

17th February 2026

Dear Colleagues,

We are writing to clarify expectations regarding the use of the **Glaucoma Repeat Measures** pathway by practices/practitioners working within the Community Optometry and Triage Service (COTS).

Use of the Glaucoma Repeat Measures Pathway

COTS practices should use this pathway to:

- Repeat intraocular pressure (IOP) using contact tonometry when a high IOP is found on non-contact tonometry during an NHS sight test or private eye examination.
- Repeat visual field assessment when a defect is found during an NHS sight test or private eye examination.

The purpose of repeat measures is to confirm initial findings before determining the need for onward referral.

Referral Standards

Please note the following important principles:

- Referrals to glaucoma service should **not** be based on disc OCT findings alone.
- Referrals should **not** be based on Frequency Doubling Technology (FDT) visual fields.
- Repeat tonometry (using a contact tonometer) and visual fields (threshold or suprathreshold, not FDT) should be undertaken where clinically appropriate prior to referral, unless there is a clear and urgent indication for immediate onward referral.
- Referrals made following a COTS episode should include the relevant Pharmoutcomes report.

Internal Referrals within COTS Practices

Where a patient is initially seen by a non-COTS practitioner working within a COTS practice and glaucoma concerns are identified, the expectation is that the patient is internally referred for repeat measures under the COTS pathway before referral to the Hospital Eye Service is considered.

Why this matters

Appropriate use of the glaucoma repeat measures pathway reduces unnecessary secondary care referrals, reduces burden on hospital clinics, improves referral quality and ensures consistent clinical standards across COTS providers.

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Please ensure that all clinicians within your practice are aware of these expectations and that internal referral processes are clear and embedded.

The current referral and COTS pathway guidelines can be found at <https://sel-mecs.com/clinical-pathways-and-guidance/>

If you have any queries not addressed at the above link, please do not hesitate to get in touch.

Kind regards,

The Directors of Primary Ophthalmic Solutions

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