ARAVIND FELLOWSHIP IN OPTOMETRY

2023 - 2025

ARAVIND EYE CARE SYSTEM

About us

Aravind Eye Hospital that started as an eleven-bedded eye clinic in 1976 has now grown to become the world's largest eye care provider. So far, over 43 million patients have been examined and over 5 million surgeries, performed. Aravind, with its mission to "eliminate needless blindness", has been able to achieve this scale with the principle of providing large volume, high quality and affordable services in a financially self-sustainable manner. Aravind's innovative eye care delivery system has been recognized as a model for other developing countries.

Much importance is given to ensure that all patients are accorded the same high quality care and service, regardless of their economic status. Aravind's innovative eye care delivery system has been recognized as a model for other developing countries. Aravind shares these best practices through several management courses and through consultancy and capacity building programmes.

Education at Aravind

Aravind Eye Care System is a WHO collaborating centre with a mandate to design and offer training programmes to eye care personnel at different professional levels from around the world, in the development and implementation of efficient and sustainable eye care programmes.

Aravind's training programmes cater to all levels of ophthalmic personnel – these are intended not only for ophthalmologists but also for ophthalmic technicians, opticians, clinical assistants, outreach coordinators and health care managers. Aravind offers several structured training programmes.

Learning at any of the Aravind Centres gives you an opportunity to learn from experienced faculty, experience cutting edge technology, and receive hands-on training, access global eye care resources, wider exposure through journal clubs, grand rounds as well as interaction with peers from all over the world

Need for the Optometry Fellowship

The Traditional Optometry practice can be enhanced with advanced studies in expanding areas of the patient care through fellowship programs. Through these programs, students gain additional expertise in speciality domains of optometry. Curriculum of these programs are crafted in a way that educational approaches are utilized to provide the student with the much needed skills for contemporary practice.

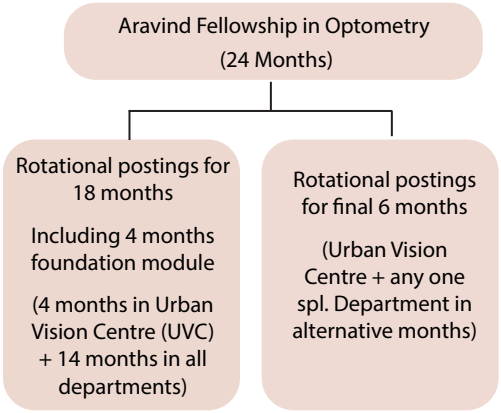
Clinical optometry includes all components of visual care, ocular health, and care associated with related systemic disorders. Every aspect of education at Aravind Eye Hospital makes to be familiar with basic and advanced diagnostic procedures in Optometry. Students are ultimately aptly prepared when they graduate and become a competent Optometry professional with exposure to multi-cultural

clinical environment and ability to handle different types of patients.

Objectives

- To improve the skill sets of optometrists
- To expose the optometrists to wide range of patients, enhancing their clinical knowledge
- To utilize the services of optometrists comprehensively in enhancing patient care in community

Overview on Aravind Fellowship in Optometry



Aravind Fellowship in Optometry (AFO) is a 24 months program in which every trainee is routed through the following:

- Foundation module for 4 months to be up-to-date in the theory and practice of clinical optometry
- 18 months of training in different Optometry sub-specialties and in UVC
- 6 months of training in any one speciality to get in-depth knowledge and in UVC
- Intense hands-on exposure to various clinical conditions and diagnostic procedures
- Integrated learning of ocular pathology diagnosis and management through evidence-based practice and problem-based learning
- Opportunity to serve the community through community eye health programs

By the end of the course the trainee will be able to:

- Perform a comprehensive eye examination that is geared towards the diagnosis of ocular pathology
- Apply an integrated evidence-based approach for the diagnosis and management of ocular pathology
- Demonstrate knowledge of current diagnostic modalities available in ophthalmic practice
- Demonstrate in-depth knowledge of all aspects of the latest practices in their area of specialization

Eligibility Criteria

- Candidates who have passed B.Optom
- Freshers and One / two years' experience
- Basic communication skills
- Knowledge about common eye conditions, Glass prescribing guidelines, Basics about Low Vision care, Binocular vision care, Diagnostic procedures and Contact lens

Training Methodology

- Lectures
- Observation
- Hands-on training
- Situation analysis study, case presentation, seminars
- The medium of instruction is English

Evaluation Pattern

- Weekly seminars
- Annual exam at the end of 1st yr. and Exit exam

Training modules

S.No	Module
1	Comprehensive eye examination
2	Ophthalmology Specialities (Glaucoma, Retina, Cornea, Paediatric ophthalmology)
3	Biometry + IOL calculation
4	Dispensing Optics
5	Low Vision Care and Contact Lens Services
6	Communication skills for optometrists
7	Quality and Administrative skills

MODULE 1: COMPREHENSIVE EYE EXAMINATION

This module has been created for those trainees who are interested in strengthening their comprehensive eye evaluation skills. During the tenure the fellow will be posted in various sub-specialities of the fields of Optometry and Ophthalmology. This module is helpful for all Optometrists to enhance their skills received during an earlier optometry internship course.

Course Outline

Comprehensive training comprises the following elements:

History taking
- Lensometry
- Clinical Refraction
- Extraocular motility examination
- Basic Binocular vision examination
- Colour vision Testing
- Pupillary examination
- Anterior segment evaluation
- Arriving at the diagnosis
    - Glass prescription
    - Management
    - Role of optometrist
    - Role of ophthalmologist

Prerequisite

Be well-versed with the spectrum of common eye diseases and efficiently apply that knowledge when evaluating, interpreting, diagnosing the eye condition of a patient and understanding of comprehensive eye examination.

MODULE 2: OPHTHALMOLOGY SPECIALITIES

This module is aimed to equip the students in the area of various ophthalmology specialties. Students would have gained theoretical knowledge, practical skills and analytical ability related to various eye diseases.

Overview

As part of the module, students will get to listen to didactic lectures of various ophthalmology specialists. In addition, will get hands-on training in handling diagnostic instruments, interpretation of the diagnostic reports and role of optometrists and ophthalmologists in the management of the various eye diseases.

Course Outline

- Anterior segment diagnostics
- Posterior segment diagnostics
- Symptoms, Signs, pathophysiology, clinical procedures, management of common eye diseases

Retina component comprises the following areas of training

- Case specific history taking and work-up
- Retina diagnostic tests and their interpretation

Paediatric component comprises the following areas of training

- Case specific history taking and work-up
- Strabismus evaluation and paediatric refraction
- Orthoptics evaluation
- Amblyopia management


Cornea component comprises the following areas of training

- Basic evaluation of corneal diseases
- LASIK, phakic IOL workup
- Dry eye evaluation and management
- Contact lens fitting


Prerequisite

Be well-versed with the spectrum of eye diseases in various specialities and efficiently apply that knowledge when evaluating, interpreting, diagnosing the eye condition of a patient.

MODULE 3: BIOMETRY + IOL CALCULATION

This module consists of Biometry readings and IOL calculations for various eye conditions. As part of the module, the students will be posted in IOL and Biometry department.

Biometry is the application of mathematics to ophthalmology. When planning for cataract surgery, in order to achieve the desired post-operative refraction, the required power of the intraocular lens (IOL) implant can be calculated using the corneal refractive power and axial length.

This course comprises the following areas of training:

- Assessment of refractive state of the cornea or keratometry (K)
- Axial length (AL) measurement
- A-constant verification
- IOL Formulae
- Underlying Principles & Parameters of biometry instruments
- IOL power measurements
- IOL power calculation in special circumstance
    1. In Aphakia
    2. In Pseudophakia
    3. In Paediatric age group
    4. After Posterior segment Surgery
    5. After Refractive Surgery
    6. Premium IOLs- multifocal and Toric

Advanced training will also be provided regarding use of newer biometry techniques involving:

- IOL Master & Lenstar
- I trace
- Verion

MODULE 4: DISPENSING OPTICS

Overview

This module opens the trainee's eyes to the world of cuts and curves of ophthalmic lenses and to the array of spectacle frames, such that the trained professional would dispense spectacles based on the buyer's visual needs, desired visual tasks and lifestyle.

Course Outline

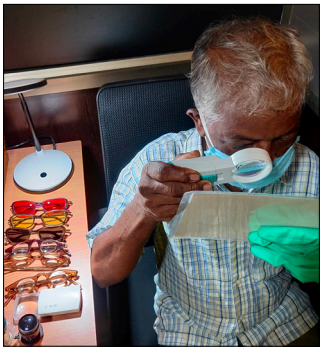
This course comprises the following areas of training:

- Fundamentals of ophthalmic lenses and designs
- Frame designs and current trends
- Edging concepts
- Spectacle order cycle
- Products of the leading companies
- Verification of the spectacles
- General dispensing concepts
- Cosmetic dispensing
- Paediatric dispensing
- Presbyopic & geriatric dispensing
- Speciality dispensing
- Multiple pair dispensing concepts
- Merchandizing & Inventory management
- Personal protective eye wear for industrial workers

MODULE 5: LOW VISION CARE AND CONTACT LENS SERVICE

Low vision rehabilitation component comprises the following areas of training:

- Identifying individuals with low vision
- Clinical assessment of low vision and functional vision
- Prescribing regimes of low vision devices
- Prescription of optical and non-optical devices
- Prescription of electronic low vision devices
- Identification of associated additional disabilities and referral patterns
- Counselling of patients with visual impairment about the usage of the low vision devices and daily living skills.



Contact Lens

Contact Lens component comprises the following areas of training:

- Basic contact lens fitting which includes, patient selection parameter selection and verification such as lens power, base curve and diameter
- Soft contact lens fitting (Spherical and Toric)
- RGP (rigid gas permeable) lens fitting
- Speciality contact lens fitting

MODULE 6: COMMUNICATION SKILLS FOR OPTOMETRISTS

Overview

- This module helps the trainees to build rapport with the patient and make them feel comfortable to express their concerns.
- Obtaining relevant information from the patient – including in the conduct of clinical tests
  - Delivering relevant information to the patient
  - Making diagnoses
  - Reporting findings and delivering treatment advice

Course Outline

This course comprises the following areas of training:

- Dealing with 'difficult' patients
- Delivering bad news
- Asking different types of question
- Explaining symptoms and diagnoses
- Giving advice and treatment instructions
- Identifying and addressing patient concerns and worries
- Listening skills
- Greeting patients
- Making eye contact
- Giving instructions in tests
- Giving assessments of test performance
- Demonstrating empathy

MODULE 7: QUALITY & ADMINISTRATIVE SKILLS

Overview

This module helps the trainees to improve the qualities of completing tasks in their day today activities. This might involve responsibilities such as filing paperwork, meeting with internal and external stakeholders, presenting important information, developing processes, answering patient's questions and more. This module help to perform these responsibilities in an efficient, quality way. Improving administrative skills can help trainees to have a stronger work ethic by completing tasks in a punctual and quality manner

Course Outline

This course comprises the following areas of training:

- Patient safety
- Infection control
- Management of Medication
- Facility management
- Clinical testing
- Time management
- Attention to detail
- Interpersonal skills
- Patient care services
- Crisis management

Highlights of Education in Aravind Eye Hospital

1. Opportunity to work in a culturally diverse environment with patients from all socio-economic backgrounds receiving equal treatment.
2. Theory classes and hands-on training sessions for 3 months to enable efficiency and development of skills with knowledge.
3. Journal club (twice in a week) will enhance the knowledge of the optometrists including case presentation, case discussion, paper presentation and research discussion.
4. Wide variety of patients and opportunity to work-up several interesting cases during the program.

Application process

1. Applicants can send their resume to priya.balasubramanian@aravind.org (or) roopa.amrutha@aravind.org
2. Applicants can also submit an online application on the Aravind website, www.aravind.org

Last date of application submission : 7th October 2023

Accommodation : Accommodation will be provided

Stipend

- Rs.10,000/- in 1st year
- Rs.12,000/- in 2nd year

Selection Process

- Skill assessment
- Personal interview

Contact Details

HR - Aravind Eye Hospital
Poonamallee High Road Tk, Opposite Saveetha Dental College,
Numbal, Poonamallee, Chennai - 600077, Tamil Nadu,
Phone: 044 - 4095 6100
roopa.amrutha@aravind.org, priya.balasubramanian@aravind.org