

Optometry Continuing Education Education Categories and Requirements

Category/WAC reference	Approved providers/methods of obtaining continuing education	Requirement/allowance for each reporting period:
<p>Category 1 Education from optometry-specific organizations WAC 246-851-125</p>	<ul style="list-style-type: none"> • The American Optometric Association (AOA and its state affiliates, i.e. Optometric Physicians of Washington (OPW) • Association of Schools and Colleges of Optometry (ASCO)-accredited optometry schools and colleges • Association of Regulatory Boards of Optometry and its state agency members; this includes all Council on Optometric Practitioner Education-approved courses (ARBO/COPE) • Nationally recognized academic and scholarly optometric organizations, such as the American Academy of Optometry, Optometric Extension Program, and College of Optometrists in Vision Development • Ophthalmic referral centers, secondary and tertiary ophthalmic specialty providers 	<ul style="list-style-type: none"> • No less than 25 credit hours • 10 credit hour maximum for live courses attended remotely (i.e. online) with documented opportunity to question instructor and hear others' questions in real time
<p>Category 2 Education from non-optometric organizations WAC 246-851-140</p>	<ul style="list-style-type: none"> • Category 1 and Category 2 CME courses approved by the Medical Quality Assurance Commission; see WAC 246-919-460(1) and (2) • First aid, CPR, and other emergency-related courses • Industry-sponsored scientific courses that enhance the knowledge of ocular conditions and diseases, and their treatments 	<ul style="list-style-type: none"> • Up to 10 credit hours
<p>Category 3 Teaching WAC 246-851-150</p>	<ul style="list-style-type: none"> • Optometric instruction presented to optometrists or allied health professionals • Credit applies only the first time a course is taught 	<ul style="list-style-type: none"> • Up to 10 credit hours • 3 credit hours for every 1 course hour taught
<p>Category 4 Publishing and exhibiting WAC 246-851-155</p>	<ul style="list-style-type: none"> • A paper must be published in a recognized optometric or medical journal • A qualifying paper or exhibit must be presented to optometrists or allied health professionals • Credit may be claimed only once for the scientific materials published or exhibited • Credit will be assigned as of the date materials were presented or published 	<ul style="list-style-type: none"> • Up to 10 credit hours • 5 credit hours per each paper, exhibit, publication, or for each chapter of a book that is authored and published
<p>Category 5 Self-directed study WAC 246-851-170</p>	<ul style="list-style-type: none"> • Subject matter must be from professional optometric or medical literature or multimedia material • Course material may be presented in any form of printed or electronic media • Courses must be approved by a Category 1 organization listed in WAC 246-851-125 (see above) • Passage of an exam/assessment tool required for credit • Option in lieu of exam (10 credit hour maximum): typed report including copy of the article, publication source and date, and at least ten descriptive statements from the article 	<ul style="list-style-type: none"> • Up to 25 credit hours • 10 credit hour maximum for article reports
<p>Practice management credits WAC 246-851-230</p>	<ul style="list-style-type: none"> • Applies to all five CE categories collectively 	<ul style="list-style-type: none"> • Up to 10 credit hours