



COURSE DATA

DATA SUBJECT

Code: 34312

Name: External internships

Cycle: Undergraduate Studies

ECTS Credits: 18

Academic year: 2026-27

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

ESTEVE TABOADA JOSE JUAN

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 at all practical sessions until the 270 hours of clinical practice have been completed. The centre where the placements are carried out will record each student's attendance at each session. In the event of absence due to force majeure, the hours must be made up on the dates specified by the clinical institution. Students must have completed 270 hours of clinical practice in order to be assessed in this course.

The placement timetables are published before the enrolment period and, therefore, as a general rule, they will not be modified. Only in exceptional and duly justified cases may the recovery of sessions be authorised for the following reasons: (1) illness or attendance at a medical appointment, providing a certificate from the centre after the visit; (2) work compatibility, by submitting, before the start of the placements (before 15 September in the first semester or before 15 January in the second) a report from management certifying the timetable; and (3) clashes with other courses, provided that documentary evidence is supplied. Also on an exceptional basis, students may exchange sessions between groups in a strictly equivalent manner (one student for another) and must inform the Director of the Clinic at least two weeks in advance.

During the clinical practice, each student must collect the necessary information from each patient examined, carry out the clinical tests considered appropriate, and record the relevant results that will enable them to discuss the case and, if necessary, reach a tentative diagnosis, recommend treatment and establish subsequent follow-up. Each external tutor will issue a personalised report for each student, assessing their progress and final level of achievement of the following competences related to a complete optometric examination: case history, examination (tonometry, pachymetry, topography, retinography, OCT), retinoscopy, cover test, subjective refraction, identification of alterations and report writing (recommendations, solutions, guidelines and/or optometric treatments).

The assessment of the course will be carried out by the academic tutors on the basis of 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 aim is to facilitate professional mobility within the European context. To this end, students must submit to their academic tutor a portfolio of the most significant clinical cases carried out during the external placements. The purpose of the portfolio is to report on the quantity, diversity and quality of the care provided in the different clinical cases, as well as to demonstrate the clinical skills acquired by students during the external placement period. Patients must not be identified by name in the portfolio, but by a unique reference number that allows students, if necessary, to retrieve the original record sheet used during the consultation.

The portfolio, which must follow the model provided to students, must be completed independently by the student. The contents of the portfolio will be as follows:

1. A basic description of the tasks carried out, including a personal assessment of the competences acquired and suggestions for improvement.
2. A table with summarised data from 15 patients examined by the student during the placement period. This table should only include data that are relevant to the patient's clinical history and subsequent analysis.



3. A detailed description of the information collected and analysed in 3 additional patients examined by the student during the placement period, following the "Consultation Record Sheet" included in the portfolio.

Once the portfolio has been reviewed, the academic tutors will hold an interview with the student who has completed the external placements in order to assess their ability to understand and synthesise the problems presented by patients; their confidence in deciding which tests should be performed and in justifying the reasons why some tests were carried out and others were not; their ability to analyse the results obtained in the clinical examination and make decisions regarding the patient's optometric problem; their capacity to assess whether a solution has been provided to the patient's main complaint, fostering critical thinking and encouraging self-improvement in the face of unsatisfactory results; as well as their knowledge of the ethical component and deontological principles of professional practice, understanding when it is important and necessary to refer the patient to other professionals. During this interview, the academic tutors may ask the student at any time about any of the clinical cases included in the submitted portfolio.

Taking all this into account, the course grade will be obtained as follows:

1. (50%) Based on the reports of the external tutors, which will average two aspects. On the one hand, with a weighting of 80%, the assessments of the optometric examinations carried out individually on different real patients during the last two weeks of the placement period. On the other hand, with a weighting of 20%, the continuous assessment of the achievement of the competences necessary for the proper performance of a complete optometric examination throughout the placement period. The minimum mark required in this section relating to the reports of the external tutors will be 5 out of 10.

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 on the basis of the guidelines indicated above. The minimum mark required in this section relating to the interview conducted by the academic tutor will be 5 out of 10.

ic tutor will be 5 out of 10.

REFERENCES

- NORMATIVA DE PRÁCTICAS EXTERNAS DE LA UNIVERSITAT DE VALENCIA