We’re into the final few months of our 2012/13 training programme. There are still some places left on a few courses and we have also put on some new events which you might be interested in attending. You can find details on pages 6 and 7.

All our bookings are now made through the NES Portal at www.portal.nes.scot.uk, but courses are still free of charge to attend.

We are now using the term CPD, continuing professional development, for all our Optometry Training. This is the term used by all the other health care professions and it is a much better reflection of what we are providing here in Scotland. However, all courses will have GOC CET points where applicable.

All the latest information about NES Optometry is on our website www.nes.scot.nhs.uk. However, to receive updates about new courses via e-mail ensure that you have registered on Portal (see page 11). We have 65% of Optometrists in Scotland registered now, but we would like a lot more.

As always we’d be delighted to hear your feedback and comments about our courses, training clinics and others areas of postgraduate optometry education. All our contact details are on the back page of this newsletter. If you are aware of a colleague who hasn’t received this newsletter please can you ask them to contact us? We can ensure that they are on our mailing list in the future.

Dr Janet Pooley (Editor)
Hands on Training supports your Professional Development

The Teach and Treat clinics are now providing more places for you to gain a high quality of relevant training and experience. With the opening of the Stobhill clinic in Glasgow last Autumn, there are now plenty of opportunities for you to get involved.

The Teach and Treat clinic is a hands on training session where you see hospital patients under the supervision of an Ophthalmologist. The clinics aim to provide you with exposure to ocular conditions which you may only rarely see in practice and to give you confidence in managing non-sight threatening conditions. It is also hoped that you will gain experience in decision making and clinical techniques.

The clinics aim to provide teaching which will support the GOS contract. They also provide the required experience for your IP qualification, and have been accredited to provide CET points as well.

NES has worked with NHS Greater Glasgow and Clyde to provide a teaching facility in the west of Scotland. The WOScOTT Clinic (West of Scotland Optometry Teach and Treat Clinic) is situated within the new Stobhill Hospital, Glasgow. It is a primary outpatient clinic seeing referrals from other Optometrists and GPs. The clinic is equipped with state of the art ophthalmic equipment in a relaxed and quiet dedicated teaching space. It also provides NES with an opportunity to run evening courses and lectures, with the adjacent tutorial rooms.

There are five half day teaching sessions each week, as well as additional clinics within Gartnavel to allow you to see acute ocular conditions. Ophthalmic Consultants, Dr Marilena Gregory and Dr Manish Gupta provide a strong team supporting the training.

The LOTT clinic (Lothian Optometry Teach and Treat Clinic) is into its third year. This is a joint initiative with NHS Lothian. The number of Optometrists who can attend has now started to increase and there will be many more places available after Easter. Plans are to enlarge the clinic space to provide a greater scope of training and to facilitate primary care Optometry research. NHS Lothian has now appointed a new Consultant, Dr Alpha Gupta, to take on some of the teaching. Dr Gupta has considerable experience teaching Optometrists and will be a valuable asset to the Lothan team.

Two NES-funded clinics in NHS Grampian are providing training options in the North. There is a small clinic room in the Aberdeen Royal Infirmary and Dr Gray’s Hospital in Elgin also has an occasional training clinic. Both have proved to be very popular and places are available to book over the next few months.

For more information about the Teach and Treat Clinic concept and availability, contact Dr Heather Ellis at heather.ellis@nes.scot.nhs.uk. To register for the clinics, please contact the following staff in our partner health boards:

- Lothian Optometry Teach and Treat Clinic (LOTT), Edinburgh: Email Tracey Clarke, NHS Lothian: tracey.clarke@luht.scot.nhs.uk
- West of Scotland Optometry Teach and Treat Clinics, Glasgow: Email Dr Heather Ellis at NES Optometry: heather.ellis@nes.scot.nhs.uk
- Grampian Optometry Teach and Treat Clinic at Aberdeen Royal Infirmary’s Eye Clinic: Email Linda Nicol, NHS Grampian: linda.nicol1@nhs.net
- Grampian Optometry Teach and Treat Clinic at Dr Gray’s Hospital, Elgin: Email Tracy Elliott, NHS Grampian: tracy.elliott2@nhs.net
NES Optometry Courses

Places have booked up very quickly this year for our training courses. Some new courses have been added and places are still available for the following:

**Ocular Hypertension (Advanced)**
These two sessions are designed for Optometrists who have completed the Managing OHT in Primary Care course. This course will revisit skills and knowledge learnt and help to build on them through a mix of quiz, case scenarios, case study tutorial and patient sessions.

- **18/04/13** Ninewells Clinical Skills Centre, Dundee
- **13/06/13** Ninewells Clinical Skills Centre, Dundee

**Peer Review Facilitator Training Day**
This course, run by LOCSU and funded by NES and the GOC, will train Optometrists on how to be effective facilitators in Peer Review Sessions. Participating in this course will enable practitioners to apply for accreditation from the College of Optometrists. NES will fund travel expenses at NES’s standard rate of car travel for all who attend the course and lunch is provided.

- **26/04/13** National Training, Edinburgh

**Peer Review**
An opportunity to experience peer review and to discuss interesting cases with local colleagues. All the participants are Optometrists.

- **13/05/13** Western House Hotel, Ayr
- **15/05/13** Centre for Health Science, Inverness
- **24/06/13** WOScOTT, Stobhill Hospital, Glasgow

**Community Optometry Evening**
NHS Lothian’s new Consultant Ophthalmologist with responsibility for developing Community Optometry will meet with us to discuss how we see the General Ophthalmic Service developing. Come along with any ideas you have on how to improve the service we provide to our patients and have a look around the LOTT clinic.

- **13/05/13** LOTT Clinic, Edinburgh

**Acute Red Eye – the GP, the Pharmacist and the Optometrist**
A joint training course with colleagues from the other professions, this event is a case based discussion. It should be an interesting evening with support from Consultant Ophthalmologist, Dr Marilena Gregory.

- **14/05/13** WOScOTT, Stobhill Hospital, Glasgow

**Flashes and Floaters in Primary Care**
This course will help you make a differential diagnosis between Posterior Vitreous Detachment, which is relatively common and benign, and a potentially sight-threatening Retinal Detachment.

- **15/05/13** WOScOTT, Stobhill Hospital, Glasgow

**Independent Prescribing Case Study Tutorial**
This one session course gives all optometrists the opportunity to discuss clinical decision making with their local ophthalmologist who is a specialist in the eye casualty.

- **28/05/13** Ninewells Clinical Skills Centre, Dundee

**CPD Conference for Independent Prescribers**
The first national training event for IP-qualified Optometrists in Scotland will be a full and comprehensive day of education, which aims to be fun and informative.

- **16/06/13** National Training, Teacher Building, Glasgow

**For full details of all the courses, times and venues please visit NES Portal at www.portal.scot.nhs.uk**
The NES Optometry National Conference, ‘Flying High with NES Optometry’ took place on Sunday 4th November 2012 in Glasgow.

We were lucky enough to have Hugh Sheils, airline captain and proprietor of Tall Poppy (a people and risk management training business) as one of our keynote speakers. Hugh showed us how the airline industry has taught pilots to assess risk, evaluate risk and thereby improve performance by forming a culture which effectively promotes risk management and continuous improvement.

There was a peer review session giving registrants the chance to discuss interesting cases with their peers in a small group setting. Receiving helpful feedback from our peers in a relaxed and non-judgemental environment allows us to consider our own decision-making and record-keeping. This is a valuable tool which is now a requirement within our CET requirements.

After lunch, delegates enjoyed a Q & A panel session where they could direct their questions in person, or via twitter, to our panel of three: Captain Hugh Sheils, Dr Andy Simpson and Mr Kevin Wallace (IOP Optometrist, Optometric Advisor for NHS Lothian and Borders and chair of AGP Scotland). This proved to be an interesting and informative part of the day.

Our second keynote speaker was Dr Andy Simpson (Vitreoretinal Research Fellow Kings College, London). He gave a fascinating lecture on the latest cutting edge techniques for treatment of blindness and AMD including the importance of patient counselling and selection. All of this is at the leading edge of surgical and medical treatments and we were fortunate to have him address our conference.

Once again our exhibitors were all non-profit organisations: Optometry Scotland, ABDO, NSS PSD, IGA, COO, Optometry Giving Sight, AOP, Alzheimer Scotland, The Knowledge Network, NSS Counter fraud services and the WCfSM. NES Optometry were also represented with a stand manned by our 5 Senior Postgraduate Optometry Tutors who were happy to discuss our regional optometry course programme for 2012/13 and any regional training needs. Anyone wishing to discuss local training needs can still contact Heather Ellis by email at heather.ellis@nes.scot.nhs.uk

The day was a great success, educational, enjoyable and best of all fun! Role on November 2013…

If you missed the conference and would like to view the lectures given by our two keynote speakers, or see voxpops and highlights from the day, then please log on to our website at: http://bit.ly/5N9mlg

Date for your diary:
NES Optometry Conference 2013
October 6th 2013
Edinburgh
The GOC has now made it a requirement, as part of your CET obligation, that you attend at least one “Peer Review” or “Peer Discussion” event every three year cycle. NES Optometry supports this initiative and would encourage Optometrists in Scotland to make Peer Review a regular part of their professional development.

We are making available plenty of Peer Review opportunities. There are still some places on our Peer Review courses (see page 6 and 7) and we will continue to run Peer Review sessions at our conference in October. In the next few months, we will also be starting to support local Peer Review groups and hope to establish groups all around the country. Don’t worry if you live and/or practise in a remote and rural location as we will also be running some sessions via video conferencing.

You don’t need to be accredited to run a peer review group, but we think it is important to have some training. In collaboration with LOCSU and with some funding from the GOC, we have already run two very successful Peer Review Facilitator training days on 19th and 20th March, and there is a further training day in Edinburgh on Friday 26th April. NES will cover your travel expenses to attend and you can sign up on Portal (see page 15).

In the meantime, don’t forget to record interesting cases which you see in practice in the future you may wish to share these cases with your colleagues but there will be no obligation. If you take patient recognisable photographs (external eye) which you might use in a presentation, then you will need to get your patient’s consent and there is a form on our website (www.nes.scot.nhs.uk). Visual field plots and photographs can support an interesting case, as well as the progress of pathology over time as you monitor your patient.

Peer Review Portal is the NES online course booking system, allowing you to search for, select and book all NES Optometry courses. The system is supported by email, SMS and MMS technologies so that you get reminders about your course booking. The Portal allows you to track and manage your training personally; to run a report that will list your training record and course certificates.

You can sign up on Portal (see page 15). If you have any queries or questions about the booking system, then please do not hesitate to get in contact. We’d be delighted to hear your views and to help you get started.

www.portal.scot.nhs.uk

Book via NES Portal: www.portal.scot.nhs.uk

The Portal allows you to scan your booking receipts for attending at courses so that we can log your CET points. It also allows us to evaluate our courses with online questionnaires, so that we can continually improve the courses which we are offering.

If you have any queries or questions about the booking system, then please do not hesitate to get in contact. We’d be delighted to hear your views and to help you get started.

www.portal.scot.nhs.uk

All course bookings are made via the Portal. This on-line facility will allow you to see all the courses which are being organised, plan your training and give us feedback. To access the system go to www.portal.scot.nhs.uk and follow the instructions below:

Step 1: Create an account with NES Portal
- Go to https://www.portal.scot.nhs.uk/ and click the **Sign Up** button
- Enter your details, choose Optometry and choose a password

Step 2: Login to NES Portal
- Click the **Search for Courses** button
- Choose course topic ‘CPO’
- Choose region as the region specific to you or ‘National’ to see all 50 courses available

Step 3: Book your courses
- Click the **Course Information** button for the relevant course you are interested in
- Click the **Add to Basket** button

Step 4: Attend an excellent and informative course!
For more information, including details of our other Optometry courses running across Scotland, feedback or comments please contact us:

**Donald Cameron**  
Programme Director  
0131 656 3223  
donald.cameron-opt@nes.scot.nhs.uk

**Dr Janet Pooley**  
Programme Director  
0131 656 3226  
janet.pooley@nes.scot.nhs.uk

**Dr Heather Ellis**  
Administrator for Optometry Programme  
0131 656 3224  
heather.ellis@nes.scot.nhs.uk

**NHS Education for Scotland**  
Westport 102  
West Port  
Edinburgh  
EH3 9DN

[www.nes.scot.nhs.uk](http://www.nes.scot.nhs.uk)