

Optometry · Child's progressing myopia: glasses and myopia control

SPK-OPT-01 | Original simulated candidate card

Setting: Optometry practice

You are an optometrist. Ms Raelene Eversley has brought her 7-year-old son for his annual eye examination. He was prescribed glasses for short-sightedness (myopia) a year ago, and today his myopia has increased noticeably in both eyes, from about -1.00 D to about -2.25 D. You would like to discuss myopia-control options and arrange a review in 6 months.

Interlocutor: PARENT

Your tasks

1. Find out about her son's daily routine (how often he wears his glasses, screen use, time spent outdoors)
2. Reassure Ms Eversley that glasses do not weaken the eyes, and explain why her son should keep wearing them full-time
3. Explain the main option to slow down his short-sightedness (myopia-control spectacle lenses) and give supportive everyday advice (more time outdoors, healthier screen habits)
4. Agree a plan, including a review in 6 months

Optometry · Contact lens overwear and papillary conjunctivitis

SPK-OPT-02 | Original simulated candidate card

Setting: Optometry practice

You are an optometrist. Ms Min-ji Hwang, aged 24, has itchy eyes, a stringy mucous discharge and monthly soft lenses that feel uncomfortable and keep moving. You have found enlarged papillae under both upper eyelids and protein deposits on her lenses; her corneas are clear and her vision with glasses is normal, and your diagnosis is contact lens-related papillary conjunctivitis. Your plan is for her to stop lens wear and use an antihistamine/mast-cell stabiliser eye drop to ease the itching and inflammation (one drop in each eye as directed on the label, with clean hands, without letting the tip touch the eye), with a review in about a week.

Interlocutor: PATIENT

Your tasks

1. Find out about Ms Hwang's lens wear and care routine (how long she uses each pair, cleaning, storage)
2. Explain the diagnosis and its likely cause in simple terms
3. Explain why she needs to stop wearing her lenses for now and how to use the eye drops (healing time, risks of continuing, discarding current lenses and case)
4. Respond to her concerns about wearing lenses at her friend's wedding
5. Agree a plan for safe future lens wear and follow-up (warning signs needing urgent care, hygiene rules, daily disposables, review)

Optometry · Raised eye pressure: reluctance to see an ophthalmologist

SPK-OPT-03 | Original simulated candidate card

Setting: Optometry practice

You are an optometrist. Mr Bongani Kimura, aged 67, has come in for new reading glasses and has no eye complaints. Today's examination shows confirmed eye pressures of 25 mmHg in the right eye and 26 mmHg in the left, open drainage angles, mild glaucomatous cupping of both optic discs and an early visual field defect in his right eye, with no features of an eye emergency. These findings suggest early open-angle glaucoma, and you plan to refer him to an ophthalmologist on a non-urgent basis.

Interlocutor: PATIENT

Your tasks

1. Explain today's findings in simple terms (eye pressure, optic nerve, side vision)
2. Explain why early glaucoma usually causes no symptoms and why it needs to be confirmed and treated
3. Find out about his reluctance to see a specialist and his concerns
4. Persuade him of the importance of the referral, addressing his worries about cost
5. Agree a plan for the referral and his reading glasses

Optometry · Retinal tear: same-day referral before a flight

SPK-OPT-04 | Original simulated candidate card

Setting: Optometry practice

You are an optometrist. Mrs Lisa Moxham, aged 56, came in today because of new flashes of light and a shower of floaters in her right eye over the last two days. Your dilated examination shows a horseshoe-shaped retinal tear in her right eye, with no sign of retinal detachment at present. You have spoken to the ophthalmologist on call, who can see her this afternoon to assess her for laser treatment. Mrs Moxham is due to fly overseas tomorrow morning.

Interlocutor: PATIENT

Your tasks

1. Explain your findings in simple terms (retinal tear, risk of detachment)
2. Explain why she needs to see the eye specialist today (possible laser treatment to seal the tear)
3. Find out about her travel plans and her concerns
4. Persuade Mrs Moxham to attend the appointment today and reassure her about her fears
5. Agree a plan for this afternoon (getting to the appointment safely, warning signs that need urgent attention)

Optometry · Cataract: vision below the driving standard

SPK-OPT-05 | Original simulated candidate card

Setting: Optometry practice

You are an optometrist. Mr Arnel Espiritu, aged 78, has come in for a routine eye examination and new glasses because he has trouble with glare when driving at night. You have found bilateral cataracts, and even with his best glasses his vision is now below the legal standard for driving a private car. He drove himself to the practice today, and his wife, who cannot drive, is waiting in the car. He has not yet been told the results.

Interlocutor: PATIENT

Your tasks

1. Find out about Mr Espiritu's driving and the difficulties he has noticed with his vision (glare, night driving, any near misses)
2. Explain your findings in lay terms and tell him that he should stop driving now, including not driving home today
3. Explain that he is responsible for informing the licensing authority, and that cataract surgery may allow him to drive again
4. Respond to his anger and his concerns about caring for his wife
5. Agree a plan (how he and his wife will get home today, other ways to get to appointments, referral to an ophthalmologist, follow-up)