

## Name

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Organised and committed second year Optometry student with excellent clinical and patient care skills honed through degree placements, hospital shadowing and experience in a busy GP surgery. Looking to enhance clinical knowledge and commercial awareness as a part-time optical assistant in a fast-paced high street practice.

## EDUCATION

### **MOptom Optometry, Cardiff University**

September 2023 – Present

- Predicted 2:1
- Gaining insight into the attitudes and behaviours of a future health professional preparing for safe and evidence-based practice focused on the needs of patients, society and wider healthcare settings. Also learning how evidence-based practice underpins the delivery of healthcare.
- Able to analyse and evaluate presenting symptoms and clinical signs in a range of patients, choose and correctly perform the most appropriate clinical tests for the further investigation of a contact lens patient and propose basic management plans in line with professional standards and guidelines.

### **A Levels, Shelton Sixth Form, Devon**

2020 – 2022

Biology (A), History (A), Physics (B), A/S Maths (C)

### **GCSEs, St George School, Devon**

2018 – 2020

9 x A– B, including Biology, Physics, Chemistry, English, Mathematics

## CLINICAL SKILLS

### **Clinical assessments and eye examinations**

- Developing proficiency in eye examinations and the use of clinical instruments and techniques used in the primary care setting for the investigation of visual performance, ocular health and basic binocular status.
- Skilled in interpreting findings from eye examinations, such as slit lamp biomicroscopy and fundoscopy, to identify ocular abnormalities, diagnose eye conditions, and develop appropriate management plans.

### **Communication, active listening and interpersonal skills**

- Articulate complex technical information clearly and effectively at the university eye clinic, ensuring patients fully grasp their eye health status, treatment options, and recommended care plans.
- Demonstrate empathy and understanding in all interactions with patients, colleagues, and team members, creating a supportive and inclusive environment conducive to optimal patient care and professional development. For instance, when discussing treatment options with a patient experiencing vision loss, took the time to address their emotions and provide reassurance.
- Actively listen to patients during consultations, paraphrasing their concerns to confirm understanding and using reflective responses to demonstrate empathy.

### **Working under pressure**

- Developed resilience and confidence in working in high pressure environments through gap year at a GP surgery. Often dealt with upset and angry clients, as well as emergency situations, whilst always remaining calm and responding professionally in a wide range of scenarios.

### **Teamwork**

- Able to work closely with others as a student optometrist, collaborating with peers and convening with more experienced optometrists to ensure appropriate course of action.
- Observed importance of teamwork and a multi-disciplinary team in a healthcare environment whilst working as a receptionist in a GP surgery, supporting healthcare assistants, GPs, nurses, physicians associates and practice staff to deliver outstanding patient care.

## CLINICAL EXPERIENCE

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### **Student Optometrist, Cardiff University**

October 2024 – Present

- Participate in weekly clinics at the university's public access eye clinic by conducting comprehensive patient assessments under the supervision of experienced optometrists.
- Assist in performing ocular health screenings, including slit-lamp examinations, retinal imaging, and tonometry, identifying common eye conditions such as dry eye, cataracts, and glaucoma.
- Gained experience in fitting and adjusting corrective lenses, including eyeglasses and contact lenses, and provided patient education on proper lens care and usage.
- Contribute to the clinic's patient education initiatives, offering guidance on eye health maintenance, nutrition for eye care, and UV protection.
- Maintain accurate and confidential patient records, ensuring quality care and a seamless patient experience.

### **Course placement, Specsavers, Cardiff**

November 2024

- Completed 1-week course placement at local branch of Specsavers, gaining hands-on experience in a busy retail optometry environment.
- Assisted optometrists with patient assessments, including visual acuity testing and refraction.
- Observed patient consultations, learning how optometrists conduct eye exams, interpret results, and provide recommendations for corrective lenses and eye health management.
- Supported the front-of-house team with patient check-ins, appointment scheduling, and customer service, ensuring a smooth and efficient clinic operation.
- Learned about the retail aspects of optometry, including stock management, lens selection, and the importance of customer care in providing personalised eyewear solutions.

### **Ophthalmologist Shadowing, NHS England Devon Hospital, Devon**

July 2024

- Arranged 3-day shadowing placement with ophthalmologist at local NHS hospital.
- Observed diagnosis and management of a wide range of ocular conditions, including cataracts, glaucoma, and macular degeneration, under the supervision of an experienced ophthalmologist.
- Gained insight into surgical procedures, including cataract surgeries and laser treatments, observing pre-operative assessments, intraoperative steps, and post-operative care.
- Enhanced knowledge of the interplay between optometry and ophthalmology, deepening understanding of referral processes and the importance of inter-professional communication in patient management.

## OTHER EXPERIENCE

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### **Receptionist, Morris' General Practice Surgery, Devon**

September 2022 – August 2023

- Worked as a receptionist at a busy central GP surgery for a year before beginning current degree.
- Answered phone calls, addressed patient inquiries and maintained a high level of customer service in sometimes challenging situations.
- Assisted with administrative tasks, including filing, maintaining patient records, and updating information in the practice management system in accordance with GDPR.

## EXTRA-CURRICULAR ACTIVITIES

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### **Student Mentor, Cardiff University**

June 2024 – Present

- Provide guidance and support to first-year optometry students, helping them navigate academic challenges, clinical skills development, and university life.
- Organise and lead study sessions, offering academic support and helping mentees improve their understanding and performance.
- Received positive feedback from mentees for being approachable, reliable, and supportive in both academic and personal matters.

*References available on request*