



# Orthoptist

## Career Profile

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An orthoptist specialises in diagnosing and managing a range of eye conditions that affect eye movement and visual development. Understanding the eye and the role of the brain in visual experience are key to Orthoptic work. Orthoptists treat patients of all ages. Their caseload is extremely varied. Most of their work with babies and children involves amblyopia (lazy eye) and strabismus (misalignment of the eyes/squint). They also specialise in neurological episodes that cause an eye muscle/nerve weakness resulting in double vision.

Orthoptists work as a multidisciplinary team. They usually work as part of a hospital team, but may also work in community healthcare and schools, including special schools. Orthoptics is suited to individuals interested in science and health care.

### Qualifications

You will need to complete a degree in orthoptics at one of the following:

- [Glasgow Caledonian University](#)
- [University of Liverpool](#)
- [University of Sheffield](#)

Courses include theory and clinical practice and last three years full time (four years in Scotland). You will apply theoretical knowledge of neuro-anatomy and physiology to a wide range of clinical scenarios during practical placements, where you will prepare to become autonomous practitioners. You will also learn essential principles for understanding and undertaking research, with the opportunity to undertake an orthoptic based clinical research project.

There is a well-developed preceptorship programme for newly qualified orthoptists, designed by early career orthoptists who recognise the support and skill development they require to consolidate their knowledge into practice. For more information visit [orthoptics.org.uk](http://orthoptics.org.uk)

### Responsibilities

As an orthoptist, you'll need to:

- assess, interpret and diagnose eye position and eye movement disorders
- assess and interpret a patient's visual development
- investigate causes of vision and visual field loss
- formulate a treatment plan, which might include prescribing an eye patch, eye exercises or the use of prisms
- manage medicines
- refer patients for further tests or investigations
- monitor patients' treatment and condition
- undertake general administrative duties relating to patient care
- contribute to service improvement and audit
- be aware of public health initiative

### Professional development

You will have the opportunity to attend a range of events and conferences. These events allow you to network with colleagues and keep up to date with developments in the profession. The ability to take further study at Masters, MRes and PhD level are offered by the universities providing orthoptics degrees.

### Salary

New graduates are usually employed into a band 5/preceptorship post for at least 12 -18 months. There is no pre-registration year for orthoptics.

- Salaries for new graduates range from £24,214 to £30,112 (band 5)
- On completing the preceptorship programme, orthoptists can apply for a specialist clinical role, earning between £30,401 to £37,267 (band 6)
- Highly specialist or Advanced Orthoptists typically lead in a specific area of interest and play a key role in the management of services and staff. Salaries at this level are up to £43,772 (band 7)
- Salaries for head orthoptists are up to £86,687 (band 7 to 8d), depending on the size of the department.

Those working in London and the surrounding areas receive a high-cost area supplement of between 5% and 20% of their basic salary. Salary levels for orthoptists working outside the NHS i.e. in academia, research and private practice, may vary. Income figures are intended as a guide only.

## Career prospects

Studying Orthoptics is interesting and challenging with excellent employment opportunities. The qualification is recognised worldwide. 90 to 100% of Orthoptic graduates find employment within 6 months of graduation with most orthoptists being employed in the NHS, where there is an established career structure. Career progression depends on gaining experience and expanding your role within the eye care team.

## Clinical

Many AHPs want to maintain clinical contact when taking on new roles and challenges. There are many opportunities to work at the top of your licence. Specific areas of advanced and extended roles may include:

- glaucoma
- uveitis
- cataracts
- low vision and nystagmus
- stroke
- medical retina
- strabismus management (pre/post-operative and assistant in theatre)
- Paediatric ophthalmology
- Neuro ophthalmology

## Education

Orthoptists can move into teaching roles after obtaining appropriate clinical experience. BIOS runs clinical tutor courses which are a good starting point if you wish to pursue a career in academia. You could work towards becoming a lead clinical tutor, developing relationships with the universities. You can deliver ad hoc lectures or take on a full-time academic post. Academic staff usually undertake a mix of teaching, administrative and research activities. Academic roles offer great flexibility and variety in terms of day to day work, as well as opportunities to explore and innovate in specific areas of interest. Health Education England supports formal clinical academic careers allowing orthoptists to work clinically, whilst undertaking teaching and research activities – allowing them to retain an element of direct patient care.

## Research

As a qualified practitioner you will have an appreciation of the importance of research through the degree course. There are many ways that you can continue to be involved in research, including engaging with the evidence base in your day to day work as a health practitioner. You might support or be directly involved in clinical research delivery, or further develop as a Clinical Research Lead. Orthoptists can specialise in health research while retaining their clinical work.

## Management and leadership

There are many ways to transform clinical careers and influence the way that we sit in the wider workforce. You can become involved in

- Mentoring
- Operational management
- Project management
- Quality improvement
- Commissioning
- Digital leadership
- Sponsored secondments

It's possible to progress through the grades and eventually take up a clinical management post. As the head of an orthoptics department, you'll have responsibility for a team of staff and managing a budget whilst retaining your clinical work.

## Work experience

University places for Orthoptics is competitive. At your interview you should have a good understanding of what orthoptics is and are advised to observe an orthoptist in practice before applying for a place. This will show your interest in, and commitment to, the profession. Visit [orthoptics.org.uk](http://orthoptics.org.uk) for details on how to arrange a work shadow opportunity or contact your local orthoptic department for advice. Remember to include details of relevant work experience in your university application.

**For more information contact Carly Hegarty - [carly.hegarty@orthoptics.org.uk](mailto:carly.hegarty@orthoptics.org.uk)**