (SEN). Professor Rachel Pilling provides guidance on adapting your communication and testing approaches to better accommodate children with special needs. Common ocular issues seen in SEN children are addressed, as are the ways in which optometrists can assist both the children and their parents in optimising vision. Recognising when referral is required is also explored.

The webinar ran in January 2024 with one interactive point available and the recording is available with one non-interactive CPD point on the LMS.

## 2. 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 has previously published the following modules:

- Contact Lenses Module 1: Core Skills – Fitting and aftercare (2017)
- Contact Lenses Module 2: Fitting astigmatic patients (2018)
- Contact Lenses Module 3: Fitting children with contact lenses (2022)
- Contact Lenses Module 4: Presbyopic contact lens fitting (2023).

The focus of the next modules will be on soft contact lens aftercare. Part 1 of which is scheduled to cover lens materials and solutions and Part 2 common soft lens complications. This will be followed by the final module in the series on an introduction to complex contact lens fitting.

### 2.1. Module 4: Presbyopia

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

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

- 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
- Part 5: Case study 1 – Samir (fitting typical presbyope)
- Part 6: Case study 2 – Cathy (re-fitting typical presbyope)
- Part 7: Case study 3 – Damian (fitting presbyope with RGP toric multifocal CL)

This project was started in July 2020 and Part 1 to Part 4 completed at the beginning of 2023. Part 1 launched in March 2023. The patient case studies were completed in the summer of 2023 and the last case study was launched in November 2023. The course offers six non-interactive CPD points and one interactive point.

#### Contact Lenses: Presbyopia - Part 5: Case study one – Samir

*"With a CLO in practice, contact lens fitting appointments are few and far between for me and I feel like I have gotten rusty since my pre reg, especially with multifocal lens options. This has taught me to think about the patient's lifestyle and requirements more, rather than a one size fits all approach."*

Optometrist in a multiple setting



## 2.2. 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:

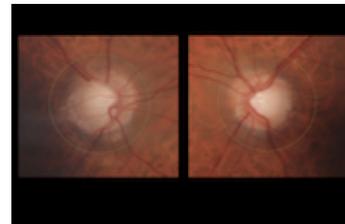
1. An overview of soft lens materials and to understand their properties, and be able to help identify which may be most appropriate for a patient and their lifestyle requirements
2. An overview of the range of solutions available, their main constituents and be able to choose the most appropriate for 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.

### Recorded Lecture: Glaucoma - Optic Disc Challenge

*"The whole lecture was so well organised, clear and informative. I don't think there was a wasted minute. Everything was useful. One of the best lectures I've watched from Docet."*

Independent optometrist



## 3. Glaucoma - The optic disc challenge (Webinar)

In this lecture, led by Mr Paddy Gunn, optometrists are given an opportunity to assess and reflect on their optic disc interpretation skills for a range of patient cases. The cases review the key elements to look out for when examining the optic disc, other information to consider and how to use technology, such as OCT, to effectively support the management of glaucoma suspects.

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

## 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 is 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

This project started in January 2022. It was delayed due to various factors, including the agency working on it going into administration. The storyboards were completed in December 2023 and all assets handed over to Docet. We have tendered for a new agency, who took over in June 2024. The project is now scheduled for completion in November 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 modules. The first two parts of Module 1 include an introduction to the immune system and cover the foundation of ocular immunology, allergy, and autoimmune disease for optometrists. Parts three to five look at the investigation and management of common ocular allergies. The second module covers systemic autoimmune disease with ocular effects.

# Immunology:

## Intuitive learning. Instant impact.

Unlock the world of immunology with our new five-part course designed and delivered by fellow optometrists and pharmacists. Through animated videos, clear infographics, and testimonials our intuitive programme helps to build understanding of ocular allergy and disease.

To take this course and discover more CPD visit  
[www.docet.info](http://www.docet.info)

funded by the UK's Health Departments,  
red optometrist in the UK.



## 5.1. Ocular Allergy – The immune system - Module 1

- **Part 1 - The Immune System: Foundation – non-interactive**

Unit 1 introduces the topic of immunology, including the innate and adaptive immune system and T and B cell responses.

- **Part 2 – The Immune System: Ocular allergy and autoimmune disease – non-interactive**

Unit 2 covers ocular immunology with an introduction to immune privilege, immunity at the ocular surface and immunity at the conjunctiva.

Unit 3 gives an introduction to allergy and looks at Type I and Type IV hypersensitivity, and causes of ocular allergy.

Unit 4 deals with autoimmune disease and offers an introduction to autoimmunity, looks at organ-specific vs systemic autoimmune disease and the mechanisms of autoimmunity

**Part 3 to 5** give an overview on various ocular allergies and cover their epidemiology, aetiology, signs and symptoms, differential diagnoses, non-pharmacological and pharmacological management and practice perspective. The multimedia courses are completed with compulsory additional reading.

- **Part 3 - Allergic Eye Disease (SAC and PAC) – non-interactive**

Unit 5 looks at seasonal allergic conjunctivitis (SAC) and perennial allergic conjunctivitis (PAC).

- **Part 4 - Allergic Eye Disease (AAC, AKC and VKC) – non-interactive**

Part 4 covers in Unit 6: Acute allergic conjunctivitis (AAC), in Unit 7: Atopic keratoconjunctivitis (AKC) and in Unit 8: Vernal keratoconjunctivitis (VKC).

- **Part 5 - Allergic Eye Disease (CLAPC and CM) – interactive**

Part 5 deals with Contact lens associated papillary conjunctivitis (CLAPC) in Unit 9 and conjunctivitis medicamentosa (CM) in Unit 10.

This project was started in November 2020, the first part was published in March 2024 and the last was scheduled for publication end of June 2024.

### **Immunology and the eye: Part 2 – Ocular allergy and autoimmune disease**

*“Excellent presentation of immunology, type 1 and 4 hypersensitivity and also outlining briefly autoimmune conditions and 4 most common mechanisms of autoimmunity: Release of sequestered antigen, Molecular mimicry, Inappropriate antigen-presentation protein expression and Polyclonal B cell activation by pathogens.”*

Locum optometrist



## 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 autoimmune 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 started in October 2023. We are currently going through the scripting process and the project is scheduled for completion in spring 2025.

## 6. Leadership is hierarchical: Learning from OCCS complaints (Webinar)

In this webinar and recorded lecture Richard Edwards, clinical consultant to the Optical Consumer Complaints Service (OCCS), reminds delegates of the leadership role they need to take in practice to be accountable for safe clinical care, and their responsibility in effectively managing complaints.

All optometrists have clear accountabilities relating to preventing and managing patient concerns. This presentation uses three real patient cases to provide optometrists with a greater understanding of the evolving regulatory landscape and advice on how to manage the situations in practice.

At the end of the presentation, Richard Edwards answers some of the questions raised during his talk.

The webinar was started in 2023-24 and delivered and paid in 2024-25.

## 7. 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.

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.

The programme will include the following key areas:

- Purpose of record keeping
- What to record (including all types of examinations – face to face and remote, telephone triage/consultation, dispensing, delegated tasks/conversations, fees, consent etc)
- How to ensure records demonstrate a clear clinical picture, from presenting symptoms, appropriate clinical investigations, a logical management plan and clear advice, including the impact if too much is written
- Electronic record keeping, including automated completion and copying functions
- Imaging, including recording of reviews if delegated and sharing of images eg WhatsApp groups and social media
- Appropriate abbreviations
- Ownership of records
- Data protection in accordance to UK GDPR (including sharing of information with patient/family members/other healthcare providers/other team members/other optometric practices/GOC or police requests)
- Record audits and quality assurance
- Practical tips on how to ensure good record keeping in a busy practice (written and electronic records).

This project started in January 2024.

## 8. The Young Eye series

Docet identified the young eye and children's vision as a priority training area for optometrists. A 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 [in production]
- Paediatric prescribing challenges [commissioned]
- Paediatric disease and disorders: Medical.

### 8.1. Module 4 – Children's Refractive and BV Management

Module 4 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 across the four case studies will 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 although we experienced a delay in response from the expert team, we are now back on track and the project is scheduled for completion in spring 2025.

## 8.2. Module 5 – Paediatric prescribing challenges

The next module in the Young Eye Series will focus on how to provide the best visual correction for child patients.

Areas to be included are:

- Interpretation of prescription
  - Full vs partial prescription
  - Consideration of anisometropic prescriptions
  - Fogging of amblyopic eye.
- Lens choice
  - Safety considerations
  - UV protection
  - Coatings
  - Spectacle lenses for myopia control
  - Minimising aniseikonia.
- Frame choice
  - Consideration of paediatric facial anthropometry.

This project started in December 2023.

### Immunology: Part 5 – Allergic eye disease (CLAPC and CM)

*“Very strangely I saw a lady in practice today with suspect conjunctivitis medicamentosa and this CPD has reassured me to know I am managing this appropriately. The suggested management of this along with CLAPC is really useful in order for me to refresh my knowledge and will help me manage these issues in day to day.”*

Optometrist in a multiple settings

