

THE NATIONAL ACADEMY  
OF OPTICIANRY



OFFERS THIS SELECTION OF  
EXAM PREPARATION  
MATERIAL

FOR THE

NATIONAL CERTIFYING EXAM  
FOR SPECTACLE DISPENSERS

AND THE

NATIONAL CERTIFYING EXAM  
FOR CONTACT LENS DISPENSERS

# Exam Preparation Home Study Courses for Spectacle and Contact Lens Dispensers



Exam Preparation Home Study Courses for Spectacle and Contact Lens Dispensing

- \* Comprehensive Preparatory/Not a Review
- \* Indispensable Study Guides with Proven Results
- \* Workbooks and Audio CDs
- \* Assumes Minimal Optical Background
- \* Hundreds of Practice Test Questions
- \* Illustrations, Tables, Practice Exercises
- \* Clearly Written Explanations

## COURSE CONTENTS

### Exam Preparation for Spectacle Dispensers

- Part 1: Anatomy & Physiology
- Part 2: Basic Optical Principles
- Part 3: Lens Form & Analysis
- Parts 4-5: Lens Materials & Coatings/Multifocal Designs
- Part 6: Ophthalmic Frames
- Part 7-8: Instrumentation/Regulations & Standards

### Exam Preparation for Contact Lens Dispensers

- Part 1: Basic Contact Lens Design
- Part 2: Optical Principles of Contact Lenses
- Part 3: Fitting & Verification
- Part 4: Anatomical Considerations
- Part 5: Advanced Techniques
- Part 6: Modification & Delivery

## GENERAL INFORMATION

### Comprehensive Preparation/Not a Review

These are comprehensive, proven exam preparation courses for the national certification exams in opticianry. The courses assume minimal optical background, start from the beginning, then clearly and methodically follow through to cover the material you need to succeed on your exam.

### Audio CDs and Workbooks

Through the use of workbooks and audio CDs, the courses simulate a classroom environment. The material consists of a combination of lecture, sample testing, and review and makes abundant use of illustrations, tables, and clearly written explanations.

### Practice Tests

The material is contained in six workbooks containing over 150 practice test questions. The questions enable the student to determine how well he/she has learned the information, assessing strengths and indicating where further review might be needed.

### Certificate of Completion

Course graduates who are successful in passing their national or state board exam will be issued a certificate of completion suitable for framing. An exam result form is included as part of the course material.

# EXAM PREPARATION MATERIALS

## SPECTACLE EXAM

### Review Tools

#### Ophthalmic Dispensing Review Book\* (revised 2007)

**\$47 members**

**\$69 nonmembers**

Hundreds of questions with answers & explanations. Questions are arranged in the same domains as on the exam & in the Dispensing Opticians Job Analysis. This is a great self assessment tool.

#### Certification Exam Review Book\* (revised 2007)

**\$35 members**

**\$59 nonmembers**

This book covers basic optical theory, structure & function of the eye, lens fabrication, measurements, frame selection, prescription analysis & interpretation, prisms, multifocal application, ordering & verifying, and national standards. Q & A at the end of each section is for self assessment.

#### Certification Exam Math Review Book\* (revised 2007)

**\$35 members**

**\$59 nonmembers**

Easy to understand with exercises throughout, this book teaches how to solve math problems related to prescription optics. Includes metric conversions.

#### **\*Purchase the Spectacle Review Set and Save**

**All three books listed above**

**\$89 members**

**\$149 nonmembers**

#### NAO Flash Cards (2011)

**\$60 members**

**\$87 nonmembers**

This is a 485 card set with 470 questions (answers and brief explanations are on the back of each card). Also included are test taking tips, explanations of domains of knowledge, and references. The set combines the most pertinent questions and information from all the books in NAO's popular Spectacle Review Set. This is a great tool for review and self assessment.

### Teaching Tools

#### Certification Exam Review Tutorial (2012)

**\$80 members**

**\$149 nonmembers**

More of a teaching tool than a review. Starting with tips on taking the exam through a well developed glossary, this book covers all of the topics you will need to master to successfully complete the Exam.

#### Pure Optics (2006)

**\$84 members**

**\$119 nonmembers**

An Exam Prep tool & more covering physical optics \* anatomy & physiology \* refraction \* geometric optics \* prescription analysis \* lens options & aberrations \* frame/lens cosmesis \* dispensing theory \* prism applications \* standards. Q & A after each chapter.

#### TOPS (2012)

**\$80 members**

**\$149 nonmembers**

The TOPS Manual is back! A long-standing preferred exam preparation tool, the TOPS Dispensing Manual will also train you, the professional dispenser, to take advantage of innovations in the optical industry so you can increase your knowledge, improve patient care, gain a competitive edge, and increase profits. This manual covers the technical information you need to sharpen your skills and better meet your patients' diverse needs.

#### Basic Opticians Tutorial (2009)

**\$80 members**

**\$149 nonmembers**

Because the Domains of Knowledge contained in the ABO Job Analysis are the basis for the ABO Exam, the chapters of this tutorial are also directly related to the ABO Domains of Knowledge making your studies perfectly relevant and pertinent. Further, areas of knowledge build upon one another, making it ideal for the learner.

#### Exam Review 2 Disc DVD Set (2010)

**\$175 members**

**\$250 nonmembers**

A classroom Exam Review Course with about 90 percent of attendees completing the exam successfully is now on a 2 disc DVD Set. This is considered a "beginners" tool for the Certification Exam and is packaged with the Ophthalmic Glossary. It covers:

- lenses • anatomy & physiology • eye conditions • legal aspects of opticianry • frames • metric system • light, dispersion value • index of refraction • ultraviolet • scientific theories of light • characteristics of lenses • tints • AR coatings • properties of lenses • how to calculate vertex distance • spheres • cylinders • optical cross exercises • power of cylinder 'off axis' • meridian notation • reading the RX • take a PD segment measurement & positioning • box measurements • the datum system • minimum blank size • Prentice rule • phoria & tropia • convergence • slab-off • how, why & the math • base curves • lens hardening systems • new standards revisions • common optical symbols • interpreting test questions • study suggestions.

## CONTACT LENS EXAM

### Review Tool

#### Beginning Your Life as a Contact lens Technician (2009)

**\$80 members**

**\$149 nonmembers**

Because the Domains of Knowledge contained in the NCLE Job Analysis are the basis for the NCLE Exam, the chapters of this tutorial are also directly related to the NCLE Domains of Knowledge making your studies perfectly relevant and pertinent. Further, areas of knowledge build upon one another, making it ideal for the learner.

## ORDER FORM

Qty.	Title	NAO Members	Non-members	Amount
	Exam Preparation Home Study Course for Spectacle Dispensers	\$255.	\$305.	
	Exam Preparation Home Study Course for Contact Lens Dispensers	\$255.	\$305.	
	Ophthalmic Dispensing Review Book	\$50.	\$75.	
	Certification Exam Review Book	\$40.	\$65.	
	Certification Exam Math Review Book	\$40.	\$65.	
	Purchase the Spectacle Review Set & Save (all three books listed above)	\$95.	\$155.	
	NAO Flash Cards	\$65.	\$95.	
	Certification Exam Review Tutorial	\$85.	\$155.	
	Pure Optics	\$84.	\$119.	
	TOPS	\$85.	\$155.	
	Basic Opticians Tutorial	\$85.	\$155.	
	Exam Review 2 disc DVD Set	\$180.	\$255.	
	Beginning Your Life as a Contact Lens Technician	\$85.	\$155.	
	Academy Membership Dues	\$75.		
			Sub total	
			Maryland residents add 6% sales tax	
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			<b>TOTAL</b>	

**Additional Study Materials can be found at [www.nao.org](http://www.nao.org) or by calling the NAO at 800-229-4828**

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email: [info@nao.org](mailto:info@nao.org)

**Please see Page 5 for additional ordering details.**

## SHIPPING AND HANDLING

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All orders are shipped UPS or First Class mail.  
Over-night and 2nd day air is available for an additional fee. Please contact the NAO for more information.

## ORDERING DETAILS

### SHIPPING

Allow 14 days for your UPS shipment to arrive. Rush service is available for an additional fee. Call 800-229-4828 for details. Note: Rates shown on the shipping chart are for continental U.S. addresses only. All others must call for a shipping quote.

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The National Academy of Opticianry is the only organization solely dedicated to providing educational and training opportunities for ALL opticians. Academy members also enjoy:

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- Online CECs, online Job Bank, free 20/20 Magazine subscription, members-only discounts with Office Depot and OptiSource, and much, much more!

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The materials offered in this brochure are not endorsed by the ABO/NCLE. Although the information offered in these exam preparation tools may be valuable, use of them does not, in any way, guarantee passage of the national competency exams.