



## Certified Paraoptometric Technician (CPOT) Written (Part 1)

A person who has attained national recognition via certification by demonstrating the ability to **understand, apply, and interrelate** the concepts used in optometric care.

**What tasks does a Certified Paraoptometric Technician (CPOT) perform?** Under the supervision of an optometrist, the CPOT may perform technical duties such as taking detailed patient histories, measuring visual acuity, measuring the curvature of the cornea (keratometry), glaucoma screening, blood pressure testing, and measuring the distance between the pupils of the eye. They may order prescription eyewear, modify contact lenses, explain contact lens care regimens, photograph the interior of the eye, supervise staff, and other duties delegated by the optometrist.

*This is a general description of the duties that a paraoptometric with a minimum of 18 months of full-time experience in the optometric eye care field could be expected to perform. It is not meant to be a full description, nor restriction, of the duties that an employer may require or allow a CPOT to perform. To get a better understanding of your state's laws and any restrictions, contact your state's optometric association.*

Eligible applicants for this examination must hold a current CPOA title and verify a minimum of 6 month's additional employment as a CPOA in the eye care field. Graduates from an approved optometric technician program (see candidate handbook for listing) may begin testing at the CPOT level within 3 years of graduation.

**What's the examination about?** The CPOT examination consists of two parts – a written examination and a clinical (with video and image simulations). The written exam consists of 225 multiple choice questions. Additionally, 25 unscored questions will be included on the 2018 CPOT written examination. These questions will be evaluated to determine if they perform well enough statistically to be included as scored items on future exams. All candidates must pass the CPOT written and clinical examinations within a period of 18 months before the CPOT designation is awarded.

**What content do I need to study?** The outline below provides a summary of information on the contents of the CPOT written examination. Refer to the Handbook for Candidates to view the full outlines and CPOT Written and Clinical Study Maps at [www.aoa.org](http://www.aoa.org).

- Pre-Testing Procedures (20%)
  - Case History, Visual Acuity, Vision Screening and Preliminary Testing Techniques, Color Vision, Stereo Acuity
- Clinical Procedures (28%)
  - Corneal Topography/Automated Keratometry, Tonometry, Visual Fields, Sphgmomanometry, Contact Lenses, Vision Therapy, Triage/First Aid; Vision Rehabilitation, Special Ocular Procedures
- Ophthalmic Optics and Dispensing (18%)



- Optical Principles of Light, Prescriptions, Lenses, Frame Selection, Adjustment
- Refractive Status of the Eye and Binocularity (12%)
  - Refractive Errors, Refractive Conditions, Eye Movements, Binocular Vision
- Anatomy and Physiology (15%)
  - General Anatomy and Physiology, Eye
- Practice Management (7%)
  - Office Management, Professional Issues, Government Rules and Regulations, Health Information Technology

**How do I apply?** Applications are available online at Professional Testing Corporation's (PTC) website at [www.ptcny.com/clients/cpc/](http://www.ptcny.com/clients/cpc/). Applications must be completed and submitted electronically. Payment may be submitted by debit or credit card or by check or money order by mail in time to be received by the application deadline.

**Where can I find study materials?** The Commission on Paraoptometric Certification (CPC) suggests the materials listed below. Additional resources are listed in the 2018 Paraoptometric Examination Candidate Handbook that is available at [www.aoa.org](http://www.aoa.org). Items may be purchased through the [AOA Marketplace](#).

**Note:** *The listing of these resources does not constitute endorsement of these sources nor does it imply a guarantee that candidates will pass the examination if they are used to prepare for the examination.*



The **CPOA & CPOT Study Bundle** includes a Self-Study Course for Paraoptometric Assistants and Technicians, Self-Assessment Exam, CPOA & CPOT Study Flash Cards (Sets 1-4), CPOA Review Course (CD-ROM), and CPOT Review Course (CD-ROM)

Note: Items may also be ordered separately.

**Self-Study Course for Paraoptometric Assistants and Technicians** - This course is used to prepare for the certified paraoptometric assistant (CPOA) or certified paraoptometric technician (CPOT) exam. The course contains 19 chapters and a glossary, each of which comes in booklet form. Each individual booklet contains review questions to evaluate knowledge comprehension and retention.

**CPOA & CPOT Study Flash Cards** - Each CPOA/CPOT Study Flash Card Set includes approximately 100 questions that cover a variety of topics. Flash cards are effective learning tools to test the knowledge needed for the CPOA and CPOT certification examinations.

**CPOT Review Course** - Use the CPOT Review Course as the last step in preparing for the exam.

**How much does the examination cost?** The examination fee for the CPOT written and clinical examination is \$300 each. Candidates must pass both examinations within an 18-month period before the CPOT designation is awarded.

**How do I start the process?** Check your eligibility at [www.aoa.org/paraoptometrics/certification/apply](http://www.aoa.org/paraoptometrics/certification/apply) or contact [cpc@aoa.org](mailto:cpc@aoa.org) or 800.365.2219 ext. 4210 for more information.