



SUPPORT FOR PRIMARY  
EYE CARE DEVELOPMENT



# LOCSU/ WOPEC Courses to support local service development



Wales Optometry Postgraduate Education Centre  
Canolfan Addysg Optometrig Ôl-raddedig Cymru

**Excellence in Education for Eye Care Professionals**

**LOCSU/ WOPEC training courses are designed to support the delivery of enhanced eye care services in local areas, across England and Wales.**

**All courses are peer reviewed and enable you to obtain a certificate in PDF format. Courses available include Primary Eyecare Acute Referral Scheme (PEARS), Pre/Post-Cataract Care, Glaucoma, Low Vision and Learning Disabilities.**

**LOCSU also supports the Leadership Skills for Optical Professionals postgraduate course at Cardiff University.**

### **The Local Optical Committee Support Unit (LOSCU)**



LOCSU has developed a number of pathways to assist LOCs commission local enhanced eye care services in their area. It has commissioned WOPEC to develop training and accreditation to support this development.

### **Wales Optometry Postgraduate Education Centre (WOPEC)**



WOPEC is accommodated within the School of Optometry and Vision Sciences at Cardiff University. It provides a dedicated facility for eye care education and offers a wide range of postgraduate taught courses for eye care professional in the UK and internationally.

## **PEARS**

There are two parts to the training and accreditation for PEARS. Part 1 must be completed before Part 2 can be started. This is based on the course used to train optometrists who provide PEARS in Wales. All content has been peer reviewed. Foreign body removal training can be offered as an extra.

### **PEARS Part 1: Distance Learning Lectures**

Practitioners need to complete a course of theoretical training:

- Lectures provided on CD ROM
- MCQ answers are uploaded onto a website
- 7 CET points in total
- An individualised certificate (in PDF format)

#### ***Lectures include:***

- The cornea and corneal foreign bodies
- Sudden loss of vision
- Red eye
- Flashes and floaters
- Dry eye
- AMD overview, signs and optometric investigation
- AMD current treatments and optometric management

### **PEARS Part 2: Practical Station Assessments**

WOPEC can work with areas to organise a practical assessment that consists of five, 5 minute stations designed to assess referral, communication, clinical decision making and Volk BIO.

## **PRE AND POST CATARACT**

The LOCSU Pre and Post-operative cataract course uses a distance learning approach incorporating lectures and a video. To become accredited for the cataract pathway, optometrists have to complete online multiple choice tests and a Visual Recognition (VRICS) test. All content has been peer reviewed.

### ***Summary***

- Lectures and a video on CD ROM
- An explanation of the pathway in printable PDF format
- A Visual Recognition (VRICS) test
- 5 CET points
- Web-page to upload MCQ answers
- An individualised certificate (in PDF format)

The video follows a cataract patient journey in Cheltenham General Hospital: the pre-operative assessment; discussions with the anaesthetist and the ophthalmologist and immediate post-operative care.

### ***Lectures include:***

- Types of cataract and grading
- Pre-operative assessment and referral
- Post-operative optometric assessment
- LOCSU cataract pathway

## **LOW VISION**

This course provides theoretical training in low vision practice. It is based on the theoretical part of the course that has been completed by over 150 practitioners in Wales. It is delivered using distance learning lectures and practitioners upload answers to MCQs online. It is open to optometrists and dispensing opticians. All content has been peer reviewed.

WOPEC can work with local areas to deliver practical training.

### ***Summary***

- Lectures on CD ROM
- An explanation of the LOCSU pathway
- 11 CET points
- Web-page to upload MCQ answers
- An individualised certificate (in PDF format)

### ***Lectures include:***

- An overview of low vision
- How pathology affects function in low vision
- Assessment of needs
- Assessment of visual function
- Refracting a low vision patient
- Prescribing magnification and magnifiers
- Low vision devices (optical)
- Prescribing solutions – other devices
- Low vision solutions – non optical
- Inter-professional working
- The LOCSU low vision pathway

## **GLAUCOMA**

The course provides the optometrist with training on Glaucoma which is in line with NICE guidelines on the diagnosis and management of chronic open angle glaucoma (COAG) and ocular hypertension (OHT). It has been peer reviewed by the NICE guideline development group.

LOCs can decide whether they use the practical assessment.

### **Glaucoma Part 1: Distance learning**

- Lectures and a video on CD ROM
- 4 CET points
- Web-page to upload MCQ answers
- An individualised certificate (in PDF format)

#### ***Lectures include:***

- Glaucoma and optic disc assessment
- Visual fields and glaucoma
- IOP and tonometry
- NICE guidelines
- LOCSU pathway

The video shows techniques used to examine patients suspected of having ocular hypertension and/ or glaucoma

### **Glaucoma Part 2: Practical Station Assessments**

WOPEC can work with areas to organise a practical assessment that consists of four, 5 minute stations designed to assess: Checking the calibration of a Goldmann applanation tonometer; Van Herick's technique; Goldmann applanation tonometry and the use of Volk BIO.

## **LEADERSHIP SKILLS FOR OPTICAL PROFESSIONALS**

This course provides optical professionals with the opportunity to become an effective leader at both local and regional levels within the optical sector through the support and development of LOCs, building effective strategic networks, influencing policy makers and enhancing eye health services for patients. It also provides an understanding of current theoretical approaches and leadership models.

**Enrolling on this course will benefit those involved in commissioning enhanced service pathways, negotiating shared care schemes and anyone with a leadership or mentoring role in eye care practice.**

It is open to registered optical professionals including dispensing opticians, ophthalmic medical practitioners and optical managers.

It forms part of the MSc in Clinical Optometry at Cardiff University. For details of how to apply, please contact [pgoptom@cf.ac.uk](mailto:pgoptom@cf.ac.uk).



## **Eye Care for People with Learning Disabilities**

People with learning disabilities are much more likely to have eye and vision problems than members of the general population, but find accessing eye care more difficult because of limited communication and understanding. This training package, compiled by people with many years of experience in the field provides an insight into the barriers to good eye care and how the staff can overcome them.

The LOCSU training package is unique in interlinking with online materials for and about people with learning disabilities, which allows optometrists, dispensing opticians and optical assistants to see the eye examination from the patients of view, the first step in appreciating how to make it more patient-friendly, and goes on to give ideas on improving communication, modifying the practice environment and on the most appropriate testing techniques to use.

### **Learning Disabilities: Distance Learning Lectures**

Practitioners need to complete a course of theoretical training:

- Lectures provided on CD-ROM
- MCQ answers are uploaded onto WOPEC website
- 5 CET points
- An individualised certificate (in PDF format)

### **Lecture topics include:**

#### **For Optometrists**

- 'Bridge to Vision' CD-ROM (10 short lectures -2 hours in total) which will be enclosed in the envelope and referred to in the covering instructions and on the material we produce.
- 'Prevalence' lecture
- 'Community Eye Care Pathway'
- Visual Recognition and Interpretation of Clinical Signs
- 48 MCQs to be taken online.

### **For Dispensing Opticians**

- 'Bridge to Vision' CD-ROM (10 short lectures -2 hours in total) which will be enclosed in the envelope and referred to in the covering instructions
- Introduction lecture
- 'Community Eye Care Pathway' lecture
- 'Dispensing lecture'
- 36 MCQs

### **For Optical Assistants**

- The 'Bridge to Vision' CD-ROM (10 short lectures -2 hours in total) which will be enclosed in the envelope and referred to in the covering instructions
- Introduction lecture
- 'Community Eye Care Pathway'
- 12 MCQs
- Outline of Training Material

### **Who is eligible to do these courses?**

LOCSU has funded the development of these packages for optometrists in England and Wales whose LOC or ROC contributes to the LOCSU levy.

### **How much do the LOCSU/ WOPEC courses cost?**

The distance learning element of the courses is available free of charge. If there is a practical element or an accreditation the LOC or ROC will need to find funding for this.

### **I am an LOC or ROC officer, how do I organise this training in my area?**

Contact Jacque Hudson [JacqueHudson@locsu.co.uk](mailto:JacqueHudson@locsu.co.uk) to request the access codes. This will enable your members to access their courses on the WOPEC website.

### **I am a practitioner wishing to do a course, who should I contact?**

Practitioners wishing to do a course should contact their LOC/ ROC for the relevant access code. These codes can be entered into the 'PROMO CODE' section of the top right hand corner of the WOPEC website ([www.wopec.co.uk](http://www.wopec.co.uk)). CDs will then be sent to them. A separate code is needed for each course.

If you are unsure about the LOCSU levy or how to contact your LOC or ROC, please contact Jacque Hudson stating the area you work in [JacqueHudson@locsu.co.uk](mailto:JacqueHudson@locsu.co.uk) .

### **How do I find out more about the content of the courses?**

Please contact WOPEC

Telephone 02920 870 794

Email [info@wopec.co.uk](mailto:info@wopec.co.uk)

Website [www.wopec.co.uk](http://www.wopec.co.uk)