

Case Studies: Optometrists and Dispensing Opticians in Wales Seeking Leadership Roles

Case Study 2: Dispensing Optician Aspiring to be a Regional Optical Committee Representative



Background: Sarah, a dispensing optician with over fifteen years of experience, has owned an independent optometry practice in Wales. Sarah has demonstrated a strong commitment to providing exceptional eye care services and has been actively involved in her local community, promoting eye health awareness.

Achievements: Sarah's practice has been recognised for its excellence in patient care. She has led several community programmes aimed at increasing awareness of eye health. Sarah has also played a key role in mentoring new dispensing opticians, helping them to develop their skills and professional knowledge. Her leadership within her practice has resulted in a loyal patient base and high levels of patient satisfaction.

Outcomes: Seeking to become a representative on the Regional Optical Committee (ROC), Sarah aims to use her experience to contribute to the broader optometry field in Wales. In this role, she plans to advocate for policies that support the professional development of dispensing opticians. Sarah is dedicated to working collaboratively with other committee members to address key issues in eye health across Wales. Her goal is to strengthen the representation of dispensing opticians within the committee and to ensure that their perspectives and needs are effectively addressed. To prepare for this role, Sarah has reached out to Optometry Wales for information and guidance on how to best contribute to the committee's efforts. Sarah has utilised resources from the Introduction to Healthcare Leadership Programme on the Gwella HEIW Leadership Portal for Wales for information and guidance on how to best contribute to the committee's efforts.

Future opportunities: With the experience gained as a ROC representative, Sarah could further expand her influence within the profession by engaging as a representative for the Welsh Optometric Committee (WOC). Additionally, she could serve as a representative for the Association of British Dispensing Opticians (ABDO). This role would allow her to advocate for dispensing opticians at a national level, influencing policy and promoting professional standards across the UK.

For further information on the resources that supported Sarah's journey, you can refer to:

[Introduction to Healthcare Leadership Programme](#)

[Regional Optical Committees - Optometry Wales](#)

[Introduction to Healthcare Leadership Programme](#)