



The ROYAL COLLEGE of
OPHTHALMOLOGISTS

Salisbury 
NHS Foundation Trust

OPT – How to get started from a learner's perspective

Annabelle Searle
Senior Orthoptist
Salisbury NHS Foundation Trust
OPT Learner Regional Rep -
Wessex

annabelle.searle@nhs.net



OPT Certificate



Before you start

- Familiarise yourself with your portfolio
- Take time to go through the worksheets, forms and WBA's
- Allocated time in your rota – clinic time and study
- Allocated space – your own slit-lamp in the clinic
- Don't feel intimidated
- Achievable goals
- Be willing to give up your own time

Portfolio

- Print off forms and insert dividers
- Previous evidence from current CPD – insert it!
 - Audit
 - Research
 - Study days
- Fill in prior competencies in index
- Prior training – Get routine WBA's completed
- Separate popper wallet for WBA's, CbD, evidence
- Become familiar terminology
 - DOPS
 - CRS
 - MSF
 - PDP
- Portfolio – represent you!



Clinical experience

- Ask questions
- Take notes
- See patients
- Attend regular teaching
- Offer to do teaching/case presentation
- Independent study – e-LfH, reflective feedback
- Make other Cons aware – interesting cases
- Spare time – sit and observe
 - OCT, FFA's, Biometry, Eye Cas, Cons clinic



Tackling Work based assessments

- Start with the core WBA's
- Confident with – complete first
- One at a time/step by step
- Two WBA's per topic by two CS
- Logical approach to skills
- Be clear on requirements of WBA before asking for it to be signed off
- Practise!
- Repeat
- Set a goal not a tick box exercise





Any questions?

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