

Stage 2 training plan

Your go-to guide to help you through the second stage of your pre-registration year. Once you've passed the first stage it's time to start preparing for the Stage 2 assessment. As part of Stage 2, you'll be assessed on a routine eye examination, a soft contact lens fitting, patient aftercare and competencies. Here's some advice to help you pass your Stage 2:

Check your equipment

Make sure you have everything that you need and you're fully prepared for the assessment. Prior to the assessment, check that all your equipment is in working order and that all bottles of solution and saline are in date.

Logbook

- 1) Ensure that all routine and dispensing totals are up to date.
- 2) Make a copy of the stage 2 patient episode sheet to give to the assessor.

Read through your records

Read through all your Stage 2 assessment records - make sure that there is evidence of consent on every single record including contact lenses and dispensing (dispensing records should be accompanied by a written explanation for what was chosen). Ask your supervisor to look through your records as well, allowing them enough time in advance to do this.

Revise and brush up on your skills

Brush up on your retinoscopy skills and refresh your memory of visual field defects and pupil defects. Practice on family or friends to brush up on your routine and aim to see a wide range of people.

Do practice tests

Time your tests to ensure you're finishing within the time allowed for your assessment. Start recording test results; do at least one test a day if possible to familiarise yourself with the format and to get used to hand-writing records if you've previously used a computer system for this.

Common errors made during stage 2

Routine

- 1) Ret out of tolerance
- 2) missing corneal/lens/vitreous opacities
- 3) Failure to measure inter/near WD before putting in adds
- 4) Not making -0.25DS allowance on prescriptions for 3m working distance.

Contact lenses

1. Unsafe removal technique post fitting, resulting in corneal abrasion
2. Failure to check lens condition in a/c and missing chips/splits/deposits on lenses
3. Final lens prescription poorly written out
4. Forgetting to turn up illumination when using blue filter and using only x6 or x10 mag to check for staining (should be at least x16)