

COT Certification Requirements

To qualify for certification at the Technician level, you must meet one of the following three options:

T1. GRADUATE OF A FORMAL TRAINING PROGRAM¹

- Graduated from a CoA-OMP, CMA, or CAAHEP accredited program for Ophthalmic Technicians within the 12 months (one year) prior to submitting your application. The Skill Evaluation application and all examinations must be completed within 24 months of initial application.
 - If you completed the program more than 12 months ago, you will need to earn 12 JCAHPO Group A credits for each year following graduation. These credits must be earned within the 36 months prior to submitting your application.
- No work experience is necessary.

T2. CURRENTLY CERTIFIED AS A COA AND WORK EXPERIENCE

- Worked at least 2,000 hours (one year full-time equivalent) as a COA, under ophthalmologic supervision within 24 months prior to submitting your application.
- Earned 12 JCAHPO Group A credits within the 12 months prior to submitting your exam application.
- Maintained certification as a COA while pursuing COT certification.

T3. CURRENTLY CERTIFIED AS AN ORTHOPTIST AND WORK EXPERIENCE

- Worked at least 2,000 hours (one-year full-time equivalent) as a CO or OC(C), under ophthalmologic supervision within the 24 months (two years) prior to submitting your exam application.
- Earned 12 JCAHPO Group A credits within the 12 months prior to submitting your exam application.
- Maintained certification as an Orthoptist (by the American Orthoptic Council or the Canadian Orthoptic Council) while pursuing COT certification.

COT Content Outlines - Multiple-Choice Examinations

(Effective mid-to-late 2010.)

COT candidates are examined in Content Areas 1-20.

CONTENT AREA		% of exam	CONTENT AREA		% of exam
1	History Taking	6	11	In-Office Minor Surgical Procedures	3
2	Pupillary Assessment	5	12	Ophthalmic Patient Services and Education	7
3	Contact Lenses	3	13	Ophthalmic Imaging	7
4	Equipment Maintenance, and Repair	4	14	Refractometry	7
5	Lensometry	5	15	Spectacle Skills	3
6	Keratometry	5	16	Supplemental Skills	9
7	Medical Ethics, Legal, and Regulatory Issues	3	17	Tonometry	5
8	Microbiology	3	18	Visual Assessment	6
9	Pharmacology	5	19	Visual Fields	6
10	Ocular Motility	5	20	Surgical Assisting in ASC or Hospital-based OR	3

¹ Individuals who graduate from an accredited formal training program at the Technician or Technologist level are eligible to apply for a lower-level certification under the formal training program eligibility option. For example, graduates of an accredited Ophthalmic Technician program may choose to apply for certification at the Ophthalmic Assistant level. Likewise, graduates of an accredited Ophthalmic Technologist program may choose to apply for certification at the Ophthalmic Assistant or the Ophthalmic Technician level.

1. HISTORY TAKING

- A. Ocular
- B. Medical
- C. Medication
- D. Social
- E. Family

2. PUPILLARY ASSESSMENT

- A. Measure
- B. Compare
- C. Evaluate
- D. RAPD

3. CONTACT LENSES

- A. Measure
- B. Patient Instruction
- C. Patient Counsel
- D. Fitting

4. EQUIPMENT MAINTENANCE AND REPAIR

- A. Ophthalmic lenses, instruments, and equipment
 - Clean, maintain, and lubricate

5. LENSOMETRY

- A. Fresnel
- B. Ground-in prism
- C. Slab-off
- D. Neutralize spectacles
 - Manual
 - Automated

6. KERATOMETRY

- A. Corneal curvature
- B. Keratometer

7. MEDICAL ETHICS, LEGAL, AND REGULATORY ISSUES

- A. Third party coding
- B. Government and institutional rules and regulations
- C. Quality assurance
- D. Ethical and legal standards
- E. Documentation (scribing, charting)
- F. Confidentiality
- G. Informed Consent

8. MICROBIOLOGY

- A. Specimens and biopsies
- B. Cultures
- C. Office antisepsis
- D. Universal precautions

9. PHARMACOLOGY

- A. Ocular medications (instilling and identifying)
- B. Educate patients on medications
- C. Drug reactions

10. OCULAR MOTILITY

- A. • Version and duction
 - Function
 - Anomalies
- B. Near point of convergence
- C. Near point of accommodation
- D. Fusional convergence amplitudes
- E. Cover tests
- F. Strabismus with prisms
- G. Worth 4-Dot test
- H. Maddox Rod
- I. Hirschberg
- J. Krimsky
- K. Stereoacuity
- L. Nystagmus
- M. Amblyopia therapy
- N. Convergence training

11. IN-OFFICE MINOR SURGICAL PROCEDURES

- A. Instrument preparation, cleaning, and sterilization
- B. Refractive surgery
- C. Sterile fields
- D. Aseptic technique
- E. Non-refractive laser therapy
- F. Intraocular injections
- G. PDT procedures

12. OPHTHALMIC PATIENT SERVICES AND EDUCATION

- A. Patient education
 - Surgery
 - Systemic & ocular diseases
- B. Patient instruction
 - Medication
 - Tests
 - Procedures
 - Treatments
- C. Patient flow
- D. Triage
- E. Cardiopulmonary emergencies (CPR)

13. OPHTHALMIC IMAGING

- A. Slit lamp photography
- B. Anterior segment photography
- C. Fundus photography
- D. Fluorescein angiography
- E. External photography
- F. Imaging artifacts
- G. Dyes
- H. A-Scan
- I. B-Scan
- J. Corneal topography
- K. Scanning laser tests for glaucoma
 - HRT
 - GDx
 - OCT

- L. Endothelial cell count

14. REFRACTOMETRY

- A. Refractive error
- B. Retinoscopy
- C. Manifest refractometry

15. SPECTACLE SKILLS

- A. Transpose cylinder readings
- B. Prescriptions
- C. Vertex distance
 - Measure
 - Conversion

16. SUPPLEMENTAL SKILLS

- A. IOL power calculation
- B. Low vision
- C. A/C Depth
- D. Pachymetry
- E. Calibration
- F. Topography unit calibration
- G. Anterior chamber depth
- H. Tear tests
 - Schirmer
 - BUT
 - Rose Bengal
- I. Exophthalmometry
- J. Glare testing
- K. Color vision testing
- L. Contact A-Scan
- M. Immersion A-Scan
- N. Laser interferometry (IOL Master)
- O. Wavefront diagnostics
- P. Corneal sensitivity testing

17. TONOMETRY

- A. Goldmann Applanation Tonometer
 - Clean, disinfect, and calibrate
- B. Intraocular pressure

18. VISUAL ASSESSMENT

- A. Visual acuity
 - Optotype
 - Special situations
 - ETDRS
 - EVA
- B. Projection chart
- C. Contrast sensitivity testing
- D. Potential acuity meter measurement
- E. Laser interferometer test
- F. Pinhole acuity

19. VISUAL FIELDS

- A. Amsler Grid
- B. Goldmann perimetry
- C. Automated perimetry
- D. Confrontation field

20. SURGICAL ASSISTING IN ASC OR HOSPITAL-BASED OR

- A. Yag laser
- B. Sterilization
- C. Surgical site identification
- D. Scrub technician duties
- E. Surgical ophthalmic equipment
 - Phacoemulsifier
 - Vitrectomy units
 - Laser automated keratometer
- F. Assist with surgical procedures
- G. Laser safety
- H. Refractive surgical procedures