

# Hassan Adam

## Senior Refractive Optometrist

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I started working at Optical Express as an Optical Advisor in 2008, following a gap year from my A-levels.

With no optics background or knowledge, it was a bit daunting going into such a specialised field. However, after undertaking a very thorough and structured training programme I quickly found my feet. In fact, I enjoyed it so much, I knew this was the career path I wanted to take and I decided to apply for a BSc in Optometry at Aston University.

My Clinic Manager was very supportive of my decision and encouraged me to do some further training as a Patient Advisor, counselling patients who attend laser eye surgery and lens surgery consultations. This opportunity opened up a whole new niche in eyecare for me and I gained a great deal of experience clinically, so much so that when I started university, I felt I had a head start.

Optical Express were so flexible with my working hours, I continued to work at the clinic during weekends and term holidays which was quite tough, but taught me how to best utilise my time. At the end of my second year of university, I completed the Optical Express summer school programme which was a preparatory course for my pre-registration year. The reason I chose to do my pre-registration year with Optical Express, was because the training courses provided to me thus far were brilliant. I was comfortable in the clinic I worked in and had a great relationship with my colleagues and patients, so thought I would be supported well.

My supervisor Prakash Mistry, was exceptional. He spent a lot of time preparing me for my assessments, scrutinising my records until they were perfect and helped to enhance my clinical skill set. I am grateful to still be working with him in the Nottingham clinic.

Upon qualifying, I was given the opportunity to train as a refractive optometrist. Initially, this was challenging, however the senior support team of Optometry Development Managers and Clinical Directors, were always at hand to answer any questions, as were my colleagues in the clinic.

Currently, I am training to undertake Lens Surgery consent appointments and work alongside our ophthalmic surgeons on treatment days. This is a very clinical role, and already I am learning a great deal. Working in a surgical environment is something most optometrists will not be exposed to so I am grateful for the opportunity.

Optical Express is a fast paced company, which is constantly evolving. Over the last 8 years, I have been allowed to develop through the company in a variety of roles at a pace I was comfortable with, whilst having the support of people who truly are experts in the field.

