



Republic of the Philippines
Professional Regulation Commission
Manila



“NOT FOR SALE”

PROFESSIONAL REGULATORY BOARD OF OPTOMETRY

**PROGRAM OF THE OPTOMETRISTS LICENSURE EXAMINATION IN NCR
ON OCTOBER 23, 24 and 25, 2022 (THEORETICAL) AND OCTOBER 26, 27, 30 and 31, 2022 (PRACTICAL)**

6 YEAR CURRICULUM

THEORETICAL EXAMINATION

SUNDAY OCTOBER 23, 2022

SUBJECTS

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%

MONDAY OCTOBER 24, 2022

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%

TUESDAY OCTOBER 25, 2022

8:00 A.M. - 10:00 A.M.	-	Ocular Diseases and Ocular Emergencies	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 26 (Wednesday), 27(Thursday),
30(Sunday) and 31(Monday), 2022**

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 sphero-cylinder 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, occluder, 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) 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)
 - g. **Health Forms (pursuant to Joint Administrative Order No. 01, series of 2020)**
 - h. **Negative RT-PCR Test Results, if applicable, or Certificate of Quarantine or copy of Vaccination Card for fully vaccinated examinees to be submitted to the proctor on the examination day.**
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 which are programmable or with embedded functions especially CASIO FX991ES and CASIO FX-991ES plus**
 - c. **APPLE, SAMSUNG AND OTHER SMART WATCHES, CELLULAR PHONES, EAR PLUGS, TRANSMITTERS, PORTABLE COMPUTERS, BLUETOOTH AND OTHER ELECTRONIC GADGETS/DEVICES WHICH MAY BE USED FOR COMMUNICATION PURPOSES**
 - d. Bags of any kind (ladies bag, shoulder bags, attaché case, backpacks, etc.)
 - e. Other examination aids not stated in this program.
6. Per Joint Administrative Order No. 2021-01(s. 2021)¹, the following Health Standards for Examinees and PRC Examination shall be observed.
 - 6.1 All examinees and examination personnel shall enforce the following precautionary measures among themselves:
 - 6.1.1 Observe physical distancing of at least two (2) meters between examinees. Examinees shall be restricted to their assigned seat;
 - 6.1.2 Wear face mask (at least 3-ply surgical mask, preferably N95 mask) and face shield² at all times;
 - 6.1.3 Bring 70% ethyl alcohol for hand disinfection;
 - 6.1.4 Wear latex gloves for exam personnel handling the test questionnaires;
 - 6.1.5 Avoid close contacts like “beso-beso”, hugging, handshake, and directly touching other persons;
 - 6.1.6 Avoid touching one’s eyes, nose, and mouth;
 - 6.1.7 When sneezing and/or coughing, facial tissues must be used to wipe the nose and mouth areas. Dispose of used facial tissues properly; and
 - 6.1.8 Avoid spitting in public, on floors, and along corridors.

¹ PRC, DOH, and PNP JAO, entitled “Revised Standard Guidelines on the Strict Observance of Health Protocols in the Conduct of Licensure Examinations during Public Health Emergency and/or Pandemic”

² Because the exam room is an enclosed area for eight (8) hours, it is highly advisable for the examinees to wear their face shields at all times

6.2 Examinee shall submit the duly accomplished Informed Consent (Annex “A”) and Health Declaration (Annex “B”) forms with the Notice of Admission (NOA) and the negative RT-PCR test result/Quarantine Certificate or copy of the Complete Vaccination Card to the proctor on the examination day.

Informed Consent and Health Declaration Forms can be downloaded from the PRC official website (www.prc.gov.ph);

6.3 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 will only be removed when taking meals or drinks.

6.4 Windows will be opened to improve ventilation during breaks.

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

6.6 Talking and loitering are prohibited in the hallways or in the examination room.

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

6.8 All examinees and examination personnel shall undergo temperature scanning:

6.8.1 Only examinees with a temperature of less than or equal to 37.5 degrees Celsius shall be allowed to enter the testing venue;

6.8.2 Examinee with a temperature of more than 37.5 degrees Celsius (37.5°C) shall be referred to the Building Supervisor, who shall refer the concerned examinee to onsite medical doctor/personnel for assessment. The examinee will not be allowed to take the rest of the examination.

6.9 Examinees shall proceed immediately to their designated examination rooms after the thermal scanning/screening.

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

6.10.1 Watchers/Proctors and examinees shall practice social distancing measures 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;

6.10.2 Any examinee who needs to use the restroom shall be accompanied by a room watcher/proctor, always maintaining social distancing measures. 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

6.10.3 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.²—In compliance with social distancing measures, the inspection shall be done one at a time, while the rest of the examinees are seated. Examinees must show all the angles of their facemasks and handkerchiefs to the room watcher/proctor for inspection, from a distance of at least one (1) meter from the examinee.

7. All examinees shall be required to download and fill-out a Post Examination Health Surveillance Form and submit the same fourteen (14) days after the examination through the designated Regional Offices’ email address. The said form can be downloaded from the PRC official website <http://www.prc.gov.ph>

8. In addition to the above, the examinees are required to submit results of their RT-PCR or Saliva tests from any of the Department of Health (DOH) accredited facilities 3-5 days before the examination date/s, if falling under the groups stated in DOH Memorandum 2020-258A³. Only those examinees with negative results shall be allowed to take the examination.

If the examinee does not fall in the groups mentioned in DOH Memorandum 2588-A (s 2020), he/she shall be allowed to take the examination in the absence of RT-PCR test, provided, that he/she must undergo a fourteen (14)-day quarantine period wherein he/she is asymptomatic for at least fourteen (14) days prior to the scheduled examination date/s. Provided further, that he/she has no close contact or exposure to the aforementioned cases. A Certificate of Quarantine or its equivalent signed by any of the following shall be submitted instead:

³ Updated Interim Guidelines on Expanded Testing for COVID-19

1. Duly licensed Physician (government or private physician);
2. Municipal Health Officer, Provincial Health Officer or City Health Officer;
3. Barangay Officer visiting the examinee's residence or examination personnel attesting that he/she has been in quarantine for fourteen (14) days.

Examinees coming from other countries are required to quarantine for fourteen (14) days in any government accredited facility and/or provide a negative RT-PCR/ Saliva test result whichever is shorter.

9. Please see this link: <https://www.prc.gov.ph/sites/default/files/JAO%202021-01%20PRC%20DOH%20PNP.pdf> for detailed information on JAO 01 (s 2021)
10. 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 25, 2022

APPROVED:


DR. BERNARDITA A. GARCIA
Chairperson

CERTIFIED CORRECT:


Atty. Lovelika T. Bautista
Chief, PRB Secretariat Division

PRB-OPT/D-SPRB
BAG/AGR/LTB/MADC/Joanne


MADC