Certified Paraoptometric (CPO) Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

Questions

1. Which type of test can be used to evaluate peripheral vision?

A. Confrontation visual field test

B. Color vision test

C. Contrast sensitivity test

D. Depth perception test

2. Which term refers to the cylinder's location within the lens?

A. Angle

B. Depth

C. Route

D. Axis

3. At what age does presbyopia commonly begin to affect individuals?

A. Around age 30

B. Around age 40

C. Around age 50

D. Around age 60

4. The specific instrument used to measure the pressure inside the eye is called

A. Autorefractor

B. Goldman tonometer

C. Phoropter

D. Visual acuity chart

5. What is the unit of measure for ophthalmic lenses?

A. diopter

B. Convex (+)

C. Pl-cylinder

D. spherical

6. What does angle-closure glaucoma refer to?

- **A. A type of glaucoma caused by blocked drainage canals, leading to increased eye pressure**
- **B. A type of glaucoma resulting from excessive blood flow to the eye**
- **C. A type of glaucoma that mainly affects children**
- **D. A common form of eye strain caused by prolonged screen time**

7. Which of the following is a common test performed by paraoptometric staff?

- **A. Refraction test**
- **B. Laser eye surgery**
- **C. Vision therapy**
- **D. Corneal transplant**

8. What type of testing is a retinoscope primarily used for?

- **A. Color vision testing**
- **B. Refraction assessment**
- **C. Ocular pressure measurement**
- **D. Fundus examination**

9. What do you call a lens where one part has no power and 90 degrees away there is power?

- **A. Effective diameter**
- **B. Pl-cylinder**
- **C. Prism**
- **D. Concave (-)**

10. If nearsightedness is to myopia, what is farsightedness to?

- **A. Hyperopia**
- **B. Presbyopia**
- **C. Astigmatism**
- **D. Strabismus**

Answers

1. A
2. D
3. B
4. B
5. A
6. A
7. A
8. B
9. B
10. A

Explanations

1. Which type of test can be used to evaluate peripheral vision?

A. Confrontation visual field test

B. Color vision test

C. Contrast sensitivity test

D. Depth perception test

The confrontation visual field test is specifically designed to evaluate peripheral vision, as it assesses a person's ability to detect objects in the outer visual field. During this test, the examiner compares the patient's vision to their own by bringing targets from the periphery into the central vision field. This method effectively reveals any deficiencies in peripheral vision, such as tunnel vision, which can be indicative of various ocular or neurological issues. In contrast, the other tests listed have different purposes. The color vision test assesses an individual's ability to perceive colors, which is unrelated to peripheral vision capabilities. The contrast sensitivity test evaluates the ability to distinguish between objects and their backgrounds at varying levels of contrast, not peripheral awareness. Lastly, the depth perception test examines the ability to perceive three-dimensional structures and distances, which does not provide information about the peripheral visual field.

2. Which term refers to the cylinder's location within the lens?

A. Angle

B. Depth

C. Route

D. Axis

The term that refers to the cylinder's location within the lens is "Axis." In optometry, the axis is crucial as it indicates the orientation of the cylindrical power of a lens, typically measured in degrees. This placement determines how the lens corrects astigmatism, ensuring the light entering the eye is correctly focused on the retina. The axis is defined as the meridian of the lens that has no cylindrical power, which is vital for the precise fitting and functioning of lenses designed to correct irregularities in the eye's curvature. Understanding the axis allows optometrists and paraoptometric practitioners to provide accurate prescriptions and improve patients' visual acuity effectively.

3. At what age does presbyopia commonly begin to affect individuals?

A. Around age 30

B. Around age 40

C. Around age 50

D. Around age 60

Presbyopia is a condition characterized by the gradual loss of the eye's ability to focus on nearby objects, and it typically begins to affect individuals in their early to mid-40s. At this age, the lens of the eye starts to harden and loses elasticity, making it more difficult to see up close. This is a natural part of the aging process for the eye and affects nearly everyone to some degree as they age. The onset around age 40 aligns with many individuals starting to notice changes in their near vision, leading them to seek corrective lenses for tasks such as reading or working on the computer. Understanding this timeline is important for recognizing natural developmental changes in vision and for advising patients on when they might need to consider vision correction options.

4. The specific instrument used to measure the pressure inside the eye is called

A. Autorefractor

B. Goldman tonometer

C. Phoropter

D. Visual acuity chart

The specific instrument used to measure pressure inside the eye is known as a Goldman tonometer. This instrument uses a small, flat-tipped rod to exert pressure on the eye and measure the resistance. It is the most reliable method for measuring intraocular pressure and is commonly used in the diagnosis and management of glaucoma. The other options are incorrect because An autorefractor is a not a device used for measuring pressure, it is used to measure the eye's refractive error to determine the appropriate corrective lenses. A phoropter is also not used to measure pressure, but rather to determine the best prescription for glasses or contact lenses. A visual acuity chart is used to measure visual acuity, not eye pressure.

5. What is the unit of measure for ophthalmic lenses?

A. diopter

B. Convex (+)

C. Pl-cylinder

D. spherical

Ophthalmic lenses are used to correct vision problems related to near-sightedness, far-sightedness, and astigmatism. The unit of measure for these lenses is diopter (A), which indicates the refractive power of the lens. A higher diopter value means a stronger lens, and a lower diopter value means a weaker lens. The other options, convex (+), Pl-cylinder, and spherical, refer to the shape or type of lens and are not the unit of measure for ophthalmic lenses. Therefore, they are not correct answers.

6. What does angle-closure glaucoma refer to?

A. A type of glaucoma caused by blocked drainage canals, leading to increased eye pressure

B. A type of glaucoma resulting from excessive blood flow to the eye

C. A type of glaucoma that mainly affects children

D. A common form of eye strain caused by prolonged screen time

Angle-closure glaucoma specifically refers to a condition where the drainage angle of the eye becomes blocked, often due to the iris being pushed or pulled forward. This blockage prevents aqueous humor from draining out of the eye through the trabecular meshwork, leading to a significant increase in intraocular pressure. This rise in pressure can result in severe pain, nausea, and even permanent vision loss if not treated promptly. Understanding how angle-closure glaucoma develops is crucial, as it can occur suddenly (acute angle-closure glaucoma) or gradually (chronic angle-closure glaucoma). The name of the condition directly relates to the anatomical angle at which the iris meets the cornea, hence the term "angle-closure." Managing this condition often requires immediate medical intervention to reduce the intraocular pressure and relieve symptoms.

7. Which of the following is a common test performed by paraoptometric staff?

A. Refraction test

B. Laser eye surgery

C. Vision therapy

D. Corneal transplant

The refraction test is a common procedure performed by paraoptometric staff, as it is a fundamental task in the assessment of a patient's vision. This test is designed to determine the appropriate prescription for glasses or contact lenses, and involves the use of various tools and techniques to measure how light rays are focused on the retina. It requires specialized knowledge about optics and the various factors that can affect vision. In contrast, procedures such as laser eye surgery, vision therapy, and corneal transplants are more complex and typically require a licensed optometrist or ophthalmologist to perform. Laser eye surgery involves altering the cornea to correct refractive errors, while vision therapy is a regimen designed to improve specific visual skills, including eye coordination and focusing, and corneal transplants involve surgical replacement of a damaged cornea. These tasks are beyond the scope of paraoptometric duties, which primarily assist in preliminary vision assessments and support the optometric practice.

8. What type of testing is a retinoscope primarily used for?

A. Color vision testing

B. Refraction assessment

C. Ocular pressure measurement

D. Fundus examination

A retinoscope is primarily used for refraction assessment, which is the process of determining the appropriate prescription for corrective lenses. This tool works by shining a beam of light into the eye, allowing the clinician to observe the reflection (or reflex) of light off the retina. As the light moves, adjustments in the lens are made to observe how the reflex changes in relation to different lens powers. This technique enables the eye care professional to evaluate the eye's refractive error—whether it is myopic (nearsighted), hyperopic (farsighted), or astigmatic. In contrast, color vision testing is conducted to assess a patient's ability to perceive different colors, which does not involve a retinoscope. Ocular pressure measurement is typically done using tonometry, a different method altogether that evaluates intraocular pressure to check for conditions like glaucoma. Fundus examination requires specialized equipment such as an ophthalmoscope to visualize the interior surface of the eye, which includes the retina, and is not performed with a retinoscope. Therefore, the role of the retinoscope is specific to assessing refraction, making it the correct answer in this context.

9. What do you call a lens where one part has no power and 90 degrees away there is power?

A. Effective diameter

B. Pl-cylinder

C. Prism

D. Concave (-)

A lens where one part has no power and 90 degrees away is known as a Pl-cylinder. This type of lens is used to correct for astigmatism, a common refractive error where the eye has an irregularly shaped cornea. The other options are incorrect because they do not accurately describe a lens with these characteristics. Effective diameter refers to the size of the lens, prism is a type of lens that bends light, and concave (-) refers to a type of lens that curves inward.

10. If nearsightedness is to myopia, what is farsightedness to?

A. Hyperopia

B. Presbyopia

C. Astigmatism

D. Strabismus

When someone is nearsighted, the images they see are not focused correctly, appearing blurry or unfocused. The condition is known as myopia. On the other hand, farsightedness, also known as hyperopia, occurs when the images are focused behind the retina, making objects up close appear blurry. The other options, B, C, and D, refer to different eye conditions that are not directly related to farsightedness. Presbyopia refers to the natural decline in near vision that occurs with age. Astigmatism is an irregular curvature of the eye's cornea, causing blurry vision. Strabismus is a condition where the eyes are not properly aligned and may point in different directions. These conditions are not synonymous or interchangeable with farsightedness, making them incorrect options in this context.