PREPARING for the COA EXAM

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Disclosure

- Course material is based on the instructor's interpretation of the content areas outlined in the IJCAHPO "Core Criteria Handbook for Certification and Recertification," and the instructors of this review course have no direct knowledge of the specific certification questions.

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Benefits of Certification

- Increases your knowledge of ophthalmology and clinical skills competency through learning, study, and exam preparation.
- Increases self-esteem, confidence, and career satisfaction through personal accomplishment.
- Enhances your professional development by providing a competitive edge, new job opportunities, and increased earning potential.
- Demonstrates your pride in the profession and desire to be recognized for the skills and knowledge you possess.
- Communicates to the public that you are committed to quality patient care.

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COA Certification Requirements

Three eligibility pathways:

1. Graduate from a Formal ***Clinical*** Training Program
   No work experience

2. Graduate from a Formal Training Program with no clinical component and work experience
   Work at least 500 (3-mos. FT) hours under ophthalmic supervision

3. **Complete an approved Independent Study Course and work experience**
   Work at least 1,000 hours (6-mos. FT) under ophthalmic supervision

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Independent Study Courses

2 JCAHPO recognized options – U.S.

1. JCAHPO Career Advancement Tool (JCAT)
   - Utilizes The Ophthalmic Assistant, 11th Ed. by Stein, Stein, Freeman and Stein.
   - Includes a study plan that outlines the text's most important content.
   - 175 item knowledge assessment test - paper or online
2. AAO Independent Study Course
   - Utilizes the Ophthalmic Medical Assisting: An Independent Study Course, 7th Edition.
   - 228 item knowledge test – online only

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Study Appropriately

- Spend your greatest study time in the areas that have the heaviest weight first.
- Check the certification criteria guide often to see where the emphasis is…higher % means more questions!!!

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Study Strategies

- Find a place ALONE…
  - No interruptions
- One hour at a time…
- Take breaks often…
- Start with hardest or least liked subject
  - Plan to revisit these
- Know your learning style
  - Visual, audio, kinetic

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STUDY MATERIALS

Guide to Certification/Recertification

Text books

Basic Bookshelf for Ophthalmic Personnel

Flash Cards

Review Manual

Reliable websites

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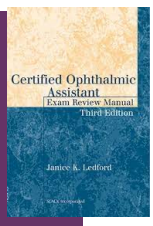

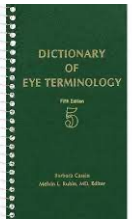

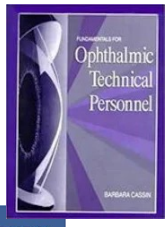

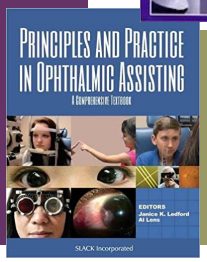

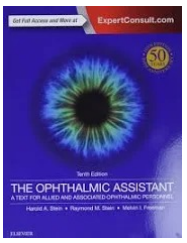

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Also

- Patient education materials
  - Written
    - Brochures, data sheets, etc.
  - Video
  - Animations
  - Model eyes and posters
- Scribe or shadow the ophthalmologist
- Form a study group with your co-workers

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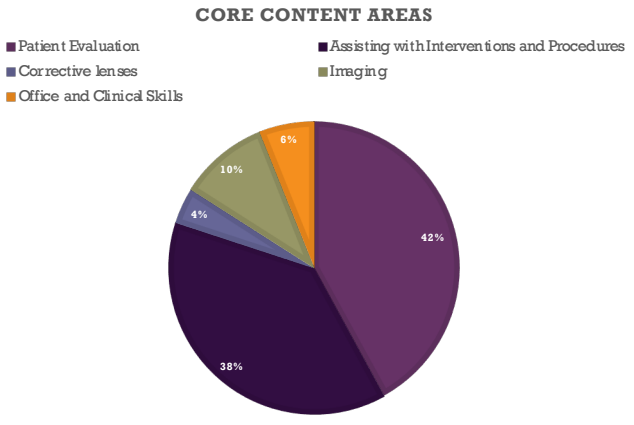
Core Content Areas



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Content Areas

- PATIENT EVALUATION 42%
  - History and Documentation 5%
  - Visual Assessment 6%
  - Visual Field Testing 4%
  - Pupil Assessment 3%
  - Tonometry 4%
  - Keratometry 2%
  - Motility Testing 4%
  - Lensometry 3%
  - Refraction, Retinoscopy & Refinement 5%
  - Biometry 3%
  - Supplemental Testing 3%
- ASSISTING WITH INTERVENTIONS & PROCEDURES 38%
  - Microbiology 3%
  - Pharmacology 3%
  - Surgical Assisting 4%
  - Ophthalmic Patient Services & Education
  - General Medical Knowledge 14%

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Content Areas

- IMAGING 10%
  - Ophthalmic Imaging 5%
  - Photography & Videography 5%
- OFFICE AND CLINICAL SKILLS 6%
  - Equipment Maintenance & Repair 2%
  - Medical Ethics, Legal & Regulatory issues 4%
- CORRECTIVE LENSES
  - Optics & Spectacles 2%
  - Contact Lenses 2%

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The Test

- 210 - 225 questions
  - 10 – 25 extra to identify potential questions for future exams
  - Statistical analysis
  - Multiple choice, Matching, Fill in the Blank
  - Computer format
  - Immediate pass notification

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Test Anxiety

…. It's very real

- Years since last exam
- Fear of failure
- Peer pressure
- Potential career advancement

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Computerized Test Strategies

- Arrive early!
- Practice the tutorial – ask for help if you need it!
  - 30 minutes allowed for tutorial
- 3 hours is available – most need less!
- Mouse or keyboard, move ahead or back
- Mark answer for review later
- Summary at end shows answered and unanswered questions

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Test Taking Strategies

- The testing site
  - Bring 2 forms of Identification
  - Nothing allowed in room
  - Upon entering, write down formulae, mnemonics, etc.
- The Exam
  - Use your time effectively
    - 210 - 225 Questions
    - 3.0 hours
    - Just under 1 minute per question
  - Answer those you know "stone cold"
- Watch for *except, not, most common, best, & double negatives*
  - Review when necessary
    - Read, mumble, read again
  - Think through the given responses
    - Use the white board provided
  - Don't cut corners

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Strategies…

- Test Questions
  - Each question worth same point value
  - Answer easiest questions 1st, mark others for later
  - Make educated guess, don't change unless sure of your new response
- Randomized - Don't worry that there have been 5 "A" in a row, or that at the end there were more "B" than any other choice
- When all else fails **guess**!
  - Not answering is missed anyway!
  - Pick a letter and guess it consistently – it is *statistically better* to guess one answer the whole test UNLESS you can eliminate your "picked" choice!

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Examination Information…

- An unofficial score report will print at the testing center, giving you an idea of how you performed.
- An official result letter will be mailed to you from IJCAHPO in approximately two to four weeks.
  - If you did not pass, a retest form will be included in the letter.
    - 12 months to retest x 2; then 1 year hiatus
  - Use your feedback report from the test to identify which areas you missed the most questions and need further study.

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Knowledge Areas

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Patient Evaluation

42% = 84 Questions

- History and Documentation 5%
- Visual Assessment 6%
- Visual Field Testing 4%
- Pupil Assessment 3%
- Tonometry 4%
- Keratometry 2%
- Motility Testing 4%
- Lensometry 3%
- Refraction, Retinoscopy & Refinement 5%
- Biometry 3%
- Supplemental Testing 3%

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History Taking

- Which statement best demonstrates the chief complaint?
  - A. No visual complaints
  - B. Cataract check
  - C. IOP check
  - D. I received a post card
- Which of the following is an example of timing?
  - A. When driving
  - B. At church
  - C. Every afternoon
  - D. When looking with the right eye
- What is the best way to review medications on an EMR?
  - A. Ask the patient to tell you
  - B. Copy from the bottles they bring with them
  - C. Pull in from Erx system and review
  - D. Only review them annually

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History Taking

- The correct documentation of no medication allergies is:
  - A. NDA
  - B. NKDA
  - C. KNDA
  - D. None
- The E/M coding guidelines were changed in 2021. Which carries the most weight now?
  - A. CC/HPI
  - B. ROS
  - C. PFSH
  - D. MDM
- Which relatives are included in a family history?
  - A. Parents, Spouse, Grandparents
  - B. Parents, Siblings, Grandparents
  - C. Parents, Spouse, Siblings
  - D. Parents, Grandparents, Offspring

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Visual Acuity

- 20/50 means:
  - A. The patient sees at 50 feet what the "standard" eye sees at 20 feet.
  - B. The patient sees at 20 feet what the "standard" eye sees at 50 feet.
  - C. The patient focuses at 20 feet with one eye and 50 feet with the other.
  - D. When using both eyes together, the acuity is 20/50, but monocular vision is 20/100 in each eye.
- The metric measurement 6/15 visual acuity is closest to:
  - A. 20/20
  - B. 20/30
  - C. 20/50
  - D. 20/100
- When checking near vision, the J signifies:
  - A. Jane
  - B. Jaguar
  - C. Junger
  - D. None of the above

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Visual Acuity

- A myopic patient is likely to have which uncorrected vision?
  - A. 20/40 at distance and J1+ at near
  - B. 20/20 at distance and J1+ at near
  - C. 20/40 at distance and J3 at near
  - D. 20/20 at distance and J3 at near
- A PAM is used to determine if visual acuity will be improved after cataract surgery because it
  - A. Measures the axial length of the eye
  - B. Measures the density of the lens
  - C. Evaluates the integrity of the retina.
  - D. Measures the retinal thickness.
- When VA improves with pinholing it is likely that:
  - A. The loss of vision is attributable to refractive error
  - B. The loss of vision is attributable to visually significant cataract
  - C. The loss of vision is attributable to retinal pathology
  - D. The loss of vision is attributable to reduced meniscus

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Visual Acuity

- Low Vision is defined as
  - A. 20/70 or worse uncorrected
  - B. 20/200 or worse in the better eye uncorrected
  - C. 20/400 or worse
  - D. 20/200 or worse in the better eye with best correction

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Visual Fields

- The Amsler Grid measures what field?
  - A. Central 10 degrees
  - B. Central 20 degrees
  - C. Peripheral 24 degrees
  - D. Peripheral 30 degrees
- The red Amsler is to be used on patients that are taking which medication?
  - A. Prednisone
  - B. Plavix
  - C. Plaquenil
  - D. All of the above
- When performing confrontation fields, it is important that the tester
  - A. Keep both eyes open
  - B. Close the eye that is opposite the patient's open eye
  - C. Close the eye that is opposite the patient's closed eye
  - D. Stand 8 feet from the patient

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Visual Fields

- The Humphrey visual field test is a static test
  - A. True
  - B. False
- On a visual field printout of a healthy patient, the physiological blind spot is represented by
  - A. A Bjerrum scotoma
  - B. A nasal step
  - C. An absolute scotoma
  - D. None of the above
- The Goldmann Perimeter
  - A. Extends to 90 degrees temporally
  - B. Extends to 30 degrees temporally
  - C. Is only used by glaucoma specialists
  - D. Is obsolete

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Pupillary Assessment

- Which muscle controls the contraction of the pupil?
  - A. Dilator
  - B. Levator
  - C. Sphincter
  - D. Hippus
- When the right pupil responds to consensual light stimulus, it:
  - A. Constricts
  - B. Dilates
  - C. Does nothing
  - D. Dilates then constricts
- RAPD stands for:
  - A. Rapid and Present Dilation
  - B. Round and Pupillary Dilation
  - C. Relative Afferent Pupillary Defect
  - D. Rapid Afferent Pupillary Dilation

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Tonometry

- The recommended method of cleaning the tonometer prism tip after it is used on an HIV infected patient is with
  - A. Alcohol
  - B. 1:10 bleach:water solution
  - C. Soap and water
  - D. Discarding it
- Which of the following statements is true regarding the calibration of the Goldmann tonometer?
  - A. It is not necessary to calibrate periodically.
  - B. Use of a block at three measurement points
  - C. Use of three stainless steel balls
  - D. It must be sent to the repair company for repair.
- What type of tonometry is the measurement of the force needed to flatten a small area of the central cornea?
  - A. Indentation
  - B. Pneumotonometry
  - C. Noncontact
  - D. Applanation

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Tonometry

- If the patient is holding his or her breath during tonometry, what type of error may result?
  - A. Falsely high
  - B. Falsely low
  - C. False negative
  - D. False positive
- Which of the following is the proper appearance of the tonometry mires?
  - A. Two equal arcs that touch
  - B. Two equal arcs that almost touch
  - C. Two equal arcs that barely overlap
  - D. None of the above
- Which of the following is classified as rebound tonometry?
  - A. Noncontact
  - B. Goldmann
  - C. Tonopen
  - D. iCare

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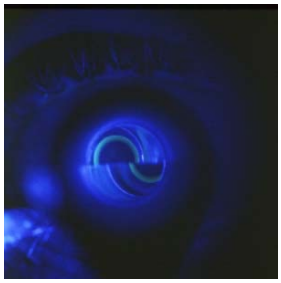
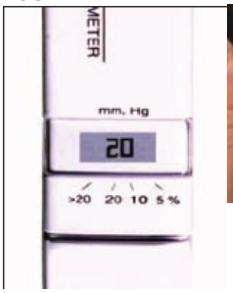
Tonometry

- Adjust the mires:
  - A. Up and to the right
  - B. Up and to the left
  - C. Down and to the right
  - D. Down and to the left



- The Tonopen measure of standard deviation should be at
  - A. 20
  - B. 10
  - C. 5
  - D. >20



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Keratometry

- What is the diameter of the central cornea measured by the keratometer?
  - A. 8.25 mm
  - B. 3.06 mm
  - C. 3.3 mm
  - D. 8.25 cm
- In irregular astigmatism, the topographic pattern appears like a
  - A. Bowtie
  - B. Skewed bowtie
  - C. Red circle
  - D. Smooth]blue circle
- The dioptric measurements are used for
  - A. Astigmatism
  - B. Axis
  - C. Contact lens base curve
  - D. Contact lens diameter

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Ocular Motility

- Which of the following statements is true?
  - A. Versions are monocular; ductions are binocular
  - B. Versions are binocular; ductions are monocular
  - C. Versions are always esotropic; ductions are always exotropic
  - D. Versions are always exotropic; ductions are always esotropic
- When the right eye is adducted it is turned:
  - A. In
  - B. Out
  - C. Up
  - D. Down
- In order to detect an intermittent exophoria, you must perform:
  - A. Confrontational visual fields
  - B. EOMs
  - C. Cover uncover testing
  - D. Alternate cover testing

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Ocular Motility

- The lack of binocularity will result in decreased
  - A. Color vision
  - B. Stereopsis
  - C. Peripheral field
  - D. Near vision
- An optokinetic drum is used to detect:
  - A. Convergence insufficiency
  - B. Esotropia
  - C. Nystagmus
  - D. Stereopsis
- Which of the following is not a type of eye movement?
  - A. Saccade
  - B. Smooth pursuit
  - C. Vergence
  - D. Blinking

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Lensometry

- Place these manual lensometry steps in the correct order.
  - A. Determine the sphere
  - B. Measure the axis
  - C. Focus the eyepiece
  - D. Identify the prism
- When performing manual lensometry, the double and triple lines focus simultaneously, what does the lens not have?
  - A. Sphere
  - B. Cylinder
  - C. Astigmatism
  - D. Add
- When measuring progressives on an automated lensmeter, it is likely the instrument will detect a small amount of:
  - A. Sphere
  - B. Cylinder
  - C. Prism
  - D. Add

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Refractometry, Retinoscopy & Refinement

- When a patient complains of blurred vision at all focal lengths, the refractive error is probably:
  - A. Myopia
  - B. Hyperopia
  - C. Astigmatism
  - D. Presbyopia
- If the axial length of the eye is 24.75 mm, the patient is likely
  - A. Myopic
  - B. Hyperopic
  - C. Astigmatic
  - D. Presbyopic
- In a hyperopic eye, the image generally falls
  - A. On the retina
  - B. In front of the retina
  - C. Behind the retina
  - D. On the optic nerve

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- In the manifest refraction +2.00 – 2.00 x 097, -2.00 represents the:
  - A. Sphere
  - B. Cylinder
  - C. Axis
  - D. Add
- Which of the following statements best explains a cycloplegic refraction:
  - A. The sphere will have more plus
  - B. The sphere will have more minus
  - C. The sphere will be unchanged
  - D. It transposes the manifest refraction
- The principle of the autorefractor is based on
  - A. The patient's manifest refraction
  - B. The interruption of light
  - C. The patient's keratometry readings
  - D. A mapping of the patient's cornea

Refractometry, Retinoscopy & Refinement

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- The measurement of refractive error is called:
  - A. Refraction
  - B. Refractometry
  - C. Correction
  - D. Refractory
- Which method is not an objective method of determining refractive error in a patient
  - A. Retinoscopy
  - B. Auto Refractor
  - C. Refinement
  - D. None of the above
- A scissor reflex is associated with which type of test
  - A. Refinement
  - B. Retinoscopy
  - C. Refractometry
  - D. Prism Bars

Refractometry, Retinoscopy & Refinement

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Refractometry, Retinoscopy & Refinement

- The interpupillary distance is the
  - A. Total span from the temporal side of one eye to the temporal side of the other
  - B. Total distance from the center of one pupil to the center of the other
  - C. The measurement from one pupil to the bridge of the nose and the same measurement of the other eye
  - D. The measurement from one temporal canthus to the bridge of the nose plus the same measurement of the other eye
- Transpose -4.00 + 1.75 x 073 to minus cylinder
  - A. - 4.00 – 1.75 x 163
  - B. - 2.25 – 1.75 x 163
  - C. - 5.75 - 1.75 x 073
  - D. + 2.25 – 1.75 x 073

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Refractometry, Retinoscopy & Refinement

- What is the spherical equivalent of +2.50 – 1.00 X 090?
  - A. +2.00 sph
  - B. + 3.00 sph
  - C. + 1.50 + 0.50 x 090
  - D. + 1.50 + 1.00 x 180

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Biometry

- When calculating the IOL power to be inserted during cataract surgery, what two measurements must be provided?
  - A. A-Constant and AC Depth
  - B. A-Scan and Keratometry
  - C. Axial Length and Keratometry
  - D. AC Depth and Axial Length
- An immersion A-Scan has how many spikes representing ocular structures?
  - A. 4
  - B. 5
  - C. 6
  - D. 7
- The depth of the anterior chamber is the space between the back of the _____ and the front of the _____.
  - A. Cornea, iris
  - B. Lens, iris
  - C. Cornea, iris
  - D. Lens, iris

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Biometry

- Which of the following instruments uses ultrasound to measure the axial length?
  - A. IOL Master
  - B. Immersion
  - C. Argos
  - D. Lenstar
- The type of IOL used to correct astigmatism is
  - A. EDOF
  - B. Multifocal
  - C. Monofocal
  - D. Toric

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Supplemental Testing

- Where are Schirmer strips recommended to be placed when testing a patient's tear production?
  - A. Upper nasal fornix
  - B. Upper temporal fornix
  - C. Lower temporal fornix
  - D. Lower temporal punctum
- When testing tear BUT, if the first break in the tear film occurs under _____ seconds, the patient is considered to have Dry Eyes.
  - A. 3
  - B. 5
  - C. 10
  - D. 12

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Supplemental Testing

- The strips of dye that are used to detect damaged superficial corneal and conjunctival cells are known as:
  - Fluorescein
  - Indocyanine Green
  - Rose Bengal
  - None of the Above
- When performing a glare test on a patient with cataracts, you would be using a(n)
  - A. PAM
  - B. OCT
  - C. HRT
  - D. BAT
- The instrument used to measure corneal thickness is called the:
  - A. Keratometer
  - B. Pachymeter
  - C. Corneal Gauge
  - D. Epithelial Cell Counter

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Supplemental Testing

- The Farnsworth 15 hue test has how many spools?
  - A. 15 spools total
  - B. 15 blue spools
  - C. 85 spools total
  - D. 15 green spools
- A pen light can be used to perform
  - A. Pupil assessment
  - B. Angle assessment
  - C. Both A and B
  - D. None of the above

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Supplemental Testing

- Which is the proper way to document findings on the color plates?
  - A. Number correct/Number tested OD
  - B. Number correct/Number tested OS
  - C. Number correct/Number tested OU
  - D. Number correct/Number tested OD & OS
- What are you testing when you do an RNFL on an OCT?
  - A. Macular thickness
  - B. Retina Nerve Fiber Layer thickness
  - C. Relative Nerve Fiber Layer thickness
  - D. Macular pathology

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Microbiology

- The medium for growing cultures to determine the organism is
  - A. Agar
  - B. Wax
  - C. Antibiotic staining
  - D. Petrie dish
- Which of the following is the best means of preventing the spread of infection?
  - A. Using a sleeve to cover a sneeze or cough
  - B. Wearing gloves
  - C. Hand washing
  - D. Asking patients to reschedule when they are ill
- Acanthamoeba is an example of a(n)
  - A. Fungus
  - B. Parasite
  - C. Bacteria
  - D. Virus

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Microbiology

- Which of the following is not a method of asepsis?
  - A. Disinfection
  - B. Washing instruments
  - C. Sterilization
  - D. Environmental controls
- Infection control includes
  - A. Protective wear
  - B. Wearing gloves
  - C. Sharps containers
  - D. All of the above

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Pharmacology

- Eye drops with a red cap are classified as:
  - A. Antibiotics
  - B. Miotics
  - C. Mydriatics
  - D. Antiinflammatories
- If the dropper contacts the eye, lashes or skin, the bottle should be:
  - A. Wiped with alcohol
  - B. Discarded
  - C. Recapped
  - D. None of the above
- Patients should wash their hands prior to instilling eye medications.
  - A. True
  - B. False

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Pharmacology

- It is acceptable for a patient to discontinue his glaucoma medications when he runs out.
  - A. True
  - B. False
- When a medication is prescribed qid, the patient should use it:
  - A. Once a day
  - B. At bedtime
  - C. Every hour
  - D. Four times a day
- Dorzolamide is an example of which class of glaucoma medications?
  - A. Miotics
  - B. Carbonic Anhydrase Inhibitors
  - C. Beta Blockers
  - D. Alpha Agonists

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Pharmacology

- A side effect of a drug may be
  - A. Anaphylaxis
  - B. Headache
  - C. Hives
  - D. Rash
- Which of the following is indicative of an allergic reaction?
  - A. Shortness of breath
  - B. Nausea
  - C. Hives
  - D. Headache
- When patients discontinue steroid drops prematurely, they may experience a(n):
  - A. Allergic reaction
  - B. Rebound effect
  - C. Itching
  - D. There will not be any reaction

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Pharmacology

- A disadvantage to ointments is that
  - A. It will evaporate on the eye
  - B. Vision is blurred
  - C. Most people are allergic to them
  - D. It must be administered in the clinic
- When counseling a patient prior to dilation it is important to tell them
  - A. Not to eat or drink until the following day
  - B. They must rest once they arrive home
  - C. They will be sensitive to sunlight and have difficulty with near tasks
  - D. They will remain dilated for 24 hours
- Which of these is necessary on a medication prescription?
  - A. Generic name of drug
  - B. Patient phone number
  - C. Sig
  - D. No refills

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In Office Surgical Procedures

- In a surgical setting, the term for the area free of microorganisms is the_____:
  - A. Asceptic tray
  - B. Green screen
  - C. Sterile field
  - D. Instrument stand
- Prior to sterilizing instruments, they must be washed.
  - A. True
  - B. False
- The instrument used for creating the flap in corneal refractive surgery is the_____.
  - A. Keratometer
  - B. Microkeratome
  - C. Topographer
  - D. Wavefront

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In Office Surgical Procedures

- When preparing a syringe of epinephrine prior to the office procedure, the gloved left hand holds the bottle. It is acceptable practice to use the left hand to pass instruments to the doctor during the procedure.
  - A. True
  - B. False
- When the YAG laser is used to create a peripheral iridotomy, the pupil must be:
  - A. Constricted
  - B. Dilated
  - C. Neither constricted nor dilated
  - D. Blocked
- Which of the following medications are not injected into the vitreous?
  - A. Bevacizumab
  - B. Ranibizumab
  - C. 5FU
  - D. Kenalog

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Surgical Assisting in Hospital/ASC

- The "time out" is a mandatory part of surgical procedure.
  - A. True
  - B. False
- What sterilization method is used most often in the ASC?
  - A. Germicide
  - B. Steam
  - C. Cold disinfection
  - D. Soap and water
- Gloving and gowning are integral parts of
  - A. Asceptic technique
  - B. Infection prevention
  - C. Biohazardous waste
  - D. Universal precautions

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Patient Services & Education

- Cataract surgery is typically
  - A. An outpatient procedure
  - B. Requires general anesthesia
  - C. Very painful
  - D. None of the above
- When administering eye drops in office the first thing a technician should do after washing hands is
  - A. Ask the patient to look upwards
  - B. Hold the eyelids if necessary
  - C. Have the patient blink
  - D. Review effects of the drop with the patient
- When providing quality patient care what is not a consideration
  - A. Age
  - B. Disability
  - C. Preferred language
  - D. Insurance coverage

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Patient Services & Education

- Adrenaline is created in which gland?
  - A. Pancreas
  - B. Adrenal
  - C. Pituitary
  - D. Thyroid
- Safety glasses need not be worn by which of the following workers?
  - A. Landscapers
  - B. Architects
  - C. Plumbers
  - D. Mill Workers
- If a patient is using prednisone eye drops or taking the medication orally, it is important that they:
  - A. Take it all at once
  - B. Reduce the dose as directed
  - C. Discontinue it once symptoms clear
  - D. None of the above

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Patient Services & Education

- When instructing a patient about a Humphrey Visual Field test you must include which of the following directions:
  - A. Don't blink
  - B. Follow the blinking light
  - C. Focus on the large light in the bowl
  - D. Wear your glasses
- The removal of an eyelash for trichiasis is called:
  - A. Epilation
  - B. Electrolysis
  - C. Epilysis
  - D. Elective

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Patient Services & Education

- A patient diagnosed with acne rosacea and blepharitis might be treated with
  - A. Oral antibiotics
  - B. Lid scrubs
  - C. Warm compresses
  - D. All of the above
- A pressure patch should be applied
  - A. After cataract surgery
  - B. By the injured patient prior to arriving at the office
  - C. From the forehead to the cheekbone
  - D. From the bridge of the nose to the earlobe
- It is against HIPAA regulations to inform patients that an emergency caused the doctor to run behind.
  - A. True
  - B. False

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Patient Services & Education

- A patient calling with symptoms of pain, haloes, and nausea should be classified as:
  - A. Emergent
  - B. Urgent
  - C. Priority
  - D. Routine
- The office manual that describes the acceptable standards of care throughout the patient visit is called the:
  - A. Protocols Manual
  - B. Policies and Procedures Manual
  - C. Infection Control Manual
  - D. OSHA Manual
- In most states, the DMV/RMV form must be completed by an eye care provider when the patent's vision falls below:
  - A. 20/20
  - B. 20/40
  - C. 20/70
  - D. 20/200

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Patient Services & Education

- Which of the following statements is correct regarding a blood pressure reading of 150/72?
  - A. Diastolic over systolic
  - B. The systolic measurement is taken during the heart relaxation phase
  - C. Systolic over diastolic
  - D. Both are measured in seconds
- In the current CPR guidelines published by the American Heart Association, the recommended number of compressions to breaths for an adult is:
  - A. 20:1
  - B. 20:2
  - C. 30:2
  - D. 30:3

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General Medical Knowledge

- What structure of the eye is responsible for 2/3 of the refractive power of the eye
  - A. Retina
  - B. Crystalline lens
  - C. Cornea
  - D. Ciliary Body
- Blepharitis occurs on the
  - A. Eyelid/lash line
  - B. Cornea
  - C. Vitreous
  - D. Macula
- Glaucoma is an ocular disease that affects which part of the eye
  - A. Conjunctiva
  - B. Lacrimal gland
  - C. Retina
  - D. Optic Nerve

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General Medical Knowledge

- Patients taking Plaquenil require yearly dilated eye exams with testing because Plaquenil Toxicity can occur in the
  - A. Optic Nerve
  - B. Crystalline lens
  - C. Macula
  - D. Ciliary Body
- All of the following findings can be associated with Hypertensive Retinopathy except
  - A. Tortuosity
  - B. Cotton Wool Spots
  - C. Rapid Tear Break Up Time
  - D. Retinal Hemorrhage(s)
- A patient diagnosed with severe Esotropia OD means
  - A. The right eye is turning in towards the nose
  - B. The right eye is turning out towards the temple
  - C. The left eye is turning in towards the nose
  - D. The left eye is turning out towards the temple

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General Medical Knowledge

- Gtt is the medical abbreviation for
  - A. Return to clinic orders
  - B. Drop
  - C. Osmolarity
  - D. Pachymetry
- Keratoconus is an ocular disease that affects the
  - A. Visual pathway
  - B. Cornea
  - C. Zonules
  - D. Iris
- Entropion is an ocular disease that affects which part of the eye
  - A. Conjunctiva
  - B. Eyelid
  - C. Crystalline lens
  - D. Macula

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General Medical Knowledge

- A biohazard bag or sharps container is what color
  - A. Yellow
  - B. Orange
  - C. Red
  - D. Black
- Proptosis is a common diagnosis associated with
  - A. Thyroid Eye Disease
  - B. HIV
  - C. Diabetic Retinopathy
  - D. Dry Eye Disease
- A Visual Field test can assist in the diagnosis of
  - A. Herpetic Keratitis
  - B. Narrow Angles
  - C. Brain Tumor
  - D. Conjunctivitis

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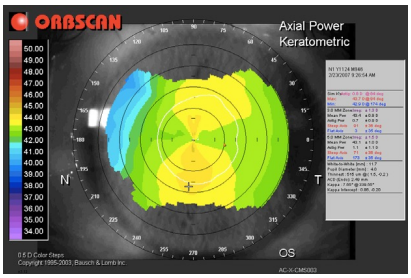
Ophthalmic Imaging

- In addition to measuring axial length, A-Scans can be utilized to
  - A. Diagnose an ocular mass
  - B. Measure an ocular mass
  - C. Both A and B
  - D. Neither A nor B
- In the image to the right, the pattern is consistent with:
  - A. Against the rule astigmatism
  - B. With the rule astigmatism
  - C. Keratoconus
  - D. Fuchs Dystrophy



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Ophthalmic Imaging

- The HRT compares the patient's likelihood for developing or the progression of glaucoma with averages compiled at the:
  - A. Massachusetts Eye and Ear Infirmary
  - B. Moorefield's Eye Hospital
  - C. Wills Eye Institute
  - D. Jules Stein Eye Institute
- When performing a retinal OCT you are measuring the:
  - A. Optic Nerve head
  - B. Diameter of the macula
  - C. Anterior chamber depth
  - D. Retinal thickness
- The Octopus measures
  - A. Optic Nerve Fiber layers
  - B. Retinal Thickness
  - C. Peripheral field
  - D. None of the above

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Photography and Videography

- Which element will not be included when photographing the anterior segment?
  - A. Cornea
  - B. Angle
  - C. Lens
  - D. Ora Serrata
- The posterior pole is included in an image of the:
  - A. Anterior Segment
  - B. Fundus
  - C. Macula
  - D. Adnexa
- When documenting trichiasis, what structure are you photographing?
  - A. Upper eyelid
  - B. Lower eyelid
  - C. Macula
  - D. Optic Nerve

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Photography and Videography

- When instrument would you use to take a photograph of a choroidal nevus
  - A. Pachymeter
  - B. Optical Coherence Tomography
  - C. Fundus Camera
  - D. Topographer
- A Fluorescein Angiography has ____ stages
  - A. 5
  - B. 2
  - C. 7
  - D. 10
- When documenting dermatochalasis, what structure are you photographing?
  - A. Hollenhorst Plaque
  - B. Eyelids
  - C. Macula
  - D. Iris Nevus

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Instrument Maintenance & Repair

- Which statement is true regarding the changing of a warm light bulb on a manual projector?
  - A. Use your hands
  - B. Call the repair company
  - C. Use a hollow tube
  - D. The projector must be recalibrated immediately after
- Spore testing is used to check the reliability of the:
  - A. YAG Laser
  - B. IOL Master
  - C. Autoclave
  - D. Intravitreal medication
- When a lens is "caught" in the phoropter window, it is acceptable to use your fingers to align it.
  - A. True
  - B. False

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Instrument Maintenance & Repair

- When calibrating the position of the projector, what size optotype is used?
  - A. 20/20
  - B. 20/40
  - C. 20/200
  - D. 20/400
- What is used to clean the mirror of the slit lamp?
  - A. Glass cleaner
  - B. Soap and water
  - C. Lint cloth
  - D. Breath of air

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Medical Ethics & Regulatory Issues

- A system of principles governing morality and acceptable conduct is called
  - A. Morals
  - B. Ethics
  - C. Compliance
  - D. Regulation
- The -25 modifier represents
  - A. An exam performed during the global period.
  - B. An exam unrelated to the primary service
  - C. A separate and distinct procedure
  - D. A return to the operating room
- Which of the following services does not require informed consent?
  - A. Intravitreal injection
  - B. Chalazion excision
  - C. Lash epilation
  - D. Punctal plug insertion

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Medical Ethics & Regulatory Issues

- HIPAA was created to:
  - A. Improve the healthcare industry
  - B. Protect patient privacy
  - C. Prevent fraud and abuse
  - D. All of the above
- A third party audit is often performed to determine that the services billed match those provided.
  - A. True
  - B. False
- A new patient is one seen every _____ years.
  - A. 2
  - B. 3
  - C. Whenever he sees a provider for the first time.
  - D. Only at the initial visit

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Optics & Spectacles

- Transpose -1.50 + 2.25 X 123 from plus to minus cylinder
  - A. +0.75 -2.25 X 123
  - B. - 3.75 - 2.25 X 033
  - C. +0.75 -2.25 X 033
  - D. - 0.75 + 2.25 X 123
- It is not necessary to capture the IPD on prescription readers
  - A. True
  - B. False
- What lens material is recommended for children's eyeglasses?
  - A. Crown glass
  - B. Polycarbonate
  - C. PMMA
  - D. High index glass

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Contact Lenses

- The instrument that is used to measure the curvature of a contact lens is a
  - A. Radiuscope
  - B. Keratometer
  - C. KAMRA
  - D. Geneva clock
- The first thing the patient should do when inserting a contact lens is to
  - A. Hold the lids wide open
  - B. Rinse the contacts
  - C. Wash their hands
  - D. Open the packet if they are disposable
- Disposable lenses are categorized as being worn for
  - A. 24 hours
  - B. Up to two weeks
  - C. One year
  - D. Quarterly

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Contact Lenses

- Which type of contact lens should ride on the cornea without touching the sclera?
  - A. Piggyback lens
  - B. Scleral lens
  - C. Gas permeable lens
  - D. Soft toric lens

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BONUS ROUND

Name the Instrument

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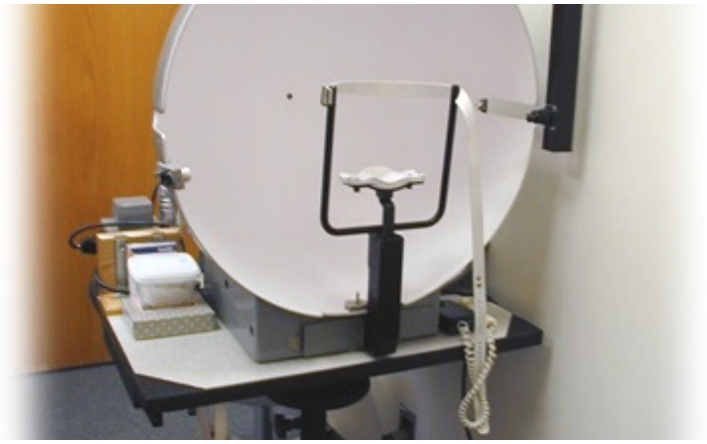
IDENTIFY THE INSTRUMENT

Goldmann Perimeter



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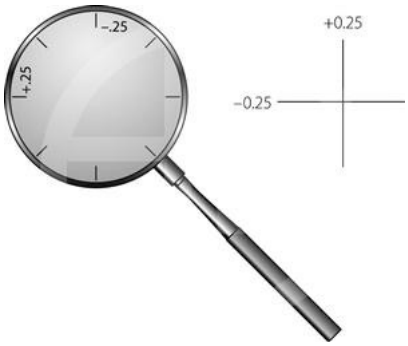
IDENTIFY THE INSTRUMENT

Handheld JCC



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IDENTIFY THE INSTRUMENT

Keratometer AKA Ophthalmometer

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Placido Disk

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IDENTIFY THE INSTRUMENT

Direct Ophthalmoscope

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Thank You for Your Attention

Jane T. Shuman, MSM, COT, COE, OSC

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Good luck on the exam!

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