

**645—181.3(154,272C) Standards.**

**181.3(1) General criteria.** A continuing education activity that meets all of the following criteria is appropriate for continuing education credit if the continuing education activity:

- a. Is an organized program of learning fundamental to the practice of the profession that contributes directly to the professional competency of the licensee;
- b. Is conducted by individuals who have specialized education and training in the subject matter of the program. At the time of audit, the board may request the qualifications of presenters;
- c. Fulfills stated program goals, objectives, or both; and
- d. Provides proof of attendance, including:
  - (1) Date, location, course title, presenter(s);
  - (2) Numbers of program contact hours; and
  - (3) Certificate of completion or evidence of successful completion of the course provided by the course sponsor.

**181.3(2) Specific criteria.**

- a. Continuing education hours of credit may be obtained by attending:
  - (1) The continuing education programs of the Iowa Optometric Association, the American Optometric Association, the American Academy of Optometry, and national regional optometric congresses, schools of optometry, all state optometric associations, and any accredited department of ophthalmology.
  - (2) Postgraduate study through an accredited school or college of optometry.
  - (3) Meetings or seminars that are approved and certified for optometric continuing education by the Association of Regulatory Boards of Optometry's Council on Optometric Practitioner Education (COPE) committee.

- b. The maximum number of hours in each category in each biennium is as follows:
  - (1) Five hours of credit for distance learning.
  - (2) Fifteen hours of credit for interactive online CE.
  - (3) Twenty hours of credit for postgraduate study courses as referenced in subparagraph 181.3(2) "a"(2).

c. Required continuing education hours. Licensees shall provide proof of continuing education in all of the following areas:

- (1) Current certification in CPR offered in person by the American Heart Association, the American Red Cross or an equivalent organization. At least two hours per biennium is required, but credit will be granted for four hours.

- (2) Training on child abuse and dependent adult abuse identification and reporting through the department of health and human services for all licensees who examine, attend, counsel or treat children or dependent adults in the scope of the professional practice. Initial two-hour courses need to be taken with six months of employment. One-hour recertification training needs to be done every three years.

- (3) A minimum of one hour of continuing education per renewal period regarding guidelines for prescribing opioids, including recommendations on limitations on dosages and the length of prescriptions, risk factors for abuse, and nonopioid and nonpharmacologic therapy options. Credit will be granted for up to two hours per renewal period. If the continuing education did not cover the United States Centers for Disease Control and Prevention guideline for prescribing opioids for chronic pain, the licensee shall read the guideline prior to license renewal. "Opioid" means any drug that produces an agonist effect on opioid receptors and is indicated or used for the treatment of pain.

- d. Current CELMO certification meets the continuing education requirements for licensees.

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