



The ROYAL COLLEGE of  
OPHTHALMOLOGISTS

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Postgraduate Medical Training

# Health Promotion syllabus

OST Curriculum domain

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*The Royal College of Ophthalmologists is a registered charity in England and Wales (299872) and in Scotland (SC045652)*

Level 1	
Learning Outcome	Descriptors
<i>An ophthalmologist achieving this level will, in addition:</i>	
<b>Provide appropriate lifestyle advice.</b>	<ul style="list-style-type: none"> <li>▪ Always take opportunities to educate patients to enable them to maintain health and reduce risks of ophthalmic and systemic diseases.</li> <li>▪ Understand systemic risk factors associated with ophthalmic diseases.</li> <li>▪ Give advice on risk reduction strategies pursued in general practice e.g. hypertension, cholesterol, weight control, exercise, etc.</li> <li>▪ Assess mental health and wellbeing and provide appropriate support and signposting to psychological support services.</li> <li>▪ Be aware of smoking cessation services in hospital and in community and how to access these programmes.</li> <li>▪ Understand the risks of environmental factors such as chemical containment on ocular health (both community and individual) and how they can be mitigated.</li> <li>▪ Help patients identify potential allergens and be aware of avoidance methods available to the patient.</li> </ul>
<b>Adopt local and national guidelines of prevention of infection.</b>	<ul style="list-style-type: none"> <li>▪ Be aware of local and national guidelines and protocols regarding infection control.</li> <li>▪ Be aware of the common sources of clusters of infections in theatre.</li> <li>▪ Understand principles of contagion and cross infection particularly in relation to general medicine as well as ophthalmic diseases.</li> <li>▪ Apply principles of prevention of cross infection and contagion in eye clinic and operating theatre settings.</li> <li>▪ Respond appropriately to an outbreak of infection in the department such as endophthalmitis, adenovirus or MRSA.</li> </ul>
<b>Advise appropriately about the systemic side-effects of drugs.</b>	<ul style="list-style-type: none"> <li>▪ Prescribe medication, especially steroids, appropriately and safely.</li> <li>▪ Have a detailed knowledge of the risk of osteoporosis with steroids and how this can be minimised.</li> </ul>
<b>Know the principles of screening.</b>	<ul style="list-style-type: none"> <li>▪ Understand the logistics, pros, cons and pitfalls of the ways of delivering a screening service to the local population.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Understand the risks, limitations and benefits of screening.</li> <li>▪ Recognise the consequences of not screening for diabetic retinopathy.</li> <li>▪ Comprehend the factors (including accessibility, personal mobility and education) that may put patients off being involved in screening and put in actions to minimise the effect of the same.</li> </ul>
<b>Use and promote means of eye injury protection.</b>	<ul style="list-style-type: none"> <li>▪ Be aware of what precautions should be advised for workers in chemical/glass manufacture.</li> <li>▪ Recognise own responsibilities regarding safety in the workplace – for fellow staff and for patients – and what precautions should be taken in this regard (environment, condition of equipment etc.), e.g. with reference to laser procedures.</li> <li>▪ Be aware of occupations, leisure activities and criminal activities associated with ophthalmic injuries.</li> <li>▪ Understand what eye protection is available and how to use it.</li> <li>▪ Always apply principles and practice of risk management and patient safety.</li> </ul>

<b>Level 2</b>	
<b>Learning Outcome</b>	<b>Descriptors</b>
<i>An ophthalmologist achieving this level will, in addition:</i>	
<b>Be aware and respect the impact of social, economic, cultural and religious factors on health.</b>	<ul style="list-style-type: none"> <li>▪ Recognise the impact of socio-economic determinants on health and the occurrence of disease (for example, education, income, living conditions, disability, access to healthcare, etc.).</li> <li>▪ Recognise and appreciate the cultural factors that may influence health and disease (for example, cultural factors effecting response to disease and disability, compliance with treatment, expectations from treatment, etc.).</li> <li>▪ Recognise and appreciate the religious factors that may influence health and disease (for example, the impact of religious practices in the causation of disease and in compliance with treatment, the effect of spirituality on health, etc.).</li> </ul>
<b>Have detailed knowledge of National Screening</b>	<ul style="list-style-type: none"> <li>▪ Understand how patient management pathways are configured to ensure an effective</li> </ul>

<p><b>Programmes especially with reference to ophthalmic diseases.</b></p>	<p>and robust failsafe system for Hospital Eye services and Diabetic Screening Services.</p> <ul style="list-style-type: none"> <li>▪ Understand the importance of accurate disease registers in the context of screening.</li> <li>▪ Understand the quality assurance (QA) processes that are necessary to be implemented in national screening programmes e.g. diabetic retinopathy screening.</li> <li>▪ Understand the distinction between systematic and opportunistic screening. Understand how outcomes of screening are dealt with.</li> <li>▪ Have detailed knowledge of grading classification and referral criteria for the major national screening programmes including diabetic retinopathy and glaucoma screening.</li> <li>▪ Attend and observe diabetic retinopathy screening, ROP screening and community vision screening in children.</li> </ul>
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Level 3	
Learning Outcome	Descriptors
<i>An ophthalmologist achieving this level will, in addition:</i>	
<p><b>Demonstrate leadership in the promotion of eye and general health in the wider community.</b></p>	<ul style="list-style-type: none"> <li>▪ Lead the clinical team (in liaison with infection control) in a response to an outbreak of infection in the department such as endophthalmitis, adenovirus or MRSA.</li> <li>▪ Recognise the role of national infection-control bodies (e.g. Health Protection Agency).</li> <li>▪ Demonstrate active involvement in community health promotion (e.g. involvement in screening programmes, patient support groups, community health programmes, etc.).</li> </ul>
<p><b>Promote immunisation.</b></p>	<ul style="list-style-type: none"> <li>▪ Be aware of the theoretical and practical aspects of immunisation in children, those with occupational hazards and specific situations in adults.</li> <li>▪ Apply safe local policy to manage a needle stick injury.</li> </ul>

Level 4	
Learning Outcome	Descriptors
<i>An ophthalmologist achieving this level will, in addition:</i>	
<p><b>Develop special interest area specific guidance for health promotion.</b></p>	<ul style="list-style-type: none"> <li>▪ Demonstrate initiative to develop specific guidance for health promotion with reference to ophthalmic</li> </ul>

	conditions (e.g. Thyroid eye disease, Diabetic control, etc.).
<b>Be an effective supervisor and guide in the area of health promotion.</b>	<ul style="list-style-type: none"><li>▪ Supervise and accredit/sign off trainees to Level 3 in health promotion (e.g. in response to an outbreak of infection).</li></ul>

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