COURSE DATA

DATA SUBJECT

Code: 34312
Name: External internships
Cycle: Undergraduate Studies
ECTS Credits: 18
Academic year: 2025-26

STUDY (S)

Degree	Center	Acad. year	Period
1207 - Degree in Optics and Optometry	Facultat de Física	4	Indefinite (Individuals)

SUBJECT-MATTER

Degree	Subject-matter	Character
1207 - Degree in Optics and Optometry	External internship in Optics and optometry	INTERNSHIPS

COORDINATION

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SUMMARY

The External Internships for the Degree in Optics and Optometry are the practical application of all the knowledge acquired throughout the degree in all subjects.

The internships last approximately 20 hours per week, with a schedule determined by the number of students and the availability of the internship location.

Students will see real patients under the supervision of licensed professionals. The objective is to acquire skill in treating optometric patients in all their basic aspects: prescription, contact lens fitting, binocular vision analysis, and so on. The goal is to develop professionals with a realistic understanding of the problems and their interrelationships, preparing them for future employment and practically developing the skills established in the degree.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

Students wishing to take the External Work Experience course must have passed at least 180 ECTS credits, of which 24 must be in Optometry or Contact Lenses, at the time of registration.

Students who are missing at most two subjects to complete the degree (excluding the Final Degree Project and External Work Experience), in which they have previously enrolled in any previous academic year, may request an early registration period when registering.

COMPETENCES / LEARNING OUTCOMES

1207 - Degree in Optics and Optometry

Students must be able to apply their knowledge to their work or vocation in a professional manner and have acquired the competences required for the preparation and defence of arguments and for problem solving in their field of study.

Students must be able to communicate information, ideas, problems and solutions to both expert and lay audiences.

Students must have acquired knowledge and understanding in a specific field of study, on the basis of general secondary education and at a level that includes mainly knowledge drawn from advanced textbooks, but also some cutting-edge knowledge in their field of study.

Students must have developed the learning skills needed to undertake further study with a high degree of autonomy.

Students must have the ability to gather and interpret relevant data (usually in their field of study) to make judgements that take relevant social, scientific or ethical issues into consideration.

To apply the techniques of mounting corrections or visual compensation in glasses and possible touch-up of contact lenses.

To carry out clinical activities related to refraction, visual exploration, contact lens fitting, visual training and low vision.

To carry out the patient care protocol in the optometric clinic / clinic.

To communicate and to inform the patient of all acts and tests to be performed and clearly explain the results and their diagnosis.

To encourage collaboration with other healthcare professionals.

To know, to assess and to apply a gender perspective in the scientific and professional field.

To know and to apply manufacturing techniques for visual aids and optical and optometric instruments.

To know the different protocols of action depending on the patient.

To know the indications and procedure for carrying out and interpreting the complementary tests necessary in the vision consultation.

To make contact with the commercialization of the products, supply, storage, conservation and information.

To select and to apply correctly in each case all the skills, abilities and competencies acquired in Optometry.

To take a clinical history appropriate to the patient's profile.

DESCRIPTION OF CONTENTS

1. CLINICAL TASKS

Anamnesis, refraction, visual exploration, contact lens adaptation, visual training and low vision. Techniques to compensate visual deficiencies with goggles and possible retouching of contact lenses. Application of the different action protocols based on the patient. Carry out a clinical history appropriate to the patient's profile.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at the internship centre	270,00
Attendance at supplementary activities	0,00
Monitoring and tutoring of internships	10,00
Total hours	**280,00**

NON PRESENCIAL ACTIVITIES

Activity	Hours
Independent study and work	70,00
Preparation of supplementary reports	0,00
Preparation of the internship report and evaluation of the internship	100,00
Total hours	**170,00**

TEACHING METHODOLOGY

Areas or fields of professional practice:

- The areas of professional practice include optical establishments, optometry and ophthalmology clinics and professional practices, companies that manufacture and design compensatory devices (ophthalmic lenses and contact lenses), and research laboratories on the human visual system.
- Students of the Degree in Optics and Optometry will complete their internships at the Optometric

Clinic of the "Lluís Alcanyís" Foundation of the University of Valencia. Clinical internships will be conducted with real patients, in 5-hour sessions with alternating morning and afternoon schedules, for a total of 270 face-to-face hours (54 sessions).

Competencies or learning outcomes:

- Students will be able to apply the acquired knowledge and their problem-solving skills in new or unfamiliar environments within broader (or multidisciplinary) contexts related to their area of study.
- Students must be able to integrate knowledge and address the complexity of making judgments based on information that, even if incomplete or limited, includes reflections on the social and ethical responsibilities associated with the application of their knowledge and judgments.
- Students must be able to communicate conclusions (and the knowledge and ultimate reasons that support them) to specialized and non-specialized audiences clearly and unambiguously.
- Students must possess the learning skills that allow them to continue studying in a manner that should be largely self-directed or autonomous.
- Students must be able to work in multidisciplinary teams, reproducing real-life contexts and contributing and coordinating their own knowledge with that of other branches and stakeholders.
- Participate in debates and discussions, lead and coordinate them, and be able to summarize and draw the most relevant and widely accepted conclusions.
- Use different presentation techniques (oral, written, presentations, panels, etc.) to communicate their knowledge, proposals, and positions.
- Apply their knowledge to specific problems and know how to summarize and extract the most relevant arguments and conclusions for their resolution.
- Know the different action protocols for each patient.
- Know the indications and procedures for performing and interpreting the complementary tests required during vision consultations.
- Promote collaboration with various healthcare professionals.
- Have an ethical commitment and social responsibility, both in relation to the healthcare component linked to the optician-optometrist profession and in relation to clinical research.
- Have the ability to work in multidisciplinary teams in the area of health sciences.
- Know the legislation applicable to professional practice, with special attention to matters of gender equality between men and women, human rights, solidarity, environmental protection, and the promotion of a culture of peace.

Company, institution, or entity tutor profile:

The entity tutor in charge of the internship for the Degree in Optics and Optometry at the University of Valencia must have a degree in Optics and Optometry, preferably a Master's or Doctorate, and extensive professional experience in areas such as optical establishments, clinics, lens manufacturing companies, and/or research laboratories. They must possess advanced and up-to-date knowledge in the field, along with pedagogical skills to transmit knowledge and motivate students. They must also have excellent communication and teamwork skills. Their responsibilities include supervising and evaluating students, coordinating with the university, and participating in their continuing education. Their role is essential to ensuring high-quality practical training and the professional development of students.

EVALUATION

Attendance is compulsory for all practical sessions until completing 270 hours of clinical practice. The center where the practices are carried out will record the attendance of each student to each of the sessions. In case of lack of attendance due to force majeure, the hours must be recovered on the dates specified by the clinical entity. It will be necessary for students to have completed 270 hours of clinical practice in order to be evaluated in this subject.

During clinical practice, each student should collect the necessary information from each examined patient, as well as carry out the clinical tests that are considered appropriate and write down the relevant results that allow them to discuss the case and, if necessary, come to make a tentative diagnosis, a treatment recommendation and a subsequent follow-up guideline. Each external tutor will issue a personalized report to each student, in which they will assess the evolution and the final degree of achievement of the following competences related to a complete optometric examination: anamnesis, exploration (tonometry, pachymetry, topography, retinography, OCT), retinoscopy, cover test, subjective, identification of alterations and writing of reports (recommendations, solutions, guidelines and/or optometric treatments).

The evaluation of the subject will be carried out by the academic tutors based on the reports issued by the external tutors and following the guidelines established by the European Diploma in Optometry (endorsed by the European Council of Optometry and Optics), whose objective is to facilitate mobility professional in the European environment. To do this, students must present to their academic tutor a portfolio of the most significant clinical cases that have been carried out during external practices. The purpose of the portfolio is to be able to report on the quantity, diversity and quality of the care carried out in the different clinical cases, as well as to demonstrate the clinical skills that have been acquired by the students during the period of external practices. In the portfolio, patients should not be identified by name, but by a unique reference number that allows students, at any given time, to retrieve the original registration sheet used in consultation.

The portfolio, which must follow the model provided to the students, will have to be carried out independently by the student. The contents of the portfolio will be the following:

1) Basic description of the tasks performed, including a personal assessment of the skills acquired and suggestions for improvement.

2) Table with the summary data of 15 patients that have been reviewed by the student during the internship period. Only data that is relevant to the patient's medical history and subsequent analysis should be included in this table.

3) Detailed description of the information collected and analyzed in 3 additional patients, who have been reviewed by the student during the internship period, and following the "Consultation Registration Sheet" included in the portfolio.

Once the portfolio has been reviewed, the academic tutors will hold an interview with the students who have carried out the external internships in order to assess their ability to understand and synthesize the problems posed by patients, their fluency in deciding which tests should be carried out and to justify the reasons why some tests were performed and not others, their ability to analyze the results obtained in the clinical examination and make decisions regarding the patient's optometric problem, their ability to assess whether a solution has been provided to the patient's main complaint fostering a critical spirit and encouraging the spirit of improvement in the face of unsatisfactory results, as well as their knowledge of the ethical component and the deontological principles of the practice of the profession, understanding when it is important and necessary to refer the patient to other professionals. During this interview, the academic tutors may at any time ask the student about any of the clinical cases that have been included in the portfolio.

With all this, the course grade will be obtained as follows:

1) (50%) Based on the reports of the external tutors, who will average two aspects. On the one hand, the evaluations of the optometric tests carried out individually on different real patients during the last two weeks of the internship period. The minimum valuation required in this section will be 5/10, and will have a relative contribution of 80%. And, on the other hand, the continuous assessment of the achievement of the necessary competencies for the proper development of the complete optometric examination throughout the internship period. The relative contribution of this section will be 20%.

2) (10%) Review, by the academic tutor, of the contents of the student's portfolio.

3) (40%) Interview conducted by the academic tutor with the student based on the guidelines indicated above.

REFERENCES

- NORMATIVA DE PRÁCTICAS EXTERNAS DE LA UNIVERSITAT DE VALENCIA