

PROS/CONS OF DIFFERENT PRACTICE MODALITIES



TIPS TO SURVIVE OPTOMETRY SCHOOL:

- 1) Participate in the private practice club 😊
- 2) Spend as much time as possible practicing clinical skills
- 3) Focus on being an effective communicator with patients
- 4) Pick rotations that are challenging so that you are prepared for the next chapter
- 5) Be confident in your skills and knowledge when you graduate!

TIPS TO SURVIVE POST-GRAD LIFE:

- 1) Take time to relax while waiting for licensure
- 2) Be realistic about your first job opportunities as a new graduate
- 3) If possible, branch out to less saturated areas for work
- 4) Ask for time to review your job contracts and don't be afraid to negotiate
- 5) Be confident and know your worth!

OPHTHALMOLOGY (SPECIFICALLY IN A LOW INCOME AREA)

PROS	CONS
<ul style="list-style-type: none">• Full-time position• Typically offer benefits (health insurance, retirement, PTO)• No weekends as a new grad (RARE)• Opportunity to see a lot of ocular disease cases• Opportunity to co-manage surgical cases• Opportunity to learn and practice clinical Spanish/other languages• Nicer, more grateful patients who need medical attention• Normal work hours• Typically do not take work home	<ul style="list-style-type: none">• ~15 minute exam slots• ~25-35 patients/day• Staff tends to be overworked/underpaid• High staff turnover rate/many employees call in sick• High no show rate due to overbooking patients• Patients typically need additional information/referrals• Poor quality equipment• May work through lunch and not get breaks

RETAIL OPTOMETRY

PROS	CONS
<ul style="list-style-type: none"> • Less number of patients per day • Typically healthy patients • Higher pay in retail setting • Some benefits (simple IRA, PTO) • Bonus structure for LASIK referrals/optos • No language barrier most of the time • High tech equipment • Staff compensated well 	<ul style="list-style-type: none"> • ~20 minute exam slots • ~15-25 patients/day • May need to piece together part time jobs to make a full work week • Will have to work weekends • Routine exams/refractions • More high maintenance patients • Heavy retail influence- occasional pressure to over recommend or sell • High rate of walk-ins and same day appointments • Later work hours • Still overbooked most days due to high no show rate • Sometimes need to finish charts/send emails after work • May work through lunch and not get breaks

PRIVATE PRACTICE OPTOMETRY

PROS	CONS
<ul style="list-style-type: none"> • Less number of patients per day • ~45 minute exam slots • Only 10-12 patients/day • Better hours • Great quality of life • Happier, more long term staff • Staff compensated well • Opportunity to establish relationship and precedence with patients • Opportunity to practice full scope optometry (myopia management, specialty contact lenses, dry eye and medical visits) • Typically healthy patients • Higher pay (dependent on practice location and work experience) • Production bonus • No language barrier most of the time • High tech equipment 	<ul style="list-style-type: none"> • May need to piece together part time jobs to make a full work week • As an associate, expected to follow certain standard of care/charting protocols set by other ODs • Some high maintenance patients who need more follow up care • Take work home often