

**COURSE DATA****Data Subject**

Code	34312
Name	External internships
Cycle	Grade
ECTS Credits	18.0
Academic year	2023 - 2024

Study (s)

Degree	Center	Acad. year	Period
1207 - Degree in Optics and Optometry	Faculty of Physics	4	Second term

Subject-matter

Degree	Subject-matter	Character
1207 - Degree in Optics and Optometry	18 - External internship in Optics and optometry	External Practice

Coordination

Name	Department
ESTEVE TABOADA, JOSE JUAN	280 - Optics and Optometry and Vision Sciences

SUMMARY

External Practices of the Optics and Optometry Degree are the practical application of all the knowledge acquired throughout the Degree in all subject-matter.

The practices have an duration of 20 hours per week in a schedule that will be marked according to the number of students enrolled and the availability of the place where the practices are carried out.

The students will attend real patients supervised by professional optometrists. The objective is to achieve dexterity attending optometric patients in all basic aspects: graduation, contact lenses adaptation, binocular vision analysis ... We want to get professionals with a real vision of the problems and their interrelations, so we prepare their future incorporation into the work and develop in a practical way the competences established in the degree.



PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

Students who want to do the External Practices must have passed at least 180 ECTS, of which 24 must be from Optometry or Contactology subjects at the time of enrollment.

Students who lack a maximum of two subjects to obtain the Degree (not counting End-of-Degree Thesis and External Practices), of which they have previously been enrolled in any previous course, may request the advancement of the matter at the time of formalizing the enrollment.

OUTCOMES

1207 - Degree in Optics and Optometry

- Students must have acquired knowledge and understanding in a specific field of study, on the basis of general secondary education and at a level that includes mainly knowledge drawn from advanced textbooks, but also some cutting-edge knowledge in their field of study.
- Students must be able to apply their knowledge to their work or vocation in a professional manner and have acquired the competences required for the preparation and defence of arguments and for problem solving in their field of study.
- Students must have the ability to gather and interpret relevant data (usually in their field of study) to make judgements that take relevant social, scientific or ethical issues into consideration.
- Students must be able to communicate information, ideas, problems and solutions to both expert and lay audiences.
- Students must have developed the learning skills needed to undertake further study with a high degree of autonomy.
- To carry out clinical activities related to refraction, visual exploration, contact lens fitting, visual training and low vision.
- To apply the techniques of mounting corrections or visual compensation in glasses and possible touch-up of contact lenses.
- To make contact with the commercialization of the products, supply, storage, conservation and information.
- To know and to apply manufacturing techniques for visual aids and optical and optometric instruments.
- To know the different protocols of action depending on the patient.



- To know the indications and procedure for carrying out and interpreting the complementary tests necessary in the vision consultation.
- To carry out the patient care protocol in the optometric clinic / clinic.
- To take a clinical history appropriate to the patient's profile.
- To select and to apply correctly in each case all the skills, abilities and competencies acquired in Optometry.
- To encourage collaboration with other healthcare professionals.
- To communicate and to inform the patient of all acts and tests to be performed and clearly explain the results and their diagnosis.
- To know, to assess and to apply a gender perspective in the scientific and professional field.

LEARNING OUTCOMES

Learning outcomes

The student must achieve an adequate level of clinical skill in the application of all the usual procedures developed in the optometric clinic and learned in the theoretical and practical sections in simulated patients in the teaching received at the Optometry and Optometry Degree in the next:

- Know how to defend the optometrist - patient relationship.
- Data collection in the case analysis, determination of the main complaint and inference of the steps to follow later.
- Handling optometric scanning equipment.
- Application of tests used in optometric exploration.
- Analysis of the results obtained in the anamnesis and the exploration.
- Learn to perform the differential diagnosis of the analyzed optometric case.
- How to perform a diagnostic clinical impression with the available data.
- Decision making regarding the optometric problem of the patient.
- How to evaluate if a solution to the main complaint of the patient has been provided.
- Follow-up of the optometric case. Know when to transfer the patient to other professionals.
- Writing reports on the optometric situation of the patient.
- Know how to prepare and participate in a clinical session as a means of assisting in the diagnosis of the case.



Regarding social and transversal skills:

- Learn to work in an organized way.
- Establish work plans that allow to obtain the desired results in the most direct way.
- Ability to understand and synthesize the problems in order to reach a solution.
- Provide original solutions.
- Develop cooperation skills with other professionals. Rigor when assessing the work done by oneself.
- Encourage the critical spirit and encourage the spirit of overcoming wrong results.
- Awareness of the ethical component and the deontological principles of the exercise of the profession.
- Value and apply the fundamental rights of equality between women and men in the workplace

DESCRIPTION OF CONTENTS

1. CLINICAL TASKS

Anamnesis, refraction, visual exploration, contact lens adaptation, visual training and low vision. Techniques to compensate visual deficiencies with goggles and possible retouching of contact lenses. Application of the different action protocols based on the patient. Carry out a clinical history appropriate to the patient's profile.

WORKLOAD

ACTIVITY	Hours	% To be attended
Internship		100
Development of individual work	50,00	0
Preparation of evaluation activities	70,00	0
Preparation of practical classes and problem	60,00	0
Internship	270,00	0
TOTAL	450,00	

TEACHING METHODOLOGY

Carrying out practical clinical activities with real patients, in sessions of 5 hours (morning/afternoon), until completing a total of 270 hours (54 sessions).



The offer of External Practices will be carried out through the Optical Clinic of the "Lluís Alcanyís" Foundation of the University of Valencia, created mainly to give clinical training to students of the Degree in Optics and Optometry and the Official Master's Degree in Advanced Optometry and Vision Sciences.

EVALUATION

Attendance is compulsory for all practical sessions until completing 270 hours of clinical practice. The center where the practices are carried out will record the attendance of each student to each of the sessions. In case of lack of attendance due to force majeure, the hours must be recovered on the dates specified by the clinical entity. It will be necessary for students to have completed 270 hours of clinical practice in order to be evaluated in this subject.

During clinical practice, each student should collect the necessary information from each examined patient, as well as carry out the clinical tests that are considered appropriate and write down the relevant results that allow them to discuss the case and, if necessary, come to make a tentative diagnosis, a treatment recommendation and a subsequent follow-up guideline. Each external tutor will issue a personalized report to each student, in which they will assess the evolution and the final degree of achievement of the following competences related to a complete optometric examination: anamnesis, exploration (tonometry, pachymetry, topography, retinography, OCT), retinoscopy, cover test, subjective, identification of alterations and writing of reports (recommendations, solutions, guidelines and/or optometric treatments).

The evaluation of the subject will be carried out by the academic tutors based on the reports issued by the external tutors and following the guidelines established by the European Diploma in Optometry (endorsed by the European Council of Optometry and Optics), whose objective is to facilitate mobility professional in the European environment. To do this, students must present to their academic tutor a portfolio of the most significant clinical cases that have been carried out during external practices. The purpose of the portfolio is to be able to report on the quantity, diversity and quality of the care carried out in the different clinical cases, as well as to demonstrate the clinical skills that have been acquired by the students during the period of external practices. In the portfolio, patients should not be identified by name, but by a unique reference number that allows students, at any given time, to retrieve the original registration sheet used in consultation.

The portfolio, which must follow the model provided to the students, will have to be carried out independently by the student. The contents of the portfolio will be the following:



- 1) Basic description of the tasks performed, including a personal assessment of the skills acquired and suggestions for improvement.
- 2) Table with the summary data of 15 patients that have been reviewed by the student during the internship period. Only data that is relevant to the patient's medical history and subsequent analysis should be included in this table.
- 3) Detailed description of the information collected and analyzed in 3 additional patients, who have been reviewed by the student during the internship period, and following the "Consultation Registration Sheet" included in the portfolio.

Once the portfolio has been reviewed, the academic tutors will hold an interview with the students who have carried out the external internships in order to assess their ability to understand and synthesize the problems posed by patients, their fluency in deciding which tests should be carried out and to justify the reasons why some tests were performed and not others, their ability to analyze the results obtained in the clinical examination and make decisions regarding the patient's optometric problem, their ability to assess whether a solution has been provided to the patient's main complaint fostering a critical spirit and encouraging the spirit of improvement in the face of unsatisfactory results, as well as their knowledge of the ethical component and the deontological principles of the practice of the profession, understanding when it is important and necessary to refer the patient to other professionals. During this interview, the academic tutors may at any time ask the student about any of the clinical cases that have been included in the portfolio.

With all this, the course grade will be obtained as follows:

- 1) (50%) Based on the reports of the external tutors, who will average two aspects. On the one hand, the evaluations of the optometric tests carried out individually on different real patients during the last two weeks of the internship period. The minimum valuation required in this section will be 5/10, and will have a relative contribution of 80%. And, on the other hand, the continuous assessment of the achievement of the necessary competencies for the proper development of the complete optometric examination throughout the internship period. The relative contribution of this section will be 20%.
- 2) (10%) Review, by the academic tutor, of the contents of the student's portfolio.
- 3) (40%) Interview conducted by the academic tutor with the student based on the guidelines indicated above.

REFERENCES

Basic

- NORMATIVA DE PRÁCTICAS EXTERNAS DE LA UNIVERSITAT DE VALENCIA