

SHORT TERM VOCATIONAL CERTIFICATE COURSE

COURSE NAME:
Optometrist Assistant
(6 months Duration)

Prepared by:
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NAME OF THE COURSE: OPTOMETRIST ASSISTANT

SECTOR : PARAMEDICAL

COURSE CODE : OAHM

ENTRY QUALIFICATION :10th pass

PRE-REQUISITES: Basic Knowledge of optometric profession can be helpful.

Optometric assistants need strong organizational skills, attention to detail, multitasking abilities and good interpersonal skills. Optometric assistants need strong organizational skills, attention to detail, multitasking abilities, and good interpersonal skills.

Terminal Competence: After completing an optometric assistant course, graduates can work in various roles within optometry clinics, eye care centers, and related healthcare settings. Here are some potential job opportunities:

1. **Optometric Assistant:** As an optometric assistant, you'll work closely with Optometrists to provide administrative and clinical support. Your tasks may include scheduling appointments, maintaining patient records, performing preliminary eye tests, and assisting with frame selection for glasses or contact lenses.
2. **Optical Technician:** Optical technicians help patients with eyeglass fittings, adjustments, and repairs. They also handle inventory management for frames and lenses.
3. **Receptionist or Front Desk Staff:** Some optometric assistants may take on receptionist duties, greeting patients, answering phone calls, and managing appointments.
4. **Contact Lens Technician:** If you have specialized knowledge in contact lenses, you may assist patients with fitting, insertion, and care of contact lenses.
5. **Vision Therapy Assistant:** Vision therapy assistants work with patients undergoing vision therapy exercises. They help set up equipment, guide patients through exercises, and track progress.

Duration:

6 months: (40 Hours: English + Course content: 200 Hours)

Introduction of the course: Optometry delves into the science of **eye care, correction, and management**. Here are some key points:

1. **Course Overview:** Optometry courses cover ocular anatomy, eye care treatments, and vision science. You'll learn about managing and treating various eye health issues, diseases, and conditions.
2. **Role of Optometrists:** Optometrists play a crucial role in providing eye care through modern treatment techniques. They diagnose, prescribe corrective measures (like glasses or contact lenses), and monitor eye health¹.
3. **Certification:** If you're interested in pursuing optometry further, consider enrolling in a formal program or exploring free online courses like the one offered by Alison¹. This course can give you insights into the science behind vision care.

Objectives:

The objectives of an optometrist course typically include:

1. **Understanding Ocular Anatomy:** Learn about the structure and function of the eye, including its various components such as the cornea, lens, retina, and optic nerve.
2. **Diagnosing Eye Conditions:** Develop skills to diagnose common eye conditions, refractive errors, and diseases like glaucoma, cataracts, and macular degeneration.
3. **Prescribing Corrective Measures:** Gain knowledge on prescribing eyeglasses, contact lenses, and low vision aids to improve visual acuity.
4. **Managing Eye Health:** Learn how to manage eye health through preventive measures, lifestyle recommendations, and early detection of eye diseases.
5. **Clinical Skills:** Acquire practical skills in performing eye exams, measuring visual acuity, assessing eye health, and using diagnostic tools.

6. **Patient Communication:** Develop effective communication skills to educate patients about eye care, treatment options, and preventive measures.

Skills:

1. **Clinical Assessment:** Optometrists need strong clinical skills to perform eye exams, assess visual acuity, and diagnose eye conditions.
2. **Communication:** Effective communication with patients is crucial. Optometrists explain diagnoses, treatment options, and preventive measures clearly.
3. **Prescription Writing:** Optometrists prescribe corrective lenses (glasses, contact lenses) based on their assessments.
4. **Ocular Health Knowledge:** Understanding eye diseases, conditions, and treatments is essential.
5. **Technical Competence:** Proficiency in using diagnostic tools and equipment for eye examinations.

Remember that continuous learning and staying updated on advancements in optometry are also vital.

ON THE JOB TRAINING AND PRACTICAL:

On-the-Job Training (OJT) and practical experience are crucial for optometric assistants. Here's what you can expect:

1. **Clinical Exposure:** During OJT, you'll work alongside experienced optometrists. You'll observe eye exams, learn about diagnostic tools, and assist with patient care.
2. **Hands-On Tasks:** You'll practice skills like measuring visual acuity, performing preliminary eye tests, and helping patients choose frames or contact lenses.
3. **Record Keeping:** OJT includes maintaining patient records, scheduling appointments, and managing administrative tasks in a real-world setting.

Remember that practical experience enhances your confidence and prepares you for the demands of the job.

SCHEME OF INSTRUCTION/MODULE:

1. Communicative English: 40 hours (per module)

2. Course : 200 hours (06 months)

Duration of Course	Theory		On the Job Training		Total	
	Hours	weightage	Hours	weightage	Hours	weightage
1 Module (06 months)	60	30%	140	70%	200	100%

COURSE SYLLABUS

Unit-1 (10Hrs)

- Anatomy
- The Eyeball
- Extra Ocular Muscles
- Lacrimal Apparatus
- Anatomy of Crystalline Lens
- Anatomy of Cornea
- Anatomy of Conjunctiva
- Anatomy of Retina

Unit- 2 (10Hrs)

- Geometrical Optics
- Lenses
- Concave sphere
- Concave Cylinder

- Convex Sphere
- Convex Cylinder
- Snellen's Chart
- Visual Acuity

Unit 3 (10Hrs)

- Diseases
- Diseases of Conjunctiva
- Diseases of Pterygium
- Corneal Diseases & Inflammations of Cornea
- Cataract, Aphakia, Pseudophakia
- Diabetic Retinopathy

Unit 4 (10Hrs)

- Geometrical Optics
- Refractive Errors
- Myopia
- Hypermetropia
- Astigmatism
- Presbyopia
- Aniseikonia
- Emmetropia
- Ametropia
- Amblyopia

Unit 5 (10Hrs)

- Retinoscopy
- Auto Refractometer
- Laws of Refraction
- Laws of reflections
- Lensometer
- Trail case
- Snellen's Chart

Unit 6 (10 hrs)

- Instruments
- NPCB, CAMP SETUP
- Night Blindness
- Diagnostics
- A Scan, B. Scan, Fundus, OCT, FFA,
- Schirmer test, Syringing test,

ON THE JOB TRAINING

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LIST OF EQUIPMENT

Some essential **equipment** for optometric assistant training:

1. **Slit Lamp Biomicroscope:** This instrument allows detailed examination of the anterior segment of the eye, including the cornea, iris, and lens.
2. **Auto Refractor/Keratometer:** Used to measure refractive errors and corneal curvature.
3. **Tonometer:** Measures intraocular pressure (important for glaucoma assessment).
4. **Lensometer:** Used to verify the prescription of eyeglasses.
5. **Visual Acuity Charts:** Essential for measuring visual acuity.
6. **Trial Lens Set:** Used during refraction tests.
7. **Phoropter:** Helps determine the best prescription for corrective lenses.
8. **Ophthalmoscope:** Used to examine the retina and optic nerve.
9. **Retinoscope:** Assists in assessing refractive errors.
10. **Computerized Patient Record System:** For managing patient data.

Qualifications of Teaching Faculty:

The qualifications needed to become a teacher can vary depending on the country and Level of Education. Here are some General Guidelines:

1. **Bachelor's Degree:** Most teachers need at least a Bachelor's degree. You can major in your chosen subject (such as Science,) or then pursue a two-year primary school diploma with a minimum grade point average of 50%.
2. 3+ Years of Experience in Clinical Optician Setup

Reference books/ Internet links:

A Hand Book for Vision Technicians and Primary Care Providers

Division of Marks:

Theory: 100 Max. Marks

1. Communicative English : 20 marks
2. Short Questions : 6 x5m = 30 marks
3. Long Questions : 4x10 = 40 marks
4. Multiple Choice Questions : 10x1=10 marks

Practical: 100 Max. Marks

1. External : 40 marks
2. Record/ Mini Project & Viva: 10 marks
3. Internship / OJT : 50 marks

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REGD. NO:

TIME

TIME : 3 HRS

MAX MARKS: 100

**OPTOMETRIST ASSISTANT
MODEL QUESTION PAPER (THEORY)**

SECTION- A

COMMUNICATIVE ENGLISH

20 MARKS

SECTION- B

Note: a) Answer all questions.

b) Each question carries **5 Marks**.

6X5M=30 MARKS

1. Draw the diagram of anatomy of Eye ball?
2. Explain about visual pathway.
3. Write about layers of retina with diagram.
4. Write about extra ocular muscles.
5. Write a note on the diseases of lacrimal apparatus.
6. Write about Trial set & trial frame.

SECTION- C

Note: a) Answer any **Four** questions.

b) Each question carries **10 Marks**.

4X10M=40 MARKS

1. Write about Retinoscopy. Draw the diagram.
2. Write about Snell's chart & visual acuity.
3. Explain about the types of Concave & Convex lenses.

4. Write about the cataract stages and procedure and precautions.
5. Write about refractive errors:
 - Hypermetropia
 - Myopia
 - Astigmatism
 - Presbyopia

SECTION-D

10X1=10 Marks

1) What is the Total Dioptric power of Eye?

- | | |
|-----------|--------------|
| (a) +60 D | (b) +35 D |
| (c) +15 D | (d) + 11.5 D |

2) Perceptions of Light Behind the Retina is called

- | | |
|-----------------|-------------------|
| (a) Myopia | (b) Hypermetropia |
| (c) Astigmatism | (d) Presbyopia |

3) Which diagnosis is required for cataract surgery ?

- | | |
|-------------|------------|
| (a) OCT | (b) Fundus |
| (c) A-SCAN. | (d) B-SCAN |

4) Absence of Lens in the eye ball is called -----.

- | | |
|----------------|------------------|
| (a) Aphakia | (b) Pseudophakia |
| (c) Emmetropia | (d) Ametropia |

5) Which type of lenses are prescribed in presbyopia case?

- | | |
|--------------|----------------|
| (a) unifocal | (b) bi-focal |
| (c) A. R. C | (d) Blue Block |

6) Which sign do we use for myopia?

- | | |
|---------------|-----------------------|
| (a) minus (-) | (b) plus (+) |
| (c) Axis (/) | (d) None of the above |

7) How many weeks after the cataract surgery are glasses prescribed?

- | | |
|--------------|---------------|
| (a) 2-4weeks | (b) 4-6weeks |
| (c) 6-8weeks | (d) 8-10weeks |

8) The Visual Acuity assessment begins from ----- distance.

- | | |
|--------------|--------------|
| (a) 2 meters | (b) 4 meters |
| (c) 6 meters | (d) 8 meters |

9) What is the most common cause of preventable blindness in children?

- | | |
|----------------------------|----------------------|
| (a) Vitamin “A” deficiency | (b) Refractive error |
| (c) Trauma | (d) Cataract |

10) The most common type of refractive error is -----.

- | | |
|-----------------|-------------------|
| (a) Myopia | (b) Hypermetropia |
| (c) Astigmatism | (d) Presbyopia |

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MODEL QUESTION PAPER (PRACTICAL)**

Note: a) Answer ALL questions.

b) Each question carries **10 Marks.** **4X10=40MARKS**

1. Write about the autorefractive meter. Draw the diagram and explain how to use it.
2. Write about NPCB.
3. Write about conjunctivitis.
4. Explain about types of lenses and frames.

Record/Mini Project & Viva

10 Marks

Internship/OJT

50 Marks