BIOS BRITISH AND IRISH ORTHOPTIC SOCIETY

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

Orthoptics Careers Case Study

Meet Sunita

Why did you choose Orthoptics?
I always knew I wanted to work in a medical field and therefore looked into all of the allied health professions. I chose Orthoptics as I found the subject really interesting, I liked how you work with both adults and children and knew I would not have to work unsocial hours.

What is a typical day like?
I have worked as an Orthoptist now for 18 years, and every day is different! My working hours are 8.15am to 5.00pm Monday to Wednesday. Throughout my week I have sessions in Pediatric clinics, Adult Orthoptic clinics and Administration sessions.

I do an extended role in Glaucoma (a disease affecting the Optic nerve at the back of your eyes). I work alongside a Consultant Ophthalmologist, with other Orthoptists. I see Adults who have Ocular Hypertension, are a Glaucoma Suspect or have stable Glaucoma. I use a machine called a slit lamp to do tests to check if a patient's condition is stable or deteriorating. It is especially important to monitor these patients as, if left untreated, Glaucoma can lead to blindness.

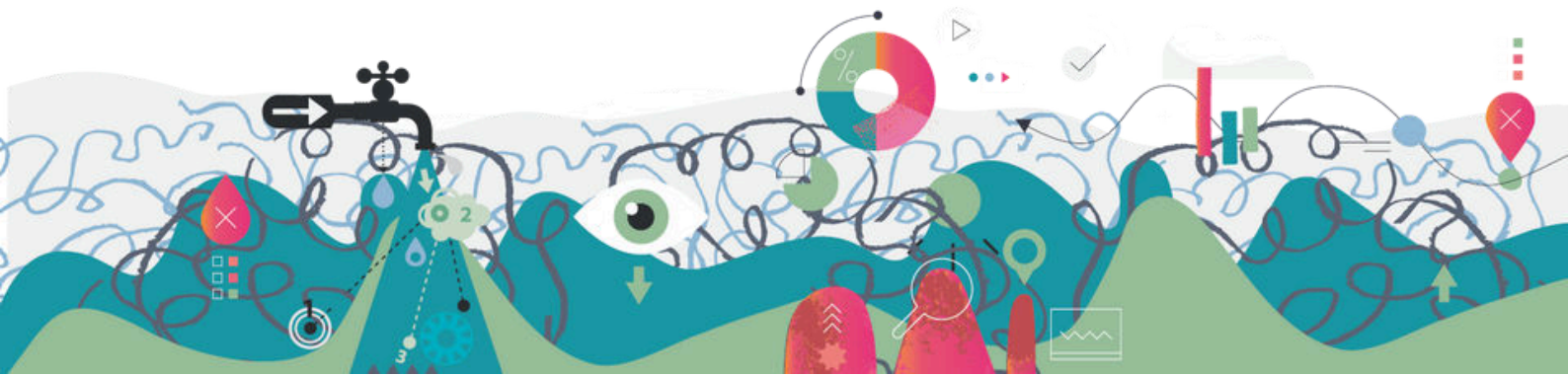
I really enjoy this role as, while related to Orthoptics, it has enabled me to expand my knowledge. I also like that it is more medical and I work more closely with the Ophthalmology team.

Define your role in 3 words?
- Professional
- Respected
- Satisfying

What is the best part of your role?
Being face-to-face with patients of all ages and backgrounds.

What is the most challenging part of your role?
The time pressure when you have busy clinics.

What skills do you find essential for your job?
Good communication skills and empathy, being conscientious, hard-working and willing to learn.

Any advice you'd like to give?
Do your research into exactly what Orthoptics is. Try and do some shadowing in an Orthoptic department. Try to get experience working with people face-to-face, whether in a voluntary capacity, a school or retail, anywhere! Having the ability to communicate with people is vital as an Orthoptist, especially with children.

What do you look forward to in your orthoptic career?
Continuing in Orthoptics but also expanding my role further into Glaucoma. We have an ageing population and all Ophthalmology services are under more pressure, opening up more opportunities for Orthoptists.