General Optical Council

Continuing Education and Training (CET)

A guide for registrants in the 2019-21 CET cycle

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Introduction

About the General Optical Council (GOC)

We are the regulator for the optical professions in the UK. Our purpose is to protect the public by promoting high standards of education, performance and conduct amongst opticians. We currently register around 30,000 optometrists, dispensing opticians, student opticians and optical businesses.

Lifelong learning

Lifelong learning is an important part of ensuring that all regulated healthcare professions such as optometrists, dispensing opticians, doctors, dentists, pharmacists and osteopaths continue to practise safely throughout the duration of their professional career. This means you have a responsibility to ensure that you maintain and develop your skills, knowledge and conduct to help improve the safety and quality of care your patients and the public receive.

Purpose of our CET scheme

Continuing Education and Training (CET) is a mandatory scheme to help you to continue your journey of lifelong learning. As a healthcare professional it is essential to continue to develop your professional knowledge and skills in order to practise safely and effectively throughout your career and maintain the trust of your patients and the public. Our CET scheme sets our minimum expectations to achieve this. In other healthcare professions, this would usually be referred to as continuing professional development or CPD.

CET is also our proportionate response to the Government's call for "health professions to have in place arrangements for the revalidation of their professional registration through which they can periodically demonstrate their continued fitness to practise"[1]. Revalidation is the process by which we decide whether you should remain on our register because you have demonstrated that you are fit to continue practising.

[1]Government White Paper (2007), 'Trust, Assurance and Safety — The Regulation of Health Professionals in the 21st Century', London: HMSO

Overview of the CET scheme

CET is a legal requirement for all fully-qualified optometrists and dispensing opticians. The scheme runs over a three-year cycle from 1 January 2019 to 31 December 2021. It is points-based which means that you must earn a minimum number of CET points by the end of each cycle, as well as meeting a number of other requirements, in order to remain registered.

The CET scheme focuses on two main areas:

- the development of the knowledge and skills currently required to be a registered optometrist or dispensing optician; and
- the mitigation of the risks associated with being a registered optical professional.

You can manage your CET through our online MyCET website, where you can view your CET requirements and track your progress against these. MyCET can be accessed through the MyGOC section of our website: www.optical.org/en/login/index.cfm
More information about MyCET is available on page 10.

About this guide

This guide explains the requirements for each registrant group and aims to help you to ensure you meet the requirements of the CET scheme.

Reflection

As part of being a healthcare professional, you should take time to reflect on your practice and identify areas you could improve or develop. There are many approaches to reflection and we provide some tools to help you, such as the personal development plan. The personal development plan will give you an opportunity to reflect on your scope of practice at the beginning of the CET cycle, think about the CET that would be useful to you and plan your activities over the next three years. We would encourage you not to consider this as a one-off activity and to reflect regularly on your practice over the three years in a way that is useful for you.

What is reflective practice?

Reflective practice is the process where you think about your experiences to gain insights about your practice and to improve the way you work or the care you give to your patients or clients. Reflection is part of the continuous learning and development expected of you as a professional throughout your careers.

What are the benefits of reflective practice?

Reflection supports you in your professional development and practice. It has been linked to improvements in the quality of care given to patients and clients.

Reflection statements on MyCET

You can complete a reflection statement on MyCET for any CET event that you undertake. These are optional for CET activities other than peer review, but we encourage you to complete them in relation to all CET which you do as a matter of good practice. You can do this by completing a template within your MyCET account which appears when logging in to accept your pending CET points (see page 10 for more details of the online MyCET system).

The purpose of the reflection statement is for you to capture a summary of the discussion and to detail the learning, development and good practice you identified. In completing your reflection statement, you are asked to do the following:

- summarise the clinical skills and competencies that were discussed during the session;
- list the main things you learned from the session;
- describe how you will apply the learning in your practice; and
- consider if the session has identified any areas where further personal learning is needed and if so, briefly describe them.

We advise you to log in as soon as possible after receiving the notification that your CET points have been uploaded, to ensure you complete your reflection statement while the learning is still fresh in your mind.

CET requirements

The CET requirements differ by professional group and the point at which you join the register during the CET cycle. To view an accurate list of your own CET requirements, please log in to your MyCET account.

CET requirements for optometrists

(1 January 2019-31 December 2021)

1. You are required to obtain **36 points** during this cycle. (The points requirement is adjusted for registrants joining after 1 January 2019.)

2. You must achieve a minimum of **18 points** through **interactive CET**.

3. We expect you to obtain at least **six points per year** but would encourage you to do more than this in order to spread your learning evenly across the three-year cycle. The number of points awarded for a CET activity reflects the level of engagement with peers or experts and the extent to which the activity supports reflection by the participant. For example, peer review and clinical skills CET carry more points than attendance at lectures or article-based CET.

4. You must cover all of the **optometrist competencies** (see page 16).

5. You must participate in at least one **peer review event** which must be approved for optometrists (after which a reflection statement must be completed). A peer review event can either be a registrant-led peer review group or a peer discussion delivered by a CET provider.

6. You must create a **scope of practice statement** and at least one **learning goal** in the personal development plan section of your MyCET account.

CET requirements for therapeutic prescribers
(1 January 2019-31 December 2021)

A therapeutic prescriber is an optometrist qualified to provide additional supply, supplementary prescribing and/or independent prescribing.

1. You are required to obtain **54 points** in total during this cycle which includes:
   a. a minimum of **36 optometrist CET points**; and
   b. a minimum of **18 therapeutic prescribing CET points**.

(The points requirement is adjusted for registrants joining after 1 January 2019.)

2. You must achieve a minimum of **18 points** through **interactive CET**.

3. We expect you to obtain at least **six points per year** but would encourage you to do more than this in order to spread your learning evenly across the three-year cycle. The number of points awarded for a CET activity reflects the level of engagement with peers or experts and the extent to which the activity supports reflection by the participant. For example, peer review and clinical skills CET carry more points than attendance at lectures or article-based CET.

4. You must cover the following competencies:
   a. all of the **optometrist competencies** (see page 16); and
   b. all of the **therapeutic prescriber competencies** (see page 16).

5. You must participate in at least one **peer review event** which must be approved for therapeutic prescribers (after which a reflection statement must be completed). A peer review event can either be a registrant-led peer review group or a peer discussion delivered by a CET provider.

6. You must create a **scope of practice statement** and at least one **learning goal** in the personal development plan section of your MyCET account.

CET requirements for dispensing opticians

(1 January 2019-31 December 2021)

1. You are required to obtain **36 points** during this cycle. (The points requirement is adjusted for registrants joining after 1 January 2019.)

2. You must achieve a minimum of **18 points** through **interactive CET**.

3. We expect you to obtain at least **six points per year** but would encourage you to do more than this in order to spread your learning evenly across the three-year cycle. The number of points awarded for a CET activity reflects the level of engagement with peers or experts and the extent to which the activity supports reflection by the participant. For example, peer review and clinical skills CET carry more points than attendance at lectures or article-based CET.

4. You must cover all of the **dispensing optician competencies** (see page 16).

5. You must create a **scope of practice statement** and at least one **learning goal** in the personal development plan section of your MyCET account.

CET requirements for contact lens opticians

(1 January 2019-31 December 2021)

1. You are required to obtain **36 points** in total during this cycle which includes:
   a. a minimum of **18 dispensing optician CET points**; and
   b. a minimum of **18 contact lens optician CET points**.

(The points requirement is adjusted for registrants joining after 1 January 2019.)

2. You must achieve a minimum of **18 points** through **interactive CET**.

3. We expect you to obtain at least **six points per year** but would encourage you to do more than this in order to spread your learning evenly across the three-year cycle. The number of points awarded for a CET activity reflects the level of engagement with peers or experts and the extent to which the activity supports reflection by the participant. For example, peer review and clinical skills CET carry more points than attendance at lectures or article-based CET.

4. You must cover:
   a. all of the **dispensing optician competencies** (see page 16); and
   b. all of the **contact lens optician competencies** (see page 16).

5. You must participate in at least one **peer review event** which must be approved for contact lens opticians (after which a reflection statement must be completed). A peer review event can either be a registrant-led peer review group or a peer discussion delivered by a CET provider.

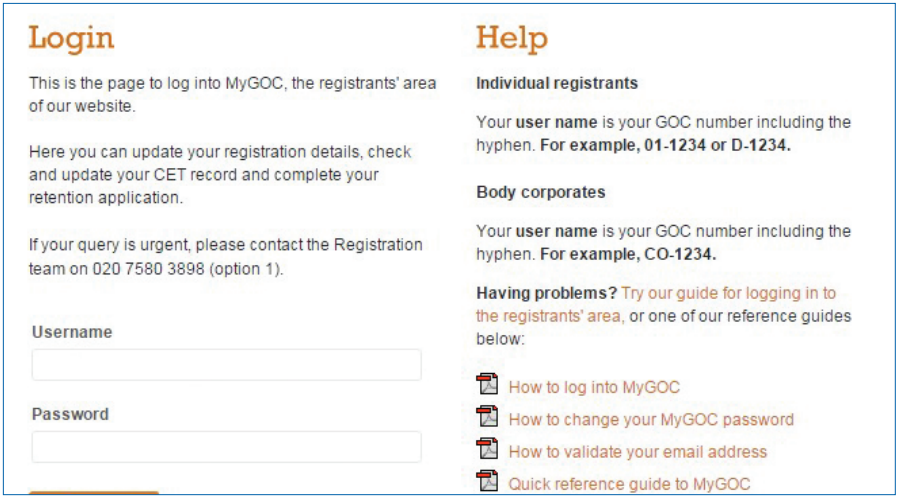
6. You must create a **scope of practice statement** and at least one **learning goal** in the personal development plan section of your MyCET account.

Using MyCET

Your online CET account for the 2019-21 cycle

MyCET is the area of our website that allows you to manage and record your CET. You can access your MyCET account by logging in to the MyGOC area of the GOC website: www.optical.org/en/login/index.cfm Here you can log your points and check your CET requirements and progress.

The look and feel of MyCET has been updated for 2019, so you can expect to see some differences from the previous CET cycle. Examples of changes you might see are a more contemporary look and feel, a horizontal menu and improved use on devices such as smartphones. and tablets.



Your MyCET account has the following features:

a) The ability to view your CET requirements and accept points that have been uploaded to your account after you have completed CET activities. You will be able to track how many general, specialist or interactive points you need, which competencies have been covered, if the six points per year target has been met and whether any peer review has been completed.

b) The facility to provide feedback on CET attended after accepting your points. This is important so that CET providers and the GOC can understand if there are any issues with the CET provided and how they can be addressed in the future. *Provision of this feedback will not affect the points or competencies gained from the CET activity in question*.

c) A template to help you record reflection statements, capture interactions with peers and link CET activity to a learning goal in your personal development plan. These reflection statements must be completed for peer review events. They are optional for other CET activities, but we encourage you to complete them in relation to all CET which you do as a matter of good practice.

d) A personal development plan so you can define your scope of practice, set learning objectives and plan your development.

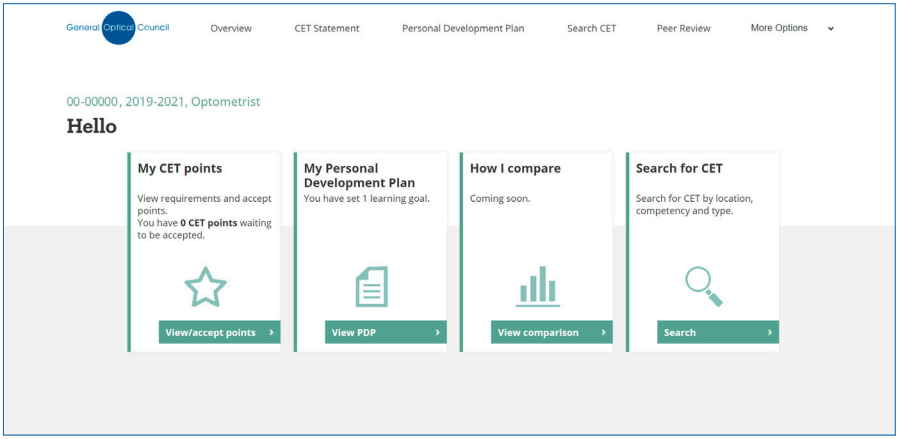
e) The facility to register your own local registrant-led peer review group.

f) The facility to apply for non-UK continuing professional development events to be awarded CET points in advance of these happening.

g) A message centre to contact the GOC if there are any questions related to your CET.

h) A CET search facility where you can search for CET events by location, provider name, mode of learning, competencies covered and topic.

i) The facility to set notification preferences to be informed when new CET matching your criteria is available.



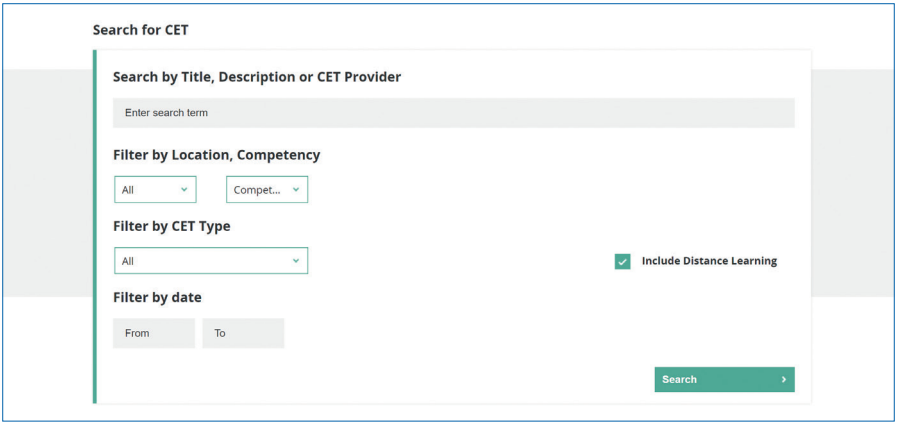
How to find CET to meet your learning goals and requirements

Your MyCET account includes a search facility to find CET events. You can search to find CET that is:

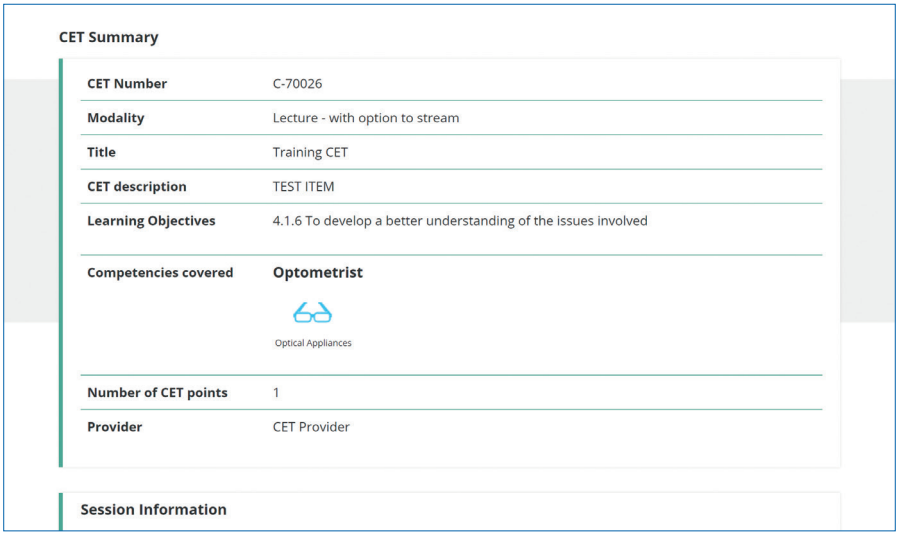
- available in your local area or online;
- offered by a particular provider; or
- in a particular mode of learning, topic or competency.

It is quick and easy to use and the search results will give you all the information you need to plan your CET – who the CET is targeted at, whether it's interactive, which competency or competencies it covers and how to book a place.

Search for the CET you need:

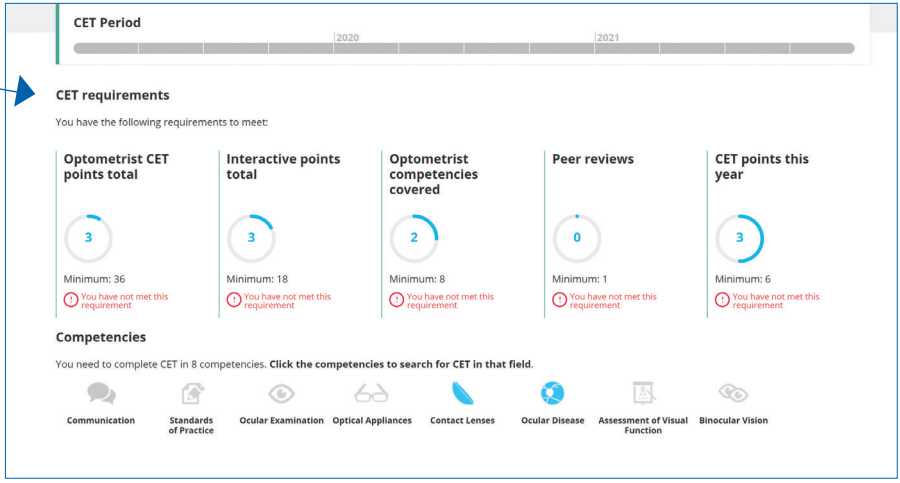


View the details of the CET matching your criteria:



How to view your CET requirements

To view your CET requirements click on the CET statement screen.



First log-in during 2019-21 cycle

When you log in for the first time during this cycle you will see a welcome screen and then be taken directly to your personal development plan. You are expected to complete a personal development plan in relation to each CET cycle. This will involve:

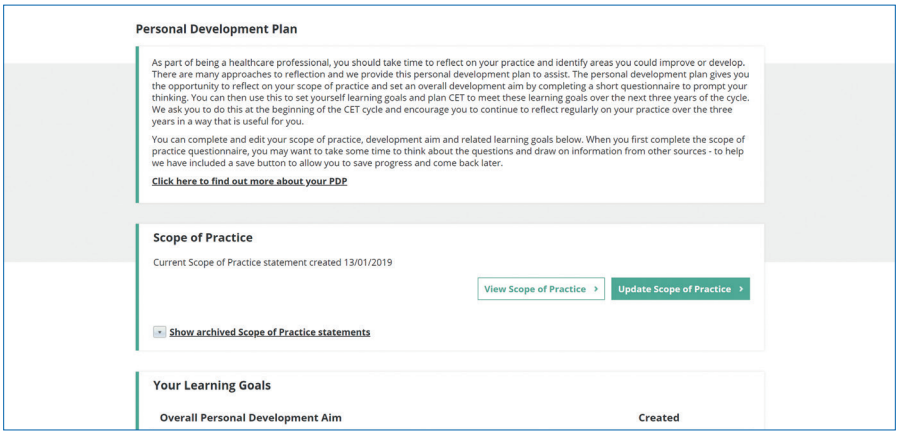
- completing a scope of practice statement which can be used to reflect on your practice;
- identifying areas of practice that you want to revise or update;
- identifying areas of your practice that you wish to develop; and
- setting at least one learning goal (which should be related to areas of your current practice that you wish to revise or update, or new areas of practice in which you wish to develop. Once a learning goal has been set, you should select CET activities that will help you to meet this goal. You can also add non-CET activities to demonstrate that you have met a learning goal).

You will not be able to progress further until this is completed.

If you are a *new registrant*, the system will automatically create a learning goal for standards of practice within the personal development plan. You will be expected to link at least one piece of CET related to standards of practice to this learning goal during the CET cycle.

MyCET includes a support feature which contains supporting documents and guidance.

Your personal development plan



What is the personal development plan for?

As a registrant you must keep up to date and develop the professional knowledge and skills relevant to your scope of practice.

Your personal development plan is a facility which allows you to reflect on practice, set learning goals and store information on how these have been met.

Other things you can do in your personal development plan:

- search for CET activities to meet your learning goals;
- record non-CET activities you have done, some of which may help to meet your learning goals (this might include continuing professional development activities or the outcomes of appraisals); and
- upload information or feedback statements from third parties.

Linking CET to your personal development plan

All CET you complete must be linked to a learning goal. You will automatically be asked to link CET activities to a learning goal when accepting points within your MyCET account. This will involve a simple click to select the learning goal that applies.

We require you to set at least one learning goal in the 2019-21 cycle, although we encourage you to follow the process of identifying and meeting learning goals, and then reflecting on what you have learnt as a matter of good practice.

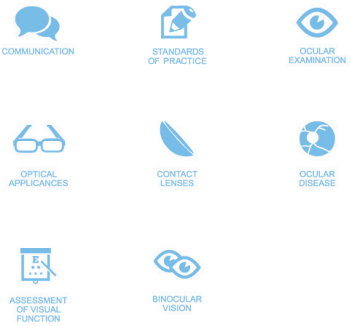
If you are a *new registrant*, the system will automatically create a learning goal for standards of practice within the personal development plan. You will be expected to link at least one piece of CET related to standards of practice to this learning goal during the three-year CET cycle.

Competencies

Competencies refer to the different areas of practice that we feel are important for you to cover through your CET in each three-year cycle. Each different type of registrant will have a different set of competencies to complete and these are detailed below. All CET activities will have been approved to cover different competencies. You can find out what competencies are covered by a CET activity by reading the advertisement/description for the activity or by asking the CET provider directly.

You need to ensure that all competencies relevant to your registrant group are covered by the end of the cycle. The competencies for each registrant group are available in the support area of your MyCET account.

Optometrists



Dispensing opticians

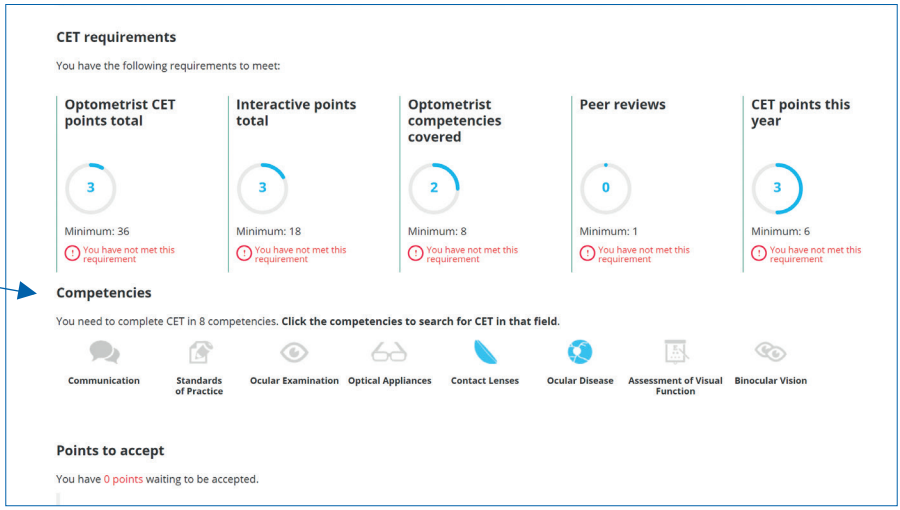
Contact lens opticians

Therapeutic prescribers

You can see your progress in covering the competencies via the tracking facility in your MyCET account (see page 10). This shows which competencies to date have been covered by the CET undertaken and which still need covering.

The relevant competency icon changes colour once that competency has been achieved. By clicking on an outstanding competency icon, you can search for available CET relevant to that competency. This helps you to plan your CET activity in advance, ensuring all of the requirements are met before the end of the cycle.

In the example below, the two competencies in blue have been covered. The six in grey have not.



When checking your progress in meeting the competencies relevant to your registrant group, you can click on each of the competency icons on your CET statement screen to search directly for CET covering that competency.

Competencies for contact lens opticians and therapeutic prescribers

If you hold a specialty qualification where some of the competencies you need to cover are the same for both your general and specialist requirements (for example, the 'standards of practice' or 'communication' competency), you are only required to complete that competency by doing CET for your specialty. You do not have to cover that competency for both general and specialty CET.

Interactive CET

Interactive CET is designed to prevent the risk of some registrants becoming professionally isolated and not interacting with their peers.

Interactive CET can be defined as any CET which involves either:

- physical attendance such as lectures, workshops or peer review events; or
- distance learning which includes an interactive element.

Interactive CET can be identified by the following icon, which will be published in advertising materials for CET activities and in the CET search facility in your MyCET account (see page 10). You can also ask the CET provider about whether an activity is interactive.

Peer review

Although it is not a requirement for dispensing opticians, we strongly encourage all registrants to undertake peer review as part of their CET, as the benefits of engaging with your peers in this environment are significant. It enables you to engage in reflective practice – thinking about what you do in every day practice and how you can learn from it.

Peer review events help you to share your own experience and expertise with other registrants and learn from your colleagues. You are able to discuss interesting, difficult or unusual cases which relate to specific competencies and exchange ideas about different ways of handling them. We know that our registrants have a lot of good practice to share and peer review is designed to help you learn from each other.

All types of registrants can participate in a peer review but there are some restrictions:

- peer review events approved for optometrists must include a minimum of four optometrists;
- peer review events approved for contact lens opticians must include a minimum of four contact lens opticians or optometrists (who are considered peers); and
- peer review events approved for therapeutic prescribers must include a minimum of four therapeutic prescribers.

There are two types of CET activities that are considered as peer review events: a) registrant-led peer review group and b) peer discussion delivered by a CET provider. These are explained below.

Registrant-led peer review group

This is a group of registrants who meet for a case-based discussion session using their own cases. One registrant should undertake the role of group leader with the responsibility for applying to us for approval for the group before the event.

The group leader should inform other attendees of the topic or theme which their cases must relate to in order to meet the competency or competencies they select. A copy of the competency framework for each registrant group is available in the support area of your MyCET account.

The group leader can apply for GOC approval for a registrant-led peer review by clicking on the "set up peer review group" button within his or her own MyCET account. The approval application requires specification of the following details:

- date, time and venue for group meeting;
- type of registrants in group e.g. number of optometrists, dispensing opticians, contact lens opticians and/or therapeutic prescribers;
- topic or theme that cases relate to;
- identification of competency unit(s) relevant to topic or theme; and
- high-level learning objectives (what the participant will learn or understand by the end of the peer review) which demonstrate how the participants will meet the competency or competencies to be discussed at the peer review. Example learning objectives are: "to understand effective communication techniques when dealing with paediatric cases", "to be able to make referral decisions for patients with suspected glaucoma" or "to improve record keeping by drawing on good practice".

When discussing real cases, registrants should not share confidential patient information, such as names, addresses and dates of birth.

After the event, the group leader will upload the list of attendees' names and GOC numbers (including their own) into the event record held within their own MyCET account. This will allocate points to the attendees' MyCET accounts.

Each registrant must log in to their MyCET account and record their learning in a reflection statement prior to being able to accept the peer review points.

Further guidance on peer review events can be found in the support area of your MyCET account.

Registrants resident outside the UK

If you are resident outside the UK, you do not have to carry out peer review with other GOC registrants – you can undertake peer review with peers who are not registered with the GOC, provided they are performing equivalent roles within their own countries and there are a minimum of four participants in the group. More information can be found about peer review the support area of your MyCET account.

Peer discussion delivered by a CET provider

This is a CET-provider led event where cases or topics are provided and learning objectives are set *in advance* by the provider. These events can involve a large number of attendees, although delegates should be split into small discussion groups plus a facilitator.

Facilitators do not participate in the discussion as a delegate but have a specific role in managing the discussion to ensure it enables achievement of the specified learning objectives. Facilitators do not receive peer review event points or competencies but can claim one general point for facilitating CET, up to a maximum of six points per CET cycle.

If you are unsure, please check the advertising materials or ask the CET provider whether an activity counts as a peer review event.

Reflection statements for peer review events

You must complete a reflection statement within your MyCET account to capture your learning in relation to the peer review, regardless of which of the above types of peer review event you have completed. We advise you to do this as soon as possible after the event takes place to ensure that the learning is still fresh in your mind.

We may audit a percentage of registrant reflection statements each year.

Applying for approval of non-UK CET

If you complete continuing professional development activities in other countries then these may be able to count towards your CET requirements. Approval of these activities must be gained *in advance* of completing them and will only be recognised if the content is relevant to the UK competencies and standards.

There are two methods of approval:

- the provider of these activities can apply to become a recognised CET provider and seek approval for each CET event as a UK CET provider would do; or
- you can apply to have these activities approved through MyCET. If the event is approved, we will advise you of the type and number of CET points that can be gained.

When applying yourself, you will be asked to submit an online form giving details of the activity, the duration and what you expect to learn from it (referred to as the 'learning outcomes'). This will be reviewed by a GOC approver who will either approve or reject the application. You may be asked for further information prior to a decision being made. CET activities in general must last for a minimum of one hour, but in some circumstances we can consider groups of activities that are for a shorter period. You must secure approval prior to undertaking the activity and it can take up to ten working days for a decision to be made.

Frequently asked questions

I thought there was going to be a transition year in 2019. Have the requirements changed?

We decided not to hold a transition year for reasons outlined on our website: www.optical.org/en/news_publications/news_item.cfm/news-from-council-14-november-2018

The CET requirements for the 2019-21 cycle are the same as the CET requirements for the 2016-18 cycle. The look and feel of MyCET has changed but the requirements have not.

How do I find out what my CET requirements are?

Your CET requirements are listed on your CET statement screen in your MyCET account accessed via the MyGOC section of our website.

How do I log in to my MyCET account?

You can access your MyCET account via the MyGOC section of our website. If you have forgotten your login or password, please follow the instructions on the MyGOC screen to access your account.

What if I can't meet the requirements by the end of the cycle?

All GOC registrants are expected to meet the CET requirements in order to keep their knowledge and skills up to date. CET is available in a wide range of formats, including distance learning. This means that even registrants based outside of the UK, on a career break or struggling to attend events can access CET regularly.

To be on the GOC register you must be fit to practise and be able to undertake CET. If you feel your ability to practise is impaired, then you should inform the GOC and stop practising if this potentially puts patients at risk.

Anyone who experiences exceptional circumstances affecting their ability to undertake CET for an extended period of time will have an opportunity to outline these at the end of the CET cycle. The Registrar will take these circumstances into account when determining whether or not a registrant should be removed from the Register for failing to meet all the CET requirements at the end of the cycle.

The 2019-21 cycle ends on 31 December 2021 and if you have failed to meet your CET requirements by that date you may be removed from the GOC register, resulting in you being unable to practise.

I want to restore to the GOC register. What are the CET requirements?

In order to restore your registration following removal you will have to:

- make up any shortfall you have in meeting the CET requirement from a previous CET cycle which can include some or all of CET points, competencies, interactive points or peer review; and
- demonstrate that in the last 12 months you have completed a minimum of 12 general CET points, achieved 50 per cent of these points from interactive CET, covered all the general competencies for your registrant group, and completed a peer review, if required for your registrant group.

If you are restoring to a specialist register you will be required to:

- complete the shortfall in specialist CET from the previous CET cycle; and
- demonstrate that in the last 12 months you have undertaken a minimum of 6 specialist CET points, of which 50 per cent are interactive, met all the specialist CET competencies for your registrant group and undertaken a specialist peer review for your registrant group.

For contact lens opticians, the six specialist points can count towards your general requirements under bullet point two when applying to restore both general and specialist registration at the same time.

For therapeutic prescribers, the six specialist points must be in addition to the 12 points required under bullet point two when applying to restore both general and specialist registration at the same time.

For more information see www.optical.org/en/Registration/Restoring_to_the_registers/index.cfm

Do I have to meet the full CET requirements if I join the register part way through the cycle?

Registrants joining the register part way through the cycle need to gain one CET point for each full month that they are on the register and at least half of the total number of points need to be interactive. For example, if a registrant were to join on 1 September 2019, they would need to obtain 28 CET points by 31 December 2021.

You must complete all of your competency requirements and undertake a peer review (if applicable), unless you join in the last year of the cycle (i.e. in 2021), in which case the requirements for competencies and peer review are not applicable.

Do I have to meet the full CET requirements if I am on a career break (e.g. for reasons such as maternity, paternity or carer's leave) for part or all of the cycle?

If you are on a career break for part or all of the cycle and are unable to carry out your full CET requirements, you should consider whether you need to maintain your registration during this period. If you do, it is open to you to apply for exceptional circumstances at the end of the cycle if you were not able to meet your CET requirements. The Registrar will take these circumstances into account when determining whether or not you should be removed from the Register for failing to meet all the CET requirements.

Why is there a limit on non-interactive CET, such as text-based distance learning?

You cannot obtain all of your points through non-interactive CET such as text-based learning. Interactive types of learning, including those that will be offered as distance learning, are available to ensure all registrants can meet this requirement, even those with difficulties physically attending events.

Research we conducted in 2010 identified risks associated with registrants completing all or most of their CET via text-based distance learning (e.g. journal articles) under a previous cycle. This meant that many registrants had been achieving their CET points with little or no interaction with peers, potentially leading to professional isolation. This is why registrants must gain at least 50 per cent of their total points requirement through interactive learning methods.

Does the peer review requirement mean I will be judged by my peers?

Peer review events should not be about individual practitioners making or offering judgment on the decisions or practices of others. They are designed to offer an environment in which you can engage in case-based discussion with a group of peers, which will help registrants to consider their own decision-making and record-keeping.

How can I do peer review if I am not currently working in practice?

Registrants in clinical practice may choose to use their own case records. Alternatively, example case records can be used, ensuring registrants not currently in clinical practice can also benefit from these sessions. Some CET providers produce example cases to use for this purpose.

Do I have to do a separate CET activity for each competency unit?

No. You must cover all competency units in your CET, but many CET activities will cover more than one competency area.

How do I count activities towards my CET requirement that I completed outside of the UK?

If you complete continuing professional development activities in other countries then these may be able to count towards your CET requirements. However, approval of these activities must be gained in advance of completing them. Alternatively, approval can be gained from the provider of these activities if they have applied to become a recognised CET provider. You can apply through MyCET to have these activities approved.

Will the GOC make sure there is enough CET available in my area to enable me to meet the requirements?

We work with CET providers to seek to ensure that all registrants, regardless of geographical location or other barriers to learning, will have access to sufficient CET to meet our requirements.

I live outside of the UK. How will I meet the interactive requirements?

Interactive CET is available in a range of formats. We do not have an obligation to ensure that CET is available in countries outside of the UK as our statutory powers relate only to practice in the UK. If you are living outside of the UK and think you may have difficulty in meeting these requirements you are advised to make early plans to avoid any last minute difficulties at the end of the CET cycle.

What is scope of practice and why do I need to make this statement?

Scope of practice put simply means what you do in your clinical work e.g. the areas of work in which you practise (such as contact lens fitting, low vision etc) and the limits of your competence. The CET system will guide you through the process of defining your scope of practice. Your scope of practice statement is designed to be a helpful tool to encourage you to think about what you are currently doing and then reflect on what CET you could do in the next cycle to enable you to maintain or develop your practice.

How many learning goals do I need to have in my personal development plan?

You need to have a minimum of one learning goal in your personal development plan. We encourage you to set more than one as a matter of good practice. All the CET you complete should be linked to one of your learning goals.

If you are new to the register, the system will automatically create a learning goal for standards of practice within the personal development plan. You will be expected to link at least one piece of CET related to standards of practice to this learning goal during the three-year CET cycle.

Where can I get more information about CET?

Please visit the CET section of our website: www.optical.org or ring our CET helpline on 020 7307 9488.

Further guidance can also be found on the MyCET website.

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