

## Final Validated Competencies

### Domain 1. Professional Practice

*Has the ability to:*

<b>1.1 Professionalism and Ethics</b>	1.1.1 Integrate ethics into professional practice as a basis for all decisions and actions.
	1.1.2 Practise within applicable regulatory standards of practice and in accordance with the applicable regulatory code of ethics.
	1.1.3 Recognize that the optician is bound firstly by their obligation to the patient and not by self-interest or the interest of the employer.
	1.1.4 Serve as a patient advocate with other members of the eye-care team.
	1.1.5 Manage professional boundaries when dealing with patients, co-workers, and other professionals.
	1.1.6 Recognize ethically challenging situations that could put the patient at risk.
	1.1.7 Manage ethically challenging situations methodically and transparently to protect the patient.
	1.1.8 Communicate with patients and others clearly, truthfully, and transparently.
	1.1.9 Maintain a professional relationship with other members of the healthcare team to facilitate management of the patient's overall eye-health needs.
	1.1.10 Maintain a referral network to facilitate meeting all of the patient's eye-health needs.
	1.1.11 Engage in business practices that are truthful and professional.

*Has the ability to:*

<b>1.2 Informed Consent</b>	1.2.1 Adhere to regulatory, legislative, and standards requirements relating to informed consent.
	1.2.2 Exercise the process of obtaining informed consent.
	1.2.3 Ensure the patient's informed consent throughout patient engagement.
	1.2.4 Explain information in plain language to ensure patients understand their options.
<b>1.3 Privacy, Confidentiality, and Record Keeping</b>	1.3.1 Apply privacy legislation related to patient care.
	1.3.2 Maintain confidentiality of all patient information.
	1.3.3 Document patient care in a clear and understandable format.
	1.3.4 Maintain records consistent with federal and provincial legislation and standards of practice.
	1.3.5 Release records in accordance with federal and provincial legislation and standards of practice.
<b>1.4 Patient and Workplace Safety</b>	1.4.1 Contribute to a workplace that is free from all forms of harassment.
	1.4.2 Adhere to policies, standards, and procedures as they relate to patient and workplace safety.
	1.4.3 Manage abusive and aggressive behaviour to provide a safe work environment.
	1.4.4 Follow provincial government procedures in response to contagious outbreaks.
<b>1.5 Jurisprudence and Regulatory Policies</b>	1.5.1 Adhere to all provincial regulatory policies.
	1.5.2 Adhere to all applicable provincial and federal legislation.
	1.5.3 Maintain awareness of changes in regulations and legislation.
	1.5.4 Communicate title and credentials accurately.
	1.5.5 Report misconduct to the appropriate body.

*Has the ability to:*

<b>1.6 Scope of Practice</b>	1.6.1 Recognize personal and professional limits in relation to patient and regulatory expectations.
	1.6.2 Practise within the scope of practice and professional competence.
	1.6.3 Seek assistance or refer to other professionals when required to provide the best care for the patient.
	1.6.4 Educate the employer, colleagues, and the public on the role of the optician.
<b>1.7 Maintaining Competence</b>	1.7.1 Adapt practice in response to new products and technologies so that suitable options are available to patients.
	1.7.2 Incorporate lessons learned from everyday practice experiences into future practice.
	1.7.3 Engage in continuous learning to maintain and enhance ability to serve patients.

## Domain 2. Refraction

*Has the ability to:*

<b>2.1 Anatomy and Pathology</b>	2.1.1 Demonstrate an understanding of the visual pathway.
	2.1.2 Demonstrate an understanding of the ocular system.
	2.1.3 Demonstrate an understanding of the anatomy of the eye.
	2.1.4 Demonstrate an understanding of the impact of systemic diseases and medications.
	2.1.5 Demonstrate an understanding of the impact of ocular pathologies and conditions.
	2.1.6 Demonstrate an understanding of external factors affecting the eye.
	2.1.7 Demonstrate an understanding of visual fields.
	2.1.8 Demonstrate an understanding of binocular function and ocular motility.

*Has the ability to:*

<b>2.2 Optics</b>	2.2.1 Demonstrate an understanding of monocular and binocular vision.
	2.2.2 Demonstrate an understanding of physical optics.
	2.2.3 Apply current ophthalmic theories and mathematical calculations to produce refractive specifications.
<b>2.3 Equipment and Tools</b>	2.3.1 Verify the calibration of operating equipment.
	2.3.2 Choose the equipment required to perform a refraction.
	2.3.3 Recognize and name the equipment used in practice.
	2.3.4 Maintain equipment in safe operating condition.
	2.3.5 Operate the equipment necessary to perform a refraction.
	2.3.6 Analyze the results found using refraction equipment.
<b>2.4 Infection Control</b>	2.4.1 Follow infection control and prevention measures to maintain a hygienic environment.
	2.4.2 Recognize infection hazards so that preventive measures can be implemented.
	2.4.3 Address contagious outbreaks to avoid spreading illness to others.
	2.4.4 Demonstrate proper disinfection techniques for refraction equipment prior to each patient's use.

*Has the ability to:*

<b>2.5 Needs Assessment</b>	2.5.1 Compile a patient history to determine whether to proceed with the refraction.
	2.5.2 Document patient information clearly and concisely.
	2.5.3 Use objective techniques to identify and quantify ametropia.
	2.5.4 Use subjective techniques to identify and quantify ametropia.
	2.5.5 Assess accommodation to quantify near correction.
	2.5.6 Identify previously-diagnosed visual deficiencies to set realistic patient expectations.
	2.5.7 Conduct pupil testing to identify the need for referral.
	2.5.8 Perform confrontation field testing to identify the need for referral.
	2.5.9 Recognize significant signs and symptoms in relation to the patient's eyes to identify the need for referral.
	2.5.10 Produce a refractive specification sufficient to fulfill an eyeglass or contact lens order.
<b>2.6 Patient Communication</b>	2.6.1 Establish mutual understanding with the patient to build rapport and set expectations.
	2.6.2 Set expectations to facilitate patient adaptation to their visual abilities and eyewear.
	2.6.3 Demonstrate an understanding of surgical alternatives to eyewear to respond to patient enquiries.
	2.6.4 Discuss with the patient systemic diseases and ocular conditions and their effect on vision to assist in setting patient expectations.
	2.6.5 Verify that communications to the patient have been fully understood.
<b>2.7 Continuing Care</b>	2.7.1 Develop a plan of care stemming from refraction if required to promote and maintain ocular health.
	2.7.2 Troubleshoot adaptation problems to maximize patient comfort and visual acuity.
	2.7.3 Develop an effective referral network to support the patient and maintain ocular health.

### Domain 3. Eyeglasses and Low Vision

*Has the ability to:*

<b>3.1 Anatomy and Pathology</b>	3.1.1 Demonstrate an understanding of the visual pathway.
	3.1.2 Demonstrate an understanding of the ocular system.
	3.1.3 Demonstrate an understanding of the anatomy of the eye.
	3.1.4 Demonstrate an understanding of the impact of systemic diseases and ocular pathologies on eye health and vision.
	3.1.5 Recognize the effects of categories of medications that have a potential effect on vision and ocular health.
	3.1.6 Demonstrate an understanding of external factors affecting the eye.
	3.1.7 Demonstrate an understanding of when it is necessary to refer.
<b>3.2 Optics</b>	3.2.1 Demonstrate an understanding of physical optics.
	3.2.2 Demonstrate an understanding of physical lens properties and their effects on optics.
	3.2.3 Apply knowledge of monocular and binocular vision to the dispensing of appropriate lenses.
	3.2.4 Demonstrate an understanding of lens treatments and their effect on optics.
	3.2.5 Apply appropriate mathematical calculations for lens layout and edging.
<b>3.3 Equipment and Tools</b>	3.3.1 Verify the calibration of operating equipment.
	3.3.2 Choose the equipment required for fitting eyeglasses to the patient.
	3.3.3 Identify and name the equipment used in practice.
	3.3.4 Operate manual and automated equipment necessary for practice.
	3.3.5 Maintain equipment in safe operating condition.
	3.3.6 Interpret the results found using optical equipment and tools.

*Has the ability to:*

<b>3.4 Infection Control</b>	3.4.1 Recognize infection hazards so that preventive measures can be implemented.
	3.4.2 Demonstrate proper disinfection techniques for equipment and dispensing area.
	3.4.3 Follow infection control and prevention measures to maintain a hygienic environment.
	3.4.4 Address contagious illness within the work environment to avoid spreading illness to others.
<b>3.5 Needs Assessment</b>	3.5.1 Collect information from the patient regarding their visual needs and what they expect from their vision correction.
	3.5.2 Document objective and subjective information from the patient to reference when recommending eyewear.
	3.5.3 Determine external influences on patient vision to provide better recommendations.
	3.5.4 Understand patient expectations related to their visual needs and visual acuity to ensure they are met or the expectations are modified.
	3.5.5 Take accurate measurements with the appropriate tools to facilitate final frame and lens selection.
	3.5.6 Collect information on the patient's wearing environment to adjust recommendations to best fit the patient's needs.
	3.5.7 Obtain relevant optical and health history to allow the optician to make better recommendations.
<b>3.6 Prescription Interpretation and Lens Duplication</b>	3.6.1 Demonstrate an understanding of the components of a prescription.
	3.6.2 Demonstrate an understanding of the relationship between prescription requirements and lens selection for the best possible visual acuity.
	3.6.3 Obtain lens specifications to duplicate eyeglasses.

*Has the ability to:*

<b>3.7 Lens and Frame Selection</b>	3.7.1 Use assessment data to support lens and frame recommendations.
	3.7.2 Apply current relevant ophthalmic theories using mathematical calculations to select appropriate frames and lenses.
	3.7.3 Demonstrate an understanding of the relationship between prescription requirements and lens and frame characteristics to ensure aesthetic and functional eyewear.
	3.7.4 Recommend appropriate frame choices based on the patient's requirements and preferences.
	3.7.5 Recommend appropriate lenses based on the patient's requirements and preferences.
	3.7.6 Balance recommended frame and lens options to meet the patient's requirements and preferences.
	3.7.7 Recommend lens treatments based on patient needs to enhance aesthetic and visual outcome.
<b>3.8 Ordering</b>	3.8.1 Confirm the accuracy and completeness of the order before sending.
	3.8.2 Provide required information to suppliers to complete the eyeglasses.
<b>3.9 Inspection and Industry Standards</b>	3.9.1 Verify the accuracy of the received order against the patient record.
	3.9.2 Ensure eyeglasses meet standard tolerances.
	3.9.3 Ensure eyeglasses are in standard bench alignment to ready them for placement on the patient.
	3.9.4 Perform final visual inspection of eyeglasses before dispensing.
<b>3.10 Verifying Fit and Patient Success</b>	3.10.1 Perform appropriate adjustments to ensure optimal positioning of the eyeglasses on the patient.
	3.10.2 Confirm that the eyeglasses meet the patient's needs and the expected visual acuity.



*Has the ability to:*

<b>3.11 Patient Communication</b>	3.11.1 Communicate the advantages and limitations of products to patients clearly and meaningfully.
	3.11.2 Advise the patient about care and cleaning of their eyeglasses to prolong eyeglass life and functionality.
	3.11.3 Demonstrate an understanding of surgical and non-surgical alternatives to eyeglasses to make the patient aware of all vision correction options.
	3.11.4 Adapt communications to meet the needs of each patient.
	3.11.5 Establish mutual understanding with the patient to build rapport and set expectations.
	3.11.6 Encourage the patient to engage in appropriate follow-up care to maintain optimum performance of the eyeglasses.
	3.11.7 Discuss the visual effects of the patient's systemic diseases and ocular conditions to assist in setting expectations.
	3.11.8 Manage situations in which patient expectations cannot be met to promote patient satisfaction.
	3.11.9 Verify that communications to the patient have been fully understood.
<b>3.12 Continuing Care</b>	3.12.1 Identify patient concerns at follow-up assessment to create an action plan.
	3.12.2 Determine patient compliance with the care and use of the eyeglasses to identify the need for re-education.
	3.12.3 Resolve concerns presented at follow-up to promote patient comfort and optimum vision.
	3.12.4 Maintain the functionality of the eyeglasses to promote patient comfort and optimum vision.
	3.12.5 Perform appropriate repairs to fix damaged or broken frames.
	3.12.6 Perform lens insertion and removal on various frame types.
	3.12.7 Document patient visits to allow for effective continuity of care.

*Has the ability to:*

<b>3.13 Low Vision</b>	3.13.1 Demonstrate an understanding of the effects of specific diseases that contribute to vision loss.
	3.13.2 Recognize signs and symptoms specific to low vision to identify a patient as having reduced functional vision.
	3.13.3 Conduct a detailed relevant visual history to determine previous successful and failed attempts to address low vision.
	3.13.4 Conduct a low-vision assessment to determine visual restrictions to evaluate the functional vision a patient demonstrates.
	3.13.5 Identify functional limitations of visual impairment to advise about devices and techniques suitable for vision enhancement.
	3.13.6 Evaluate the probability of success for alternative devices based on patient capacity and resources.
	3.13.7 Educate patients on proper use of devices to achieve the desired visual outcome.
	3.13.8 Engage patients in decision-making to help them make informed choices that meet the patient's goals.
	3.13.9 Generate preferred solutions for low-vision patients that meet their current visual needs.
	3.13.10 Implement a continuum of care plan to maintain optimal functional vision for low-vision patients.
	3.13.11 Monitor low-vision patients for changes in vision resulting in the need to alter the devices being used.
	3.13.12 Identify new technology or devices that may be beneficial to new and existing patients.

**Domain 4. Contact Lenses**

*Has the ability to:*

<b>4.1 Anatomy and Pathology</b>	4.1.1 Demonstrate an understanding of the visual pathway.
	4.1.2 Demonstrate an understanding of the ocular system.
	4.1.3 Demonstrate an understanding of the anatomy of the eye.
	4.1.4 Demonstrate an understanding of the impact of systemic diseases and ocular pathologies on contact lens wear and ocular health.
	4.1.5 Recognize potential effects of specific medications on contact lens wear and ocular health.
	4.1.6 Demonstrate an understanding of external factors affecting the eye and contact lens wear.
	4.1.7 Demonstrate an understanding of when it is necessary to refer.
<b>4.2 Optics</b>	4.2.1 Demonstrate an understanding of physical optics.
	4.2.2 Demonstrate an understanding of contact lens properties and their effects on optics.
	4.2.3 Apply knowledge of monocular and binocular vision to dispense appropriate contact lenses.
<b>4.3 Equipment and Tools</b>	4.3.1 Identify and name the equipment used in a contact lens practice.
	4.3.2 Operate manual and automated equipment relevant to current contact lens practice safely and accurately.
	4.3.3 Verify the calibration of operating equipment.
	4.3.4 Choose the equipment required for fitting contact lenses.
	4.3.5 Maintain equipment in safe operating condition.
	4.3.6 Interpret the results found using optical equipment and tools.

*Has the ability to:*

<b>4.4 Infection Control</b>	4.4.1 Follow infection prevention and control measures to maintain a hygienic environment.
	4.4.2 Recognize infection hazards so that preventive measures can be implemented.
	4.4.3 Address contagious illness within the work environment to avoid infecting others.
	4.4.4 Demonstrate proper disinfection techniques for equipment and fitting area prior to each patient's use.
	4.4.5 Demonstrate proper disinfection techniques for contact lenses, cases, and fitting sets for safe reuse.
<b>4.5 Needs Assessment</b>	4.5.1 Obtain wearing history to learn of potential contraindications.
	4.5.2 Identify the patient's expectations and motivations for contact lens wear.
	4.5.3 Collect objective medical and ocular health history information from the patient to identify contraindications.
	4.5.4 Collect information on the patient's wearing environment to provide recommendations that meet the patient's needs.
	4.5.5 Use equipment and tools to take accurate ocular measurements and readings for contact lens fitting.
	4.5.6 Conduct a visual acuity test to assess current vision performance.
	4.5.7 Determine dominant eye to optimize visual performance.
	4.5.8 Assess suitability of the patient for contact lens wear.
	4.5.9 Assess ocular health to determine if the patient can wear contact lenses safely.

*Has the ability to:*

<b>4.6 Prescription Interpretation and Lens Selection</b>	4.6.1 Demonstrate an understanding of the relationship between prescription requirements and lens selection for the best possible visual acuity.
	4.6.2 Demonstrate an understanding of the components of a prescription.
	4.6.3 Identify irregularities in a prescription and the cornea when fitting contact lenses for best fit and vision for the patient.
	4.6.4 Apply mathematical calculations to determine appropriate contact lens specifications.
	4.6.5 Select the appropriate contact lenses, considering prescription requirements and physiological findings.
	4.6.6 Apply product knowledge to select lens design, material, and modality.
	4.6.7 Apply product knowledge to select the appropriate contact lens care regime.
	4.6.8 Insert a contact lens on a patient's eye safely.
	4.6.9 Remove a contact lens from a patient's eye safely.
	4.6.10 Recentre a contact lens on a patient's eye safely.
	4.6.11 Select contact lenses that take into consideration the patient's use of prescribed drugs, over-the-counter drugs, or other substances.
<b>4.7 Ordering</b>	4.7.1 Provide suppliers with the information they require to produce contact lenses.
	4.7.2 Confirm the accuracy and completeness of the order before sending.
<b>4.8 Inspection and Industry Standards</b>	4.8.1 Verify the accuracy of the received order against the patient record.
	4.8.2 Ensure rigid lenses meet standard tolerances.
	4.8.3 Perform final visual inspection of rigid lenses before dispensing.

*Has the ability to:*

<b>4.9 Verifying Fit and Patient Success</b>	4.9.1 Evaluate whether the contact lenses fit as expected.
	4.9.2 Evaluate whether visual acuity is as expected.
	4.9.3 Refine lens selection when fit or visual acuity is not as expected.
	4.9.4 Verify contact lens fit and comfort based on the patient's subjective responses to assess if lenses meet the patient's expectations.
<b>4.10 Patient Communication</b>	4.10.1 Explain contact lens options that meet the patient's needs.
	4.10.2 Advise patients on any limitations of the recommended contact lenses to promote continued ocular health, visual acuity, and wearing comfort.
	4.10.3 Demonstrate an understanding of surgical and non-surgical alternatives to contact lenses to make the patient aware of all vision correction options.
	4.10.4 Discuss the visual effects of the patient's systemic diseases and ocular conditions to assist in setting expectations.
	4.10.5 Provide patient-centred training on insertion and removal of contact lenses.
	4.10.6 Provide patient-centred education on wearing schedule of contact lenses to maintain or restore ocular health.
	4.10.7 Provide patient-centred training on safe and proper contact lens hygiene, solution usage, and storage.
	4.10.8 Provide the patient with a follow-up care schedule to monitor ocular health and vision.
	4.10.9 Verify that communications to the patient have been fully understood.

*Has the ability to:*

<b>4.11 Continuing Care</b>	4.11.1 Identify patient concerns at follow-up assessment to create an action plan.
	4.11.2 Determine patient compliance with the care and wear schedule to identify the need for re-education.
	4.11.3 Resolve concerns presented at follow-up assessment to promote patient comfort and optimum vision.
	4.11.4 Document patient visits to allow for effective continuity of care.
	4.11.5 Conduct a follow-up assessment to confirm lens performance, patient outcomes, and continued ocular health.
	4.11.6 Resolve problems identified in the follow-up assessment.
	4.11.7 Refer to appropriate healthcare professional when necessary.