



OPTOMETRY COUNCIL OF INDIA™

(Registered under Company Act 25(A) (Not for Profit)
Registration No. : U93000DL2012NPL241009 (Self-regulatory Body)

SCOPE OF PRACTICE IN OPTOMETRY

The World Health Organization (WHO) estimates that 285 million people suffer from moderate to severe vision loss with 39 million considered blind. Of these, 123 million (43%) have uncorrected distance refractive errors. In addition, there are 517 million people with near vision impairment due to uncorrected presbyopia. Vision impairment due to uncorrected refractive error causes serious disability and lost opportunities.

An estimated 456 million people of India's population of 1.12 billion people require vision correction (spectacles, contact lenses or refractive surgery) to be able to see and function for learning, work and life in general. Twenty six million people are blind or vision impaired due to eye disease. A further 133 million people, including 11 million children, are blind or vision impaired simply from lack of an eye examination and an appropriate pair of glasses (uncorrected refractive error). The direct and indirect cost including lost productivity due to uncorrected refractive error in India has been estimated at \$23 billion per year (and \$269 billion globally).

Optometrists serve to deliver eye-care services not only from private practices but also from Ophthalmology departments of hospitals, as part of hospital services within large urban centres, community clinics, and also in remote regions. Optometry has contributed substantially to reducing the burden of uncorrected refractive error and common eye disease in India.

Optometry as defined by WCO is a healthcare profession that is autonomous, educated, and regulated (licensed/registered). Optometrists are the primary healthcare practitioners of the eye and visual system, providing comprehensive eye and vision care, which includes refraction and dispensing, detection/diagnosis and management of disease in the



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eye, and the rehabilitation of conditions of the visual system. However, it is acknowledged that optometry functions both independently and in collaboration with the broader eye care and health team.

SCOPE OF PRACTICE

The competencies (ability to perform the activities within an occupation or function to the standard expected in employment) of an optometrist are:

1) Patient Examination and management:

- Measure vision and visual acuity
- Prescribe refractive correction for different age groups and visual needs
- Examine and identify abnormalities of the external eye and adnexa using appropriate instruments and techniques
- Examine and identify abnormalities in the anterior chamber/Cornea/Iris/Crystalline lens/Vitreous and fundus. Assess pupil reflex.
- Select appropriate, and use safely, the range of ophthalmic drugs and diagnostic stains available to an optometrist.

2) Contact Lenses :

- Prescribe Contact lenses ,appropriate for different age groups and visual needs after taking relevant history , including previous contact lens wear
- Assess and monitor the anterior eye health of contact lens wearers and refer where appropriate
- Teach a patient to safely insert, remove and care for contact lenses

3) Binocular vision:



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- Assess eye alignment and eye movements along with sensory fusion , stereopsis and Oculomotor functions
- Prescribe orthoptic exercises and further management appropriate for different age groups and visual needs.

4) Visual Impairment (Low Vision):

- Accurately quantify visual impairment and relate it to the underlying pathology and functional consequences
- Prescribe Low Vision devices and appropriate further management for different age groups and visual needs.

5) Optical Dispensing:

- Successfully interpret spectacle prescriptions and recommend the appropriate lens and frame material and design based on wearers needs and prescription
- Take frame and facial measurements , verify, modify and adjust spectacles