



GOS EQUIPMENT LIST

Updated 4 December 2008

This is an updated list of recommended equipment to assist you in complying with the GOS contract that started on 1st April 2006. It is not totally exhaustive or prescriptive, but should be seen as guidance to help you. These are recommendations and should be used with your clinical judgement to provide a standardised service across Scotland. There may be local variations in preferred equipment due to Shared Care Schemes, or other agreements between Optometry and Ophthalmology. These arrangements should be notified to your local Area Optometric committee.

The list will be updated as new equipment is launched and has been accepted by Optometry Scotland. For further information please contact Optometry Scotland.

60D to 120D Condensing lens

These lenses should be used with a good quality slit lamp bio microscope capable of more than one level of magnification to examine the internal eye.

For general undilated indirect slit lamp biomicroscopy;

A super-vitreo fundus lens, or superfield 90 dioptre, or similar condensing lens will usually allow a good fundus view of the undilated eye.

For dilated indirect slit lamp biomicroscopy;

A condensing lens of 90 D, or Superfield type full field 78 D or similar for general viewing, and a 60 D(x1) or 66 D lens for a more detailed view. The higher dioptre will give you a wider field of view, the 66D & 60 D (x1) are excellent for assessing the posterior pole, optic disc, maculae and the posterior vitreous with an excellent stereoscopic view.

For domiciliary purposes;

It is accepted that slit-lamp bio microscopy is difficult in a home setting, and practitioners must exercise their clinical judgement accordingly when carrying out an internal examination of the eye. Binocular handheld slit lamps are available from several suppliers.

There are also indirect handheld ophthalmoscopes that could be used, but even a direct ophthalmoscope with good dilation would be acceptable.

Despite the popularity with some Optometrists, head-mounted biomicroscopy is not on the recommended list. Although it gives a wide field of view, it has been agreed between Optometry Scotland and the Scottish Executive that slit lamp bio with a condensing lens is the preferred standard. This advice does not exclude head-mounted biomicroscopy if that is your preferred "regular use" option.

Contact applanation tonometry

For screening purpose you may use a Non-contact tonometer, Tono-Pen, Goldman, or other tonometer design, but for diagnostic purposes, repeat pressures and referral refinement you must use one of the following:

- Goldman design slit lamp mounted contact tonometer,
- Perkins hand held contact tonometer
- In a domiciliary setting the Perkins is most appropriate.

Visual field testing

The visual field testing apparatus must offer a minimum central 30 degrees full threshold capability.

Obviously a bowl perimeter that offers additional full field assessment will be more advantageous to the practice, and allow a more detailed assessment of the patient's visual field.

Equipment that meets these requirements are:

- Any Humphrey model, except FDT models such as FDT and Matrix
- Henson 4000, 5000, 6000
- Dicon 400
- Octopus 101
- Oculus Easyfield and Centrefield
- Medmont Ld400 and TKS500

There are some portable field screeners that might be suitable in a domiciliary environment, such as the Oculus Easyfield and the Henson 6000, but it is accepted that visual field testing in the home setting is difficult. It is expected that practitioners will do what can be done in a particular set of circumstances, and exercise their professional judgement for the benefit of the patient.

Retinal Cameras

The camera must be of a type where the camera body can be replaced and must exceed 2MP (Million Pixels), the only exception would be where the fixed camera exceeds 10MP (Million Pixels) or there is an OCT element.