BIOS BRITISH AND IRISH ORTHOPTIC SOCIETY

Contact careers@orthoptics.org.uk
www.orthoptics.org.uk

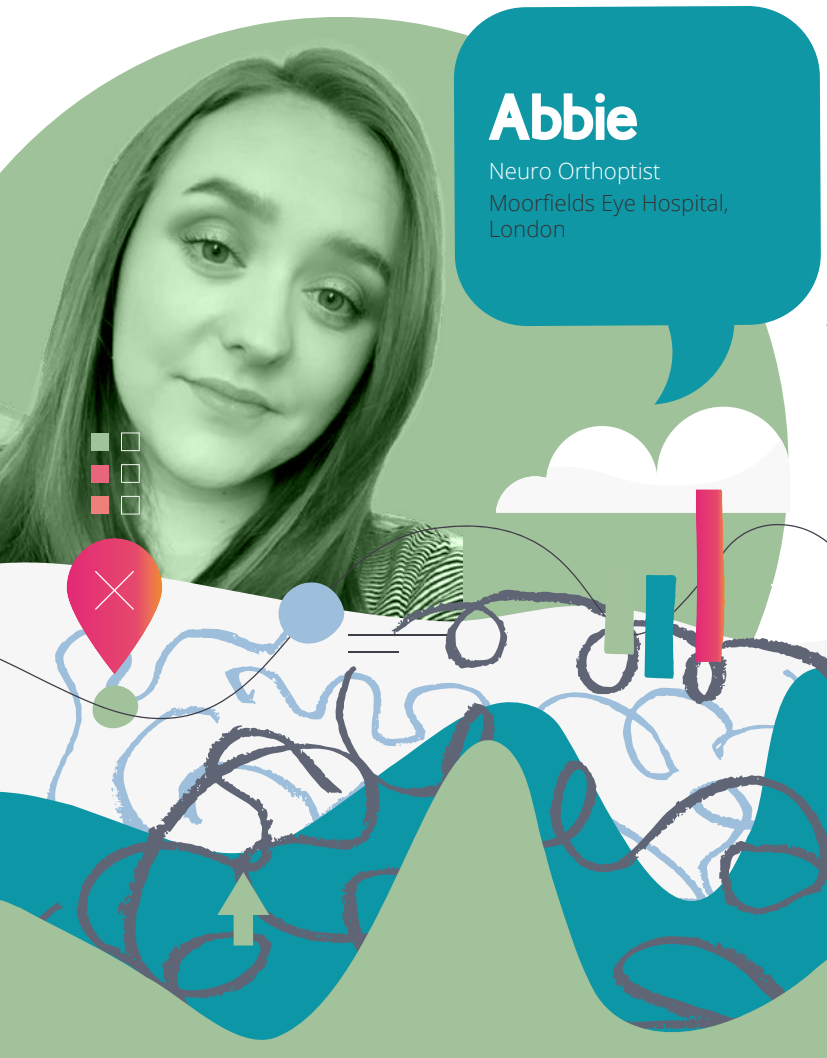
Orthoptic Careers Case Study

Meet Abbie

Why did you choose orthoptics?

I was interested in starting a career in medicine that was flexible and would expose me to patients of all ages. I wanted a job that would allow me to make a difference to people everyday life but also wouldn't mean that I lost my social life and free time. Orthoptics provided the perfect balance of both and it had so many specialities within it that I was excited to explore them all.

As a student I was provided with lots of opportunities to be involved in extended roles in addition to my core Orthoptic skills which put me in a great position when starting my first job.



Abbie
Neuro Orthoptist
Moorfields Eye Hospital, London

What is a typical day like in your current role?

Even within an extended Orthoptic role, there is a lot of variety and no two day's are the same. I see Orthoptic patients who have double vision and misalignment of the eyes. Specifically, I assess children and adults with neurological conditions and work with specialists in treating their conditions.

I assess, diagnose and treat patients on my own which provides a great sense of achievement. I also work closely with other medical professionals which means that I am constantly learning from others and developing as a clinician.

Define your role in 3 words?

- Compassionate
- Proactive
- Collaboration

What do you love the most about your role?

The profession is constantly expanding and developing which means I never get bored. Patients are always very grateful for your input and I see an immediate improvement in my patients from the treatment and advice I give.

> ***Orthoptics isn't just the theory and clinical skills you learn from a textbook or in a university but it is an opportunity to bring your personality to a career as well. Patients respond best when an Orthoptist shows a genuine, human and compassionate side.***

What is the most challenging part of your role?

Some aspects of my role are challenging when patients are very sick or have conditions that can't be treated. The job requires a compassionate person to listen and help make patients as comfortable as possible. I have developed ways to manage this but it is always difficult to see the daily impact of a patients condition.

What skills do you find essential for your job?

Teamwork and people skills is essential for any Orthoptist; health care isn't a one person battle.

What do you look forward to in your orthoptic career?

I am excited to further develop my role as a Neuro Orthoptist into other aspects of my field. I am enjoying developing skills, learning new ones and finding new ways that I can support my colleagues so we can all do our jobs better and provide patients with the best care possible.

Any advice you'd like to give?

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