

**BIOS**BRITISH AND IRISH
ORTHOPTIC SOCIETYContact careers@orthoptics.org.uk
www.orthoptics.org.uk

Orthoptic Careers Case Study

Meet Raissa

Why did you choose orthoptics? I started working as an optical assistant at an optician when I was 16, initially intending to study optometry at university. However, the more time I spent in the role, the more I realized that optometry wasn't the right fit for me. I found the tests repetitive, wasn't keen on working in a dark room all day, and didn't align with the strong sales aspect.

My manager introduced me to orthoptics, which immediately seemed more appealing. I then arranged to shadow the orthoptic team at my local hospital, and from that experience, I knew I had found the right career path. The rest is history!

Raissa

Specialist Orthoptist
Royal London
Hospital

What is a typical day like in your current role? A typical day as an orthoptist varies depending on the clinics I'm scheduled for. Most of my time is spent assessing patients, whether in dedicated orthoptic clinics, new patient assessments, or working alongside ophthalmologists and optometrists in joint clinics.

In between patients, I write up clinic letters, handle any queries, and ensure all necessary documentation is completed. I also usually have one admin session a week, where I work on audits, professional development (CPD), or other departmental tasks.

Every day brings something different, making the role both dynamic and rewarding!

What is the best part of your role? The best part of being an orthoptist is that it perfectly suits my strengths and interests. I've never been someone who could sit at a desk all day — this role keeps me active, constantly thinking, and problem-solving. I get to interact with people every day and make a real difference in their health and quality of life, which is incredibly rewarding.



“Building relationships with patients and seeing their progress over time is one of the most rewarding aspects of the job.”

Define your role in 3 words? Rewarding.
Challenging. Collaborative.

What advice would you give to someone thinking of studying orthoptics? I highly recommend arranging work experience at your local orthoptic department before applying to the degree. Orthoptics is a highly specialised field, and it's important to gain first hand insight into the role to ensure it's the right fit for you.

Understanding the day-to-day responsibilities and challenges will help you decide if it's something you want to pursue long-term.

What do you look forward to in your career? On a personal level, the challenges of the profession push me to develop resilience, adaptability, and confidence. I feel incredibly fortunate to work alongside such amazing colleagues, many of whom I'm grateful to call my friends.

The ability to make a real difference in someone's vision and quality of life is incredibly fulfilling. Building relationships with patients and seeing their progress over time is one of the most rewarding aspects of the job. Additionally, the problem-solving nature of orthoptics keeps me motivated and engaged, making every day different and exciting.



Contact careers@orthoptics.org.uk
www.orthoptics.org.uk

