

# CLINICAL OBSERVERSHIP PROGRAM IN GLAUCOMA



# Clinical Observership Program in Glaucoma

## Introduction

Glaucoma, asymptomatic as it is, causes irreversible loss of visual function in the afflicted. Early diagnosis of glaucoma and appropriate therapeutic intervention prevents intraocular pressure induced damage and visual field loss. In undergraduate and ophthalmology residency programs, due to the wide variety of subjects to be covered, extensive training in diagnosis and therapy of glaucoma has not been possible. With the advent of computerised visual field analysis, it is imperative to train practicing ophthalmologists in their interpretation and application in clinical practice. In addition, critical evaluation of the optic disc and retinal nerve fibre layer are gaining significance in glaucoma. The training helps the doctor to diagnose glaucoma and treat before loss of productive and useful visual function.

## Training Facilities

Aravind Eye Hospital has established a program to provide high quality training to practicing ophthalmologists and postgraduates in diagnosis and therapy of glaucoma. On an average per month the glaucoma services at the Aravind Eye Hospital in Madurai, Coimbatore, Tirunelveli and Pondicherry offers services over 20,000 outpatient visits, 1500 Laser's and 750 surgeries and is well equipped in training glaucoma diagnosis and therapeutics.

## The glaucoma service is equipped with

- Slit lamps with the requisite accessories like applanation tonometer's and observerscopes
- Indirect 90 D lenses for optic disc and RNFL evaluation
- Goldmann and Zeiss 4 mirror gonioscopes
- Automated visual field analysers (Humphrey)
- Fundus cameras for documentation of optic disc and RNFL
- Anterior Segment OCT / UBM
- OCT for RNFL measurement
- Pachymetry to measure corneal thickness
- Nd: YAG for iridotomy, argon lasers for trabeculoplasty, micropulse and Diode laser for cyclophotocoagulation.
- Surgical facilities for all types of glaucoma surgery

Aravind Eye Hospital has a well-trained faculty in the glaucoma service in all the centres and it also has a long-term fellowship program in glaucoma for 24 months. Aravind is now committed to transfer its knowledge and skill in combating glaucoma to practicing ophthalmologists.

## **Teaching Methodology**

Trainees gain experience and proficiency in early diagnosis and classification of glaucoma, critical clinical evaluation of the optic nerve head and retinal nerve fibre layer, evaluation of optical coherence tomography, Gonioscopy, Tonometry, interpretation of the visual fields by automated computerized perimetry, anterior segment OCT, Pachymetry and fundus photography. The curriculum provides extensive observation training supplemented by live demonstrations and lecture classes. The curriculum will include:

- Optic nerve head evaluation
- Clinical evaluation of retinal nerve fibre layer by OCT
- Tonometry
- Gonioscopy
- Interpretation of the visual fields by automated perimeter
- Central corneal thickness measurement (CCT )
- Angle study by AS-OCT
- Observation of various surgical and laser procedures etc

## **Practical sessions**

- Gonioscopy and clinical evaluation of ONH, RNFL
- Evaluation of outpatients and postoperative ward rounds
- Fundus photography

## **During Observation Program**

- To attend Glaucoma theory classes
- Introduction and application of instruments
- Detailed examination of glaucoma patient
- To familiarize Humphrey visual field machine
- To take fields independently and learn to interpret
- Demonstration of various types of glaucoma

- To observe laser procedures , Glaucoma surgeries.
- At the end of second week, the candidate should acquire adequate knowledge about how a glaucoma case is being worked up with necessary investigations
- At the end of fourth week, the candidate should be confident in the full workup of glaucoma patient
- At the end of the training program the trainee also should be comfortable with use of all the instruments used in the clinic.

## Eligibility Criteria

Qualifications : MS / DNB

No of positions : 2/center

Duration : one month

Starting date : 1st of Every month

Training centers : Madurai, Tirunelveli, Coimbatore, Pondicherry

## Course Fee

For Indian & Nepal Candidates - INR 11,800

For International candidates - USD 590

(Inclusive of 18% GST to the course fee)

## Accommodation

Accommodation is available for selected candidates on request at the Aravind Hostels.

Candidates posted in Madurai centre can stay at "Inspiration" trainees hostel. For candidates selected in Tirunelveli, Coimbatore and Pondicherry, accommodation is available at Postgraduate hostels. For Madurai: Please [click here](#) to view the information about tariff and other details of the trainee's hostel (Inspiration).

## For Tirunelveli, Coimbatore & Pondicherry

- Rs.3,000/month (for National candidates)

- USD 120/month (for International candidates)

## **Food**

Food is served at the hostel itself and includes break-fast, lunch and dinner (local Indian menu). Sunday is a holiday. However there are number of good restaurants located within walking distance. Food expenses are separate and can be paid at the Hostel mess on a monthly basis.

## **Recruitment and selection**

The course is open to all practicing ophthalmologists. Eight candidates (two for each centre) will be admitted each month to this course. The candidates will need to apply in the prescribed application form and will be admitted after scrutinizing their credentials and certificates.

## **For application forms and further details, contact**

Course Coordinator

Aravind Eye Hospital, S.N.High Road,  
Tirunelveli - 627 001, Tamil Nadu, India.

Phone : 91 - 462 - 4356 100

Fax : 91 - 462 - 2331 633

Email : [tv1.training@aravind.org](mailto:tv1.training@aravind.org)

Website: [www.aravind.org](http://www.aravind.org)