



Republic of the Philippines  
Professional Regulation Commission  
Manila



“NOT FOR SALE”

PROFESSIONAL REGULATORY BOARD OF OPTOMETRY

**PROGRAM OF THE OPTOMETRISTS LICENSURE EXAMINATION IN NCR, CEBU, DAVAO, AND ROSALES  
ON OCTOBER 10, 11 and 12, 2023 (THEORETICAL) OCTOBER 15, 16, 17 and 18, 2023 (PRACTICAL) IN NCR  
and OCTOBER 10, 2023 (OCULAR PHARMACOLOGY) IN NCR, AND DAVAO**

**6 YEAR CURRICULUM**

**THEORETICAL EXAMINATION**

**TUESDAY OCTOBER 10, 2023**

**S U B J E C T S**

**RELATIVE WEIGHT**

7:00 A.M. - 7:45 A.M.	-	General Instructions/filling out of Forms	
8:00 A.M. - 10:00 A.M.	-	Ocular Pharmacology	10%
11:00 A.M. - 1:00 P.M.	-	Ocular/Visual Biology	10%
2:00 P.M. - 5:00 P.M.	-	Clinical Optometry and Specialty Areas In Optometry	15%

**WEDNESDAY OCTOBER 11, 2023**

8:00 A.M. - 11:00 A.M.	-	Physiological Optics, Binocular Vision and Perception	15%
12:00 P.M. - 3:00 P.M.	-	Primary Care and Refraction	15%

**THURSDAY OCTOBER 12, 2023**

8:00 A.M. - 10:00 A.M.	-	Ocular Diseases and Ocular Emergencies and Perception	10%
11:00 A.M. - 1:00 P.M.	-	Ethics, Jurisprudence and Practice Management	10%
2:00 P.M. - 5:00 P.M.	-	Theoretical and Practical Optics and Ophthalmic Dispensing including Contact Lenses	15%

**PRACTICAL PERFORMANCE TEST - OCTOBER 15 (Sunday), 16(Monday),  
17(Tuesday) and 18(Wednesday), 2023**

**I OBJECTIVE EXAMINATION (20%)**

The Objective Tests of the human eye include the comprehensive evaluation of the Ocular and Visual Integrity which includes external ocular examination, direct and indirect ophthalmoscopy, ophthalmometry, biomicroscopy, autorefraction, retinoscopy, tonometry and perimetry. Clinical competence in the use of Diagnostic Pharmaceutical Agents (DPAs) to identify presence of eye diseases and ocular anomalies that may affect clear vision. Cycloplegic refraction is demonstrated while side effects are discussed to prevent and control complications.

**II SUBJECTIVE EXAMINATION (20%)**

A series of subjective tests designed to determine the refractive status, power of accommodation and convergence, the relationship of accommodation and convergence, quality of fusion and stereopsis based on the patient's response. This covers case history, visual acuity, fixation test, dominance tests, color vision test, projection tests, motility tests, cover test, version test, vergence tests, rotation test, visual field charting, phoria tests, fusion tests, stereoscopic tests, visual analysis and prescriptions.

### III **OPHTHALMIC LENS LABORATORY (20%)**

The comprehensive ophthalmic dispensing procedures include laboratory processing that initially starts with filling up the lens prescription, transposition (optical cross to various spherocylinder forms), lens neutralization, lens lay out, glazing, surfacing, edging, mounting, insertion and frame adjustments until properly fitted to the patient.

### IV **CLINICAL OPTOMETRY (20%)**

Clinical Optometry is the comprehensive examination of the human eye of pediatric cases, taking into special consideration their behavior, development milestones, ocular integrity, vision perceptual and learning skills. The clinician should be able to provide vision development program for children with visual efficiency and visual information processing problems. Clinician should be able to demonstrate clinical skills to perform routine ocular examination of workers in their specific occupational setting with appropriate recommendation of best management to prevent and control ocular hazards in the workplace. Ocular emergencies management approaches should be implemented immediately by the clinician. Geriatric cases with eye problems should be managed considering their health and systemic disorders. Knowledge on Neuro-Optometry should be demonstrated to be able to provide vision development programs. The clinician should be able to provide assistive program for the blind and low vision patients including a comprehensive rehabilitation program.

### V. **CONTACT LENS PRACTICE (20%)**

Clinical contact lens fitting philosophies which shall include comprehensive eye examination, best fitting style to obtain desirable fit, trouble shooting techniques in adjustments and modification to obtain optimum fit. Identify various contact lens materials to be able to prescribe the best design for the patient's ocular condition and work demand.

### **DIAGNOSTIC INSTRUMENTS REQUIRED**

#### 1. **Objective Clinical Procedures**

Retinoscope and ophthalmoscope set, penlight, P.D. rule, occluder, trial case (which includes occluder, pinhole disc, red and green filter, stenopaic slit, trial frame).

#### 2. **Subjective Clinical Procedures**

Trial case (which includes occluder, pinhole, disc red and green filter, stenopaic slit, trial frame) P.D. rule and penlight, nearpoint charts (cross grid, 0.62 em target, reduced Snellen).

#### 3. **Ophthalmic Laboratory and Dispensing**

One (1) set trial case, P.D. rule, one (1) pc. uncut S.V. CR 39 spherical lens, one (1) pc uncut S.V. CR 39 cylindrical lens, one (1) pc. uncut bifocal (KK or FT) CR 39 lens, one (1) plastic spectacle frame, one (1) metal spectacle frame, protractor, long nose pliers, chipping pliers, screwdriver set, lens pattern materials (scissors, cardboard, pen, pentel pen) 1 pair plastic (rough) additional nose pads, 1 small steel file, 1 bottle of acetone, Marking pen, Extra frames (metal and plastic), 2 pairs of Rx lenses (single vision and Progressive), 2 pairs progressive uncut lenses.

#### 4. **Clinical Optometry**

Retinoscope and ophthalmoscope set, penlight, P.D. rule, occluder, trial case (which includes occlude, pinhole disc, red and green filter, stenopaic slit, trial frame), and visual field chart. The examination room should have contrast sensitivity chart, pediatric and low vision charts.

#### 5. **Contact Lense Praticce**

1 pair soft contact lenses, one paie RPG (Rigid Gas Permeable), contact lenses, contact lense solution for soft ad Gas permeable, trial lens and frame, ocluder, and basin. The examination room must have keratometer and biomicroscope).

### **GENERAL INSTRUCTIONS:**

1. Check or verify your school/building assignments at the PRC official website ([www.prc.gov.ph](http://www.prc.gov.ph)) or through the Notices/Announcements to be posted at the PRC premises two (2) to three (3) working days before the date of the examination.
2. Report to the school/building assignment before 5:30 a.m. on the first day of the examination to verify your room and seat number. Be punctual. Late examinees will not be admitted.
3. Examinees are required to wear the following attire every examination day:

(THEORETICAL) - College uniform or any white attire  
(PRACTICAL) - Corporate attire/ Business suit with white blazer or top coat  
**(WITHOUT NAME TAG AND/OR SCHOOL PATCH)**  
(Ladies) - **No** pants, slacks, shorts, plunging neckline, spaghetti straps  
(Men) - **No** denim pants

4. Bring the following on examination day:
  - a. Notice of Admission
  - b. Official Receipt
  - c. Two (2) or more pencils (No. 2)
  - d. Ball pens with **BLACK ink only.**
  - e. One (1) piece long brown envelope
  - f. One (1) piece long transparent/plastic envelope (for keeping your valuables and other allowed items)
5. The following items are strictly **PROHIBITED** inside the examination premises/rooms:
  - a. Books, notes, review materials, and other printed materials containing coded data/information/formula.
  - b. **Calculators that can automatically carry out a sequence of operations under control of a stored program, much like a computer and/or with audio-visual features, and/or capable of external communication or internet connectivity fall under programmable calculators (Please refer to Board Resolution No. 04 s. 2020).**
  - c. **APPLE, SAMSUNG AND OTHER SMART WATCHES, CELLULAR PHONES, EAR PLUGS, BLUETOOTH, TRANSMITTERS, PORTABLE COMPUTERS, BLUETOOTH AND OTHER ELECTRONIC GADGETS/DEVICES WHICH MAY BE USED TO STORE OR RETRIEVE DATA/INFORMATION AND/OR TO COMMUNICATE FOR WHATEVER PURPOSE**
  - d. Bags of any kind (ladies bag, shoulder bags, attaché case, backpacks, etc.)
  - e. Other examination aids not stated in this program.

All personal belongings of the examinees shall be surrendered to the proctor and shall be placed in a secured space within the examination room.

The rules on the conduct of bodily search, an inspection of personal belongings of the examinees, and the seizure/confiscation of prohibited items during the licensure exam (Annex A of PRC Memorandum Order No. 57, s. 2020) shall be strictly observed.

6. Joint Administrative Order No. 01 (s. 2022)<sup>1</sup>, the following precautionary measures and protocols shall be observed and implemented during the conduct of licensure examination such as, but not limited to:

6.1 All examinees and examination personnel shall enforce the following precautionary measures among themselves:

- 6.1.1 Limit their travel to a semi-bubble set up of home-testing venue-home;
- 6.1.2 Observe physical distancing of at least one (1) meter between and among examinees;
- 6.1.3 Restrict examinees to their assigned seat;
- 6.1.4 Wear a well-fitted face mask at all times;
- 6.1.5 Bring 70% ethyl alcohol for hand disinfection;
- 6.1.6 Avoid close contacts (eg., "beso-beso", hugging, handshakes), and similar activities which directly involve touching of other persons;
- 6.1.7 Avoid touching one's eyes, nose, and mouth;
- 6.1.8 Observe cough and respiratory etiquette at all times; and
- 6.1.9 Avoid spitting in public, on floors, and corridors.

6.2 Examinees and examination personnel shall bring their own meals (pre-packed meal/snack and drink) to be eaten during breaks, on their assigned seats. Face masks and face shields (if applicable) will only be removed when taking meals or drinks.

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<sup>1</sup> PRC, DOH, DILG, and PNP JAO, entitled "Revised Guidelines on the Observance of Protocols for Minimum Public Health Standards and Institutionalization of Health Settings in the Conduct of Licensure Examinations during State of Public Health Emergencies"

6.3 Examinees shall bring their own pens, pencils, and erasers. Borrowing from a seatmate is strictly not allowed.

6.4 Loitering and unnecessary conversing in the hallways or in the examination room are strictly not allowed.

6.5 Physical distancing shall be strictly observed in the queuing of the examinees entering the testing venues;

6.6 Examinees shall proceed immediately to their designated examination rooms after the screening.

6.7 During the examination proper, the following shall be strictly observed:

- a. Room watchers/proctors and examinees shall be advised to observe and maintain the Minimum Public Health Standards (MPHS), at all times, within the examination rooms, particularly when examinees submit their answer sheets and test booklets/questionnaires. Only one examinee at a time shall be accommodated;
- b. Any examinee who needs to use the restroom shall be accompanied by a room watcher/proctor, while always observing and maintaining MPHS. Only one examinee at a time shall be allowed to go to the restroom. Proper hand hygiene shall be observed particularly every after use of the restrooms; and
- c. Protective facemasks and handkerchiefs/tissue shall be inspected by room watchers/proctors before the start of every subject and, if necessary, during the conduct of examination to ensure that they are not used to conceal codigos. In compliance with the MPHS, the inspection shall be done one at a time, while the rest of the examinees are seated.

7. In addition to the above, the examinees are required to submit a copy of the proof of full vaccination (1 or 2 doses depending on the vaccine received plus booster or based on the latest definition of "Fully Vaccinated"), RT-PCR test for those who are not fully vaccinated, or Certificate of Completion of Isolation, as the case may be, to the proctor on examination day.

If the examinee recently contracted COVID-19, a Certificate of Completion of Isolation or its equivalent signed by any of the following must be submitted:

1. Duly licensed Physician (government or private physician);
2. Municipal Health Officer, Provincial Health Officer or City Health Officer;
3. Designated Barangay Health Emergency Response Team (BHERTs) Officer or Barangay Health Worker visiting the residence of the examinee or examination personnel.

Examinees coming from other countries are required to quarantine following the latest quarantine and isolation protocols and guidelines, in and around the time of examination.

8. For detailed information, please refer to JAO 01 (s 2022) (copy attached).

9. Read carefully and follow the instructions on your **NOTICE OF ADMISSION** and **EXAMINEES GUIDE**.

**NOTE: PERSONAL BELONGINGS BROUGHT BY AN EXAMINEE SHALL BE FOR HIS/HER OWN ACCOUNT. THE PRC WILL NOT BE ANSWERABLE FOR ANY SUCH ITEM OR PERSONAL BELONGING THAT MIGHT BE LOST DURING THE EXAM WITHOUT FAULT OR NEGLIGENCE ON ITS PART.**

Manila, Philippines  
August 11, 2023

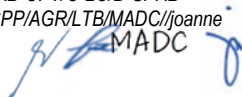
APPROVED:

  
**DR. IRENE CHRISTINE P. PELIÑO**  
Chairperson

CERTIFIED CORRECT:

  
**Atty. Lovelika T. Bautista**  
Chief, PRB Secretariat Division

PRB-OPT/O-LO/D-SPRB  
ICPP/AGR/LTB/MADC/joanne

  
MADC