CERTIFIED PARAOPTOMETRIC TECHNICIAN CLINICAL EXAMINATION – CPOT CLINICAL

Outline
This outline will provide you with information on the content of the Certified Paraoptometric Technician (CPOT) clinical examination. The following outline includes a brief explanation of the expanded areas to be tested, in addition to areas inclusive of the CPO, CPOA, and CPOT written examination outlines. You should be familiar with all the terms, meanings and uses, and with the operation of instrumentation needed for data gathering or testing procedures. All 100 questions (as well as additional pre-test questions) on the examination are of the objective, multiple-choice type. Passing score is determined by the CPC.

I. Case History Scenarios (10%)
   A. Patient Communication
      1. Eye Contact
      2. Intonation
      3. Language
   B. Content/Documentation
      1. Chief Complaint
      2. Ocular/Medical History
      3. Allergies and Medications
      4. Family Ocular/Medical History

II. Pretesting Procedures (30%)
   A. Visual Acuity
      1. Patient Explanation/Communication
      2. Unaided Near and Far
      3. Aided Near and Far
      4. Lighting
      5. Recording
   B. Stereopsis (Stereo Fly)
      1. Patient Explanation/Communication
      2. Lighting
      3. Distance
      4. Recording
   C. Color Vision
      1. Patient Explanation/Communication
      2. Lighting
      3. Distance
      4. Monocularly
      5. Recording
   D. Ocular Motility
      1. Patient Explanation/Communication
      2. Lighting
      3. Distance
      4. Recording
   E. Confrontation Visual Fields
      1. Patient Explanation/Communication
      2. Distance
      3. Proper Monocular Procedure
      4. Recording
   F. Pupillary Response
      1. Patient Explanation/Communication
      2. Lighting
      3. Direct
4. Consensual
5. Swinging Flashlight Test
6. Recording (Example: PERRLA)

G. **Cover Test**
   1. Patient Explanation/Communication
   2. Lighting
   3. Near
   4. Far
   5. Recording

III. **Special Procedures (30%)**
A. **Manual Blood Pressure Measurement**
   1. Patient Explanation/Communication
   2. Proper Positioning of Arm and Sphygmomanometer
   3. Recording
B. **Insertion and Removal of Soft Contact Lenses**
   1. Patient Explanation/Communication
   2. Asepsis
   3. Proper Solution
   4. Various Techniques, Materials/Designs
C. **Insertion and Removal of Gas Permeable Lenses**
   1. Patient Explanation/Communication
   2. Asepsis
   3. Proper Solution
   4. Proper Technique
D. **Tonometry Techniques**
   1. Patient Explanation/Communication
   2. Asepsis
   3. Proper Technique
   4. Recording
E. **Pachymetry Technique**
   1. Patient Explanation/Communication
   2. Asepsis
   3. Proper Technique
   4. Recording
F. **Instillation of Eye Drop Medications**
   1. Patient Explanation/Communication
   2. Asepsis
   3. Proper Medication
   4. Proper Technique
   5. Recording
G. **Automated Visual Fields**
   1. Patient Explanation/Communication
   2. Proper Technique
   3. Terminology
H. **Imaging**
   1. Internal
      a. Patient explanation/communication
      b. Proper technique
      c. Terminology
   2. External
      a. Patient explanation/communication
      b. Proper technique
      c. Terminology
IV. Optical Dispensing Techniques and Recording (30%)

A. Manual Lensometry and Neutralization Techniques
   1. Single Vision Rx
   2. Bifocal Rx
   3. Trifocal Rx
   4. Progressive Rx
      a. Standard
      b. High definition
         (1) face form
         (2) vertex distance
   5. Specialty Rx

B. Prism Measurements
   1. Identification
   2. Direction/Orientation
   3. Recording

C. Lens Measurements
   1. Seg Height
   2. Optical Centers
   3. Center Thickness
   4. Base Curve Measurement
      a. Proper technique
      b. Recording

D. Pupillary Distance
   1. Standard Millimeter Ruler
   2. Pupillometer
   3. Binocular
   4. Monocular

E. Frame Measurements
   1. Eye Size
   2. Bridge Size
   3. Temple Length

F. Frame Adjustments
   1. Common Adjustment Problems
   2. Tools and Techniques

Recommended Reference Material

Listed below are general references that may be useful in preparing for the CPOT clinical examination. The listing of these resources does not constitute a CPC endorsement of these resources and does not imply a guarantee that candidates will be successful in passing the CPOT clinical examination. Please see the CPOT clinical examination study map for additional sources.

- Brooks, Clifford W. and Irving M. Borish
  System for Ophthalmic Dispensing. 3rd ed.
  Butterworth-Heinemann, 2006

- Kanski, Jack J.

- Mannis, Mark J. et. al.
  Contact Lenses in Ophthalmic Practice.