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## Orthoptic Careers Case Study

# Meet Finn

**Why did you choose orthoptics?** I initially studied Psychology and found myself fascinated by the modules on perception and vision. I was tempted to pursue my interest in vision through a career in research, but I wanted a job which was more public facing and where I could really feel that I was making a difference each day.

I was delighted to discover that a career in orthoptics meant I could put into practice the theories I was so interested in and make a meaningful difference to my patients every day.

**Finn**Specialist Orthoptist  
Sheffield Children's  
Hospital

**What is a typical day like in your current role?** My days vary as much as the patients do and having to adapt my testing to suit them is a part of the job I love.

I independently assess patients who are undergoing orthoptic monitoring or treatment like patching or orthoptic exercises. We work closely with the ophthalmologists in our department to plan squint surgery or to diagnose complex eye movement disorders. I am involved in delivering our local school vision screening programme, referring children who would otherwise go undiagnosed and untreated. I am also a clinical tutor so often supervise and teach Orthoptic students when they are on placement with us.

When I am not in clinic I spend my time dealing with queries from parents, triaging new referrals, undertaking clinical audit and keeping up to date with current research, ensuring my clinical practice is evidence based.

**What skills do you find essential for your job?**

Adaptability; good communicator; calm and confident under pressure



***“My days vary as much as the patients do and having to adapt my testing to suit them is a part of the job I love.”***

**What is the best part of your role?** I really enjoy having to think outside the box to piece together a clinical picture and find an explanation for a patient's signs or symptoms. I think one of the most rewarding parts of my job is using this to educate the patient and their parents about their orthoptic diagnosis and formulating a management plan with them.

I love having a job which keeps me motivated and interested. For me, a career in Orthoptics allows me to have a job I'm passionate about but also allows me to have a good work life balance.

**Define your role in 3 words?** Rewarding. Motivating. Interesting.

**What advice would you give to someone thinking of studying orthoptics?** My best advice is to seek out some shadowing experience or speak to an orthoptist about their role. For me, this was what really confirmed my choice to pursue orthoptics. I remember watching the Orthoptist assess a patient, explain the cause of her double vision and relieve her symptoms immediately by occluding one side of her glasses. The patient was really emotional and so grateful to be able to resume her day to day tasks. The enormity of this is something which inspired me and still motivates me today.



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