
THE OPTOMETRISTS BOARD OF HONG KONG

Manual for Continuing Professional Development Scheme

September 2026

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1 INTRODUCTION

- 1.1 As primary care practitioners, optometrists have a duty to their patients to keep abreast of latest developments in the profession and the discipline. Specifically, section 1.3 of Part III of the Code of Practice for Registered Optometrists stipulates that *an optometrist must maintain at all times the highest standard of professional competence and skill through undertaking continuing professional development (“CPD”) activities and acquiring the necessary CPD points in accordance with the Manual for CPD Scheme for registered optometrists (which may be revised from time to time by the Board).*
- 1.2 The main purpose of implementing continuing professional development (CPD) scheme is to encourage optometrists to commit to a life-long process of continuing professional learning through education and training. CPD will enhance professional strength by allowing optometrists to keep pace with the rapid advances in optometric technology in terms of knowledge, skills and practical experience. It will also ensure that optometrists are competent in providing quality service in a multi-disciplinary health-care system.
- 1.3 The CPD scheme of the Board has been running on a voluntary basis since 2004. Following the endorsement of the Allied Health Professions Council (“the Council”) and the Optometrists Board, the CPD scheme has been implemented since 1 July 2021.
- 1.4 Pursuant to section 16(2) of the Allied Health Professions Ordinance, Cap. 359, a practising certificate will be issued to persons only when a person has fulfilled the attainment of the Mandatory Continuing Professional Development Scheme.
- 1.5 Upon conclusion of the current cycle, the Practising Certificate-linked Continuing Professional Development (PC-linked CPD) Scheme shall take effect immediately, with the first PC-linked CPD cycle running from 1 July 2026 to 30 June 2029, in accordance with the statutory requirements under the Allied Health Professions Ordinance.

2 CPD CYCLE

- 2.1 Each CPD cycle spans three years, commencing from 1 July (or the commencement date of his/her practising certificate) of the first year and ending on 30 June of the fourth year, aligning with the validity period of practising.

- 2.2 Since the validity period of practising certificates issued on or after 25 July 2025 has been changed from 1 year to 3 years, registered optometrists who have obtained 3-year practising certificates within the registration period from 25 July 2025 to 30 June 2026 will have their CPD cycle being concluded on 30 June 2028. For registered optometrists who obtain their 3-year practising certificate commencing on 1 July 2026, their CPD cycle will conclude on 30 June 2029.

3 ENROLLMENT

- 3.1 All registered optometrists are automatically included in the mandatory CPD scheme. No prior enrollment to the scheme is required.

4 CPD POINT REQUIREMENTS

- 4.1 All registered optometrists are required to attain 30 CPD points in each 3-year cycle, regardless of which parts of the Register the optometrists' names are in and whether the optometrists reside in Hong Kong or overseas.
- 4.2 CPD points accumulated in excess of the requirement for one cycle cannot be carried forward to the next cycle.
- 4.3 To allow greater flexibility to cater for individual professional, educational and development needs, no minimum annual requirement will be set but registrants are strongly encouraged to undertake CPD activities throughout the 3-year cycle.
- 4.4 When an optometrist is registered after the commencement of the prevailing CPD cycle, with the shortest period of 2 to 2.5 years validity of practising certificate will be allowed to attain 20 CPD points in that CPD cycle. The following table outlines the pro-rata requirements:

Group	End Date of Practising Certificate	Start Date of Practising Certificate	CPD Points required by end date of Practising Certificate	Approximate Duration for obtaining CPD points
A	30.6.2028	Between 25.7.2025 and 30.6.2026	20 Points	2 Years
B1	30.6.2029	Between 1.7.2026 and 31.12.2026	30 Points	> 2.5 Years
B2	30.6.2029	Between 1.1.2027 and 30.6.2027	20 Points	2.0 – 2.5 Years
C1	30.6.2030	Between 1.7.2027 and 31.12.2027	30 Points	> 2.5 Years
C2	30.6.2030	Between 1.1.2028 and 30.6.2028	20 Points	2.0 – 2.5 Years

5 SCOPE OF CPD ACTIVITIES

- 5.1 CPD activities can be organized in the form of a conference, workshop, seminar, lecture, demonstration, talk, practical session or a short or tertiary course of direct relevance to the practice of optometry.
- 5.2 Apart from lecture-based activities, optometrists can also acquire CPD points through publication of an article or paper in peer-reviewed journals. Self-study in the form of online continuing education courses or periodic reading of optometry / vision-sciences-related journals pre-approved by the Board will also attract CPD points. Didactic post-graduate studies in academic institution leading to higher qualifications can be credit-earning upon individual assessment.
- 5.3 In recognition of the trend of e-learning, the ceiling of CPD points attainable through self-study has been uplifted to 15 CPD points per cycle.

6 ALLOCATION OF CPD POINTS

- 6.1 There are five major categories of CPD activities. CPD activities eligible for accreditation are further classified into **core** and **non-core** activities. Core CPD activities shall have a higher rating of CPD points as compared with non-core ones. Please refer to **Appendix I** for details of the CPD points allocation for each kind of activity and its corresponding constraints.
- 6.2 For lecture-based activities, the time allocated for examinations / tests will not attract any CPD points. As for organizers of CPD activities, no certificate of attendance shall be issued to attendees who are late or who leave before the end of the activities for over 15 minutes.

7 ACCREDITATION OF CPD ACTIVITIES

- 7.1 The Board Education Committee is the Optometrists Board's delegated authority for accrediting Programme Providers and individual CPD activities other than those organized by Accredited Programme Providers.

8 RECORD OF PARTICIPATION

- 8.1 Optometrists should keep proper record of their own CPD attainment, together with relevant document evidence, such as certificate of attendance, for a minimum period of six years. Such record has to be submitted to the Board upon request. Optometrists must respond to call for returns from the Board, and submit all returns with required proof within the defined period of time.
- 8.2 Optometrists are encouraged to log down their CPD activities of all categories throughout the CPD cycle to facilitate their making of accurate declaration on CPD attainment at the end of the cycle. Registrants may make use of the CPD record form (at **Appendix II Form OP IIa** and **Form OP IIb**) for the purpose.

9 AUDIT

- 9.1 Audit will be conducted for the purpose of verification.
- 9.2 The Secretary of the Board may randomly select some of the registrants for audit check on declaration on attainment made. The registrants selected will be requested to submit documentary evidence for verification purpose. It is the responsibility of an optometrist to produce the evidence when requested by the Board.
- 9.3 Optometrists failing to submit return on time will be regarded as CPD non-compliant.

10 EXEMPTION

- 10.1 A registrant could be certified to have a medical condition or other circumstances which restrict the registrant from discharging the optometrists' duties, which the Board considers as acceptable reasons for exemptions from CPD (e.g. prolonged illness, and permanent disability). A registrant should submit an exemption application to the Board for consideration on a case-by-case basis.

11 NON-COMPLIANCE

- 11.1 For cases of non-compliance as declared by the registrants or discovered by the Secretary of the Board during audit check, the Board Education Committee will conduct an assessment.

11.2 Non-compliance That is Remediable

- (i) A registrant must have achieved not less than two-thirds of the required number of points for a cycle. The Board may, at its discretion, accept other conditions on reasonable grounds.
- (ii) The registrant will be required to engage in a remedial programme for the deficiency, which must be finished by the end of the relevant next cycle.
- (iii) The next cycle shall follow immediately after the previous cycle without any break, i.e. the registrant will have to undergo normal and remedial CPD at the same time.
- (iv) The registrant who has failed to make remedy prescribed by the Board for the deficiency without acceptable reasons could be regarded as a case of non-compliance that is not remediable

11.3 Non-compliance That Is Not Remediable

For registrants who have obtained less than two-thirds of the required number of points for a cycle without acceptable reasons, no practicing certificates will be issued.

12 REMEDIAL MECHANISM

- 12.1 If a registrant achieves at least two-thirds of the required CPD points for a cycle but fails to attain the full CPD requirement, they are required to obtain the remaining points in the subsequent cycle. For various remediable scenarios and the corresponding additional requirements, please refer to the table as below:-
- 12.2 For registrants from Groups B1 and C1, the required CPD attainment is 30 points per cycle, of which at least two-thirds (i.e. 20 points) must be attained by the end of the cycle.

CPD points attained in the 1 st Year	CPD points attained in the 2 nd Year	CPD points attained in the 3 rd Year	Additional CPD points required in the next cycle*
10	10	5	5 (remaining pts)
15	5	0	10 (remaining pts)
20	0	0	10 (remaining pts)

- 12.3 For registrants from Groups A, B2 and C2, the required CPD attainment is 20 points per cycle, of which at least two-thirds (i.e. 13.5 points) must be attained by the end of the cycle.

CPD points attained in the 1 st Year	CPD points attained in the 2 nd Year	CPD points attained in the 3 rd Year	Additional CPD points required in the next cycle*
8	5	1.5	5.5 (remaining pts)
5	5	3.5	6.5 (remaining pts)
14	0	0	6 (remaining pts)

* The CPD points required in the subsequent cycle will include any additional and remaining points carried over from the previous cycle, in addition to the credit points required for the new cycle. CPD credit points attained as additional and remaining points for deficiencies in the remedial programme shall not be counted toward the upcoming cycle.

- 12.4 Registrants participating in a remedial programme shall be required to satisfy their remaining CPD point obligation exclusively through engagement in Category (1) CPD activities. Such remedial programme shall be completed within the immediate subsequent CPD cycle, and such cycle shall represent the final and sole opportunity for the registrant to remedy the deficiency. Under no circumstances shall further extension, deferral, or additional opportunity be granted for the completion of the remedial obligation. A registered optometrist who has failed, without acceptable reasons, to make the remedy prescribed by the Board under the remediable mechanism could be regarded as a case of non-compliance that is not remediable.

13 FALSE REPORTING AND LEGAL CONSEQUENCES

- 13.1 Registrants are advised that submission of false or misleading information in relation to CPD attainment or remedial compliance constitutes a serious breach of professional conduct. False reporting may constitute a criminal offence under applicable legislation and may expose the registrant to criminal liability, in addition to professional disciplinary action by the Board. Registrants are required to ensure the accuracy and truthfulness of all CPD documentation and reports submitted to the Board.

14 APPEAL

- 14.1 Any appeal must be lodged in writing to the OP Board.

15 LIST OF PRE-APPROVED PROGRAMMES

- 15.1 The list of pre-approved CPD programmes is as follows –
- (i) accredited / approved programmes of Council on Optometric Practitioner Education (COPE);
 - (ii) accredited/ approved Continuing Education and Training (CET)/ Continuing Professional Development (CPD) programmes of General Optical Council (GOC); and
 - (iii) international conferences held by the American Optometric Association, the American Academy of Optometry, Canadian Optometric Association, and annual conference of the Optometrists Association of Australia; biennial conference of the College of Optometrists, UK, annual conference of the New Zealand Association of Optometrists, and that held by the New Zealand College of Optometrists, Asia Pacific Optometric Congress, the Hong Kong International Optometric Symposium and the Asia Cornea and Contact Lens Conference, would be accepted / accredited.

16 LIST OF PRE-APPROVED PROGRAMME PROVIDERS

- 16.1 The following local organizations are at present pre-approved programme providers –
- (i) The Hong Kong Polytechnic University;
 - (ii) The Hong Kong Association of Private Practice Optometrists;
 - (iii) The Hong Kong Optometric Association;
 - (iv) The Hong Kong Society of Professional Optometrists; and
 - (v) Hong Kong Cornea and Contact Lens Society

17 CODE OF PROGRAMMES

- 17.1 To facilitate the administration of CPD activities, programmes should be assigned

with a code (a total of 8 characters/digits) by pre-approved programme providers (for their own activities) or the Education Committee of the Board (for activities not pre-approved or for activities involving multiple organizers). The guidelines for assigning CPD code is at **Appendix III**.

Allocation of CPD points for various categories of activities

No.	Category	Description	Allocation of CPD Points	Maximum CPD points to be allocated per cycle
1	Receptive participation	- Certified attendance in any CPD activity as accredited by the Board: - Activities organized by the 5 Accredited Programme Providers¹ - Activities as validated by the Board on application by institutions/individual optometrists	- For core activities²: – 1 CPD point per hour - For non-core activities³: – 0.5 CPD point per hour	- Core activities: – Nil - Non-core activities: – 15 CPD points
2	Active participation	Active participation as speaker, panelist, presenter, trainer in any accredited CPD activity.	1 CPD point per 15 minutes of presentation.	15 CPD points
3	Post-graduate studies	<u>Didactic</u> post-graduate studies in academic institutions leading to higher qualifications.	- For core activities: – 1 CPD point per hour - For non-core activities: – 0.5 CPD point per hour	- Core activities: – Nil - Non-core activities: – 15 CPD points
4	Self-study	- Self-study in the form of online continuing education courses at Appendix Ia. - Periodic reading of optometry/ vision-sciences-related journals at Appendix Ib.	1 CPD point for the completion of each online course plus quiz. 1 CPD point per year.	15 CPD points (whereas a ceiling of 2 CPD points for periodic reading)
5	Publication	Publication in peer-reviewed journals related to optometry / vision-sciences.	- First / last/ corresponding author: – 5 CPD points per publication - Other author: – 3 CPD points per publication	15 CPD points

¹ The 5 Accredited Programme Providers (APPs) are : (1) The Hong Kong Polytechnic University (PolyU); (2) The Hong Kong Association of Private Practice Optometrists (HKAPPO); (3) The Hong Kong Optometric Association (HKOA) ; (4) The Hong Kong Society of Professional Optometrists (HKSPPO) and (5) Hong Kong Cornea and Contact Lens Society.

² Core activities are activities of direct relevance to practice of Optometry.

³ Non-core activities are activities not directly related but contributed to the understanding or expansion of optometry knowledge and skills, including subjects on other health care professions and information technology. *Activities on personal and motivational training or political meetings will not be accredited.*

**List of pre-approved online continuing education courses
recognized by the Optometrists Board as accredited CPD activity**

(Updated in September 2026)

	Course Provider	Website
1.	American Academy of Optometry	https://aaopt.org/education/
2.	American Optometric Association - EyeLearn	https://www.aoa.org/education/eyelearn-ce-and-on-demand-education
3.	Association of Optometrists	https://www.aop.org.uk/education-and-events/events
4.	Australian College of Optometrist	https://profession.aco.org.au/courses-and-events
5.	California Optometric Association	https://www.coavision.org/i4a/pages/index.cfm?pageid=3330
6.	CEwire2026: The Virtual Optometric Conference	https://www.cewire.com/
7.	College of Optometry, Pacific University	https://www.pacificu.edu/academics/colleges/college-optometry/continuing-education
8.	College of Optometry, State University of New York (SUNY)	https://www.sunyopt.edu/education/academics/continuing_professional_education/online-courses
9.	College of Optometry, The Ohio State University	https://optometry.osu.edu/continuing-education
10.	College of Optometry, Western University	https://www.westernu.edu/optometry/ce/
11.	Continuing Education Online (CRO)	https://www.crojournl.com/
12.	DOCET	https://docet.info/index.php?redirect=0
13.	Evolve Medical Education	https://evolvemeded.com/
14.	CPDpoints	https://www.cpdpoints.com/
15.	Lighthouse International	https://www.lighthouseguild.org/healthcare-professionals/elearning/
16.	Marshall B. Ketchum University - Optometry Online CE	https://www.ketchum.edu/continuing-education/online-ce

17.	Mivision education	https://www.mieducation.com/
18.	Neuro-optometric Rehabilitation Association	https://noravisionrehab.org/healthcare-professionals/continuing-education-opportunities
19.	New England College of Optometry	https://www.neco.edu/academics/continuing-education/online-ce
20.	Optocase - Optometry Continuing Education and Clinic Tips	https://optocase.com/cases
21.	Optometry Australia	https://www.optometry.org.au/institute-of-excellence/
22.	Optometry & Vision Science, University of Waterloo	https://uwaterloo.ca/optometry-vision-science/continuing-education
23.	Primary Care Optometry News Education Lab	https://cme.healio.com/optometry
24.	Review Education Group	https://www.reviewsce.com/
25.	School of Optometry, Indiana University	https://expand.iu.edu/browse/iuso-ce
26.	School of Optometry, University of Houston	https://www.uhcofoundation.org/opr/s/course-list-page
27.	SECO International	https://secouniversity.com/
28.	Southern College of Optometry	https://www.sco.edu/online-ce-course-library
29.	World Continuing Education Alliance	https://wcea.education/
30.	Government of the HKSAR	https://www.childprotectiontraining.hk/self-learning

List of pre-approved journals
recognized by the Optometrists Board as accredited CPD activity
(Updated in September 2026)

No.	Journal Title
1.	Acta Ophthalmologica
2.	Advances in Clinical Ophthalmology
3.	Advances in Ophthalmology Practice and Research
4.	American Journal of Ophthalmology
5.	Annals of Eye Science
6.	Annals of Ophthalmology
7.	Annual Review of Vision Science
8.	Asia-Pacific Journal of Ophthalmology
9.	BMC Ophthalmology (BMC Ophthalmol)
10.	BMJ Open Ophthalmology
11.	British Journal of Ophthalmology
12.	British Journal of Visual Impairment
13.	Canadian Journal of Ophthalmology
14.	Chinese Journal of Experimental Ophthalmology/ 中華實驗眼科雜誌
15.	Chinese Journal of Ophthalmology/ Zhong Hua Yan Ke Za Zhi/中華眼科雜誌
16.	Chinese Journal of Optometry Ophthalmology and Visual Science/中華眼視光學與視覺科學雜誌
17.	Clinical & Experimental Ophthalmology (former: Australian and New Zealand Journal of Ophthalmology)
18.	Clinical and Experimental Optometry
19.	Clinical Ophthalmology
20.	Clinical Optometry
21.	Contact Lens and Anterior Eye
22.	Contact Lens Spectrum
23.	Cornea
24.	Current Eye Research
25.	Current Opinion in Ophthalmology
26.	Documenta Ophthalmologica
27.	European Journal of Ophthalmology
28.	Experimental Eye Research

29.	Expert Review of Ophthalmology
30.	Eye
31.	Eye & Brain
32.	Eye & Contact Lens
33.	Eye and Vision
34.	Frontiers in Ophthalmology
35.	Graefe's Archive for Clinical and Experimental Ophthalmology
36.	Hong Kong Medical Journal
37.	Indian Journal of Ophthalmology
38.	International Journal of Ophthalmology
39.	Investigative Ophthalmology and Visual Science
40.	JAMA Ophthalmology (former: Archives of Ophthalmology)
41.	Japanese Journal of Clinical Ophthalmology
42.	Japanese Journal of Ophthalmology
43.	Journal of American Association for Pediatric Ophthalmology and Strabismus (AAPOS)
44.	Journal of Cataract and Refractive Surgery
45.	Journal of Clinical Ophthalmology/ 临床眼科杂志
46.	Journal of Eye Movement Research
47.	Journal of Glaucoma
48.	Journal of Neuro-Ophthalmology
49.	Journal of Ocular Pharmacology and Therapeutics
50.	Journal of Ophthalmic Inflammation and Infection
51.	Journal of Ophthalmology
52.	Journal of Optometry
53.	Journal of Pediatric Ophthalmology and Strabismus
54.	Journal of Refractive Surgery
55.	Journal of The Formosan Medical Association
56.	Journal of the Optical Society of America. A, Optics and Image Science
57.	Journal of the Optical Society of America. B, Optical Physics
58.	Journal of Vision
59.	Journal of Visual Impairment and Blindness
60.	Molecular Vision
61.	Neuro-Ophthalmology
62.	Ocular Immunology and Inflammation

63.	Ocular Surface
64.	Ophthalmic and Physiological Optics
65.	Ophthalmic Epidemiology
66.	Ophthalmic Genetics (Formerly known as. Ophthalmic Paediatrics and Genetics)
67.	Ophthalmic Plastic and Reconstructive Surgery
68.	Ophthalmic Research
69.	Ophthalmic Surgery, Lasers and Imaging Retina
70.	Ophthalmologica
71.	Ophthalmology
72.	Ophthalmology Glaucoma
73.	Ophthalmology Retina
74.	Ophthalmology Science
75.	Ophthalmology and Therapy
76.	Ophthalmology Times
77.	Optometric Education
78.	Optometric Management
79.	Optometry and Vision Science
80.	Optometry Today
81.	Progress in Retinal and Eye Research
82.	Retina – Journal of Retinal and Vitreous Diseases
83.	Retinal Cases & Brief Reports
84.	Review of Cornea & Contact Lenses
85.	Review of Ophthalmology
86.	Review of Optometry
87.	Seminars in Ophthalmology
88.	Singapore Medical Journal
89.	Spatial vision
90.	Strabismus
91.	Survey of Ophthalmology
92.	The Optician
93.	Translational Vision Science & Technology
94.	Therapeutic Advances in Ophthalmology
95.	Vision Development & Rehabilitation
96.	Vision

97.	Vision Research
98.	Visual Neuroscience

OPTOMETRISTS BOARD**Record Form of Continuing Professional Development (CPD) Programmes /Activities Attended by Registered Optometrists***(CPD Cycle (3 years from 1 July 20 ____ to 30 June 20 ____)***Activities Category (1) - Receptive Participation**

Date	Code of CPD Programme / Activity	Core / Non-core	CPD Points Awarded
Sub-total CPD Points Awarded for Category (1) [Maximum 15 CPD points per cycle for non-core activities]:			

Name: _____
 (Surname first, in block letters)

Registration Number:

Signature: _____

Date: _____

*Note : (1) This form should be returned to the Optometrists Board Secretariat **only upon request** but you are strongly advised to keep proper record of your CPD attainment throughout the cycle using this form.*

(2) The “code of CPD programme / activity” means the CPD code refers to in Clause 17 and Appendix III of this manual. For other activities such as those pre-approved programmes listed in Clause 15, please provide the title of the programme / activity.

OPTOMETRISTS BOARD**Record Form of Continuing Professional Development (CPD) Programmes /Activities Attended by Registered Optometrists***(CPD Cycle (3 years from 1 July 20 ____ to 30 June 20 ____)***Other Activities**

Date	Category	Title of CPD Programme / Activity (e.g. Reading journals – please state the names of the journals)	Organizer	Position Held (speaker, author, reader etc.)	CPD Points Awarded
Sub-total CPD Points Awarded:					

Grand Total CPD Points Awarded:

Name: _____

(Surname first, in block letters)

Registration Number:

Signature: _____

Date: _____

*Note : This form should be returned to the Optometrists Board Secretariat **only upon request** but you are strongly advised to keep proper record of your CPD attainment throughout the cycle using this form.*

Guidelines for Assigning of CPD Code

To facilitate the administration of CPD activities, each programme should be assigned with a specific and unique CPD code (a total of 8 characters/digits) by pre-approved programme providers (for their own activities) or the Education Committee of the Board (for activities organized by non-APPs / activities involving multiple organizers). Each character/digit in the CPD code carries the following meaning –

Character/ Digit	Meaning	Keys
1 st to 4 th	Represents the organizers	POLY = Activities organised by The Hong Kong Polytechnic University APPO = Activities organised by The Hong Kong Association of Private Practice Optometrists HKOA = Activities organised by The Hong Kong Optometric Association SPO_ = Activities organised by The Hong Kong Society of Professional Optometrists CCLS = Activities organised by Hong Kong Cornea and Contact Lens Society MULT = Activities jointly organised by two or more APPs/ jointly organised by APPs and non-APPs NAPP = Activities organised by one or more non-APPs and validated by the Board
5 th & 6 th	Represents the year cycle in which the programme is conducted	Examples: 26 = 1 July 2026 to 30 June 2027 27 = 1 July 2027 to 30 June 2028 28 = 1 July 2028 to 30 June 2029
7 th & 8 th	Represents the serial number of programme assigned by the APPs / the Board	01, 02, 03 ... to be assigned by the APPs for own activities / to be assigned by the Board when activities organised by non-APPs are validated / when activities involve multiple organizers