



BCLA CERTIFICATE SPECIFICATION

KEY FACTS

Certificate name	Dry Eye Management and Contact Lens Retention
Award	Certificate
Certificate leads	Byki Huntjens and Sunayna Verma Mistry
Type of study	Part Time
Total CPD credits	5 (lectures)
Total FBCLA credits	10

CERTIFICATE SUMMARY

The Dry Eye Management and Contact Lens Retention certificate from the BCLA will focus on theoretical and evidence based clinical skills for Ocular Surface Health (OSH) and Dry Eye, allowing BCLA members to gain CPD credits while working towards a certificate and can also count towards BCLA Fellowship.

The structure of the certificate is designed to provide you with expert knowledge in three main areas: dry eye, ocular surface health, and contact lens retention. The Dry Eye Management and Contact Lens Retention certificate can be achieved by any optometrist or CLO who successfully completes 5 online lectures including MCQ quiz, one relevant dry eye or OSH workshop/ peer review session, and a final (online) written examination. It is a requirement to pass the lectures and workshop/ peer review in order to progress and there are no optional modules within this certificate. A BCLA Dry Eye Certificate will be issued on successful completion of the written exam. This certificate will need to be renewed every three years, and BCLA membership must be maintained throughout this period.

The course is available for free to full members of the BCLA including access to all course materials and additional resources. The course needs to be completed within twelve months from the date of enrolment, if you do not manage to complete the course within this time frame, all attempts will be removed and you will need to re-enrol. One extension request (of up to 6 months) is allowed by contacting the BCLA office. Candidates working towards their Certificate will have up to 3 attempts to complete the online modules and 1 attempt at the final written examination.

Those who successfully obtained the Dry Eye Management and Contact Lens Retention certificate are asked to re-accredit on a 3-year basis.

WHAT WILL I BE EXPECTED TO ACHIEVE?

On successful completion of this programme, you will be expected to be able to:

- Understand the relevant ocular surface anatomy, definition, causes and prevalence of Dry Eye Disease, in respect of the findings from the TFOS DEWS II Report.
- Understand how to investigate, diagnose, and manage Dry Eye Disease in a clinical environment.
- Explore methods to effectively differentiate between different types of Dry Eye Disease and to how to appropriately grade the level of severity, using the best practice approaches outlined in the TFOS DEWS II Report.
- Determine an effective management plan and to effectively modify the treatment regime accordingly utilising the approaches outlined in the TFOS DEWS II Report.
- Understand the factors affecting contact lens comfort with a dryness related origin and the potential impact to the contact lens wearer.
- Understand how set up and establish a successful Dry Eye Clinic.

HOW WILL I LEARN?

You will be taught using a series of online lectures, an (online/ hands-on) workshop or small-group peer discussion, and self-reflection. The online recorded lectures are supported with handouts and PowerPoint slides to summarise key points.

Part A: Online lectures (four CPD points)

Five online recorded lectures with a short 12-question MCQ quiz each. The MCQ's are only available after watching the lectures. You must achieve a grade of 10 or more to pass, and you have two attempts to answer these questions. A third attempt is available on request by contacting the BCLA office.

Part B: Interactive Dry Eye Session and Self Evaluation

Participation at one relevant Dry Eye related workshop or peer review is needed to complete Part B of the BCLA Dry Eye Certificate. For the UK, the session needs to be a GOC approved CPD event, validated with a reference number. For overseas members, any relevant country accredited course is accepted.

Opportunities will be available to attend relevant sessions at various (online) BCLA events, though you may also attend a non-BCLA led session, just as long as it meets the Part B course criteria. Note also that any relevant workshop attended within the last six months will be considered as eligible for passing the Part B section of the course too. After attending one relevant session you will be required to submit proof of attendance (session details to include title, speaker, date and CPD reference number) and a self-reflection statement (minimum 100 words). The self-reflection statement should outline the knowledge learnt at the workshop/peer review session, including how you will utilise your key learning to deliver best practice care for dry eye patients.

You would need to have completed and passed both Parts A and B of the course before being eligible to sit the Part C exam.

WHAT TYPES OF ASSESSMENT AND FEEDBACK CAN I EXPECT?

Part C: Written exam

A 30-minute, timed, online examination to assess:

- Your understanding of the TFOS definitions and subclassification
- Your knowledge on dry eye diagnosis
- Your ability to correctly differential diagnose, for example following an image or video of a (simulated) patient
- Your approach to a patient complaining of discomfort with their contact lenses
- Your approach to management currently used in your practice

Assessment Regulations

In order to pass the certificate, you need to pass all 3 parts of the course.

Part A: Pass each MCQ quiz with 10 out of 12 questions

Part B: Obtain CPD/ credits for accredited workshop or peer review

Part C: Pass the written examination

Assessment Results

You will be provided with the outcome of each part:

Part A: Immediately after completing the MCQ quizzes

Part B: Depends on the accredited workshop or peer review provider

Part C: Immediately after completing the written examination

Part D: Re-accreditation

Every 3 years following successful completion of this certificate, you are asked to re-accredit the certificate via the Moodle platform. This process involves one of the following:

- A. Submit a 250 to 500-word reflective report about your dry eye management in practice or, if not in practice, how you have used the knowledge from the certificate to inform your daily work.
- B. Submit a 250 to 500-word summary about the most significant developments in the field of dry eye since your accreditation.

We encourage you to use a Reflection Framework, for example from *Rolfe G, Freshwater D, Jasper M (2001). Critical Reflection for Nursing and the Helping Professions a User's Guide. Basingstoke, UK: Palgrave Macmillan*, although you are allowed to use any other framework you prefer. A copy of this framework is available on Moodle.

You will have one month (January) to complete re-accreditation. For example, if your certificate is 2021 to 2024, you are asked to complete Part D in January 2025. One extension (of up to 3 months) is allowed by contacting the BCLA office. Without successful completion of Part D, the BCLA will remove your certificate accomplishment.

Please contact membership@bcla.org.uk if you have any queries about any of the requirements.

HOW DO I ENTER THE COURSE?

Applications are considered from any optometrist or contact lens optician, globally. The course is available to full members of the BCLA and is free to complete including access to all course materials and additional resources.

Version: 5.0

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Next review: Jan 2025