



# **STUDY GUIDE IN OPHTHALMOLOGY**

**For 3<sup>rd</sup> and 4<sup>th</sup> Professional MBBS Students**

**Khyber Girls Medical College**

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**Head Department of Ophthalmology**

**MTI/ Khyber Girls Medical College**

**Hayatabad Medical Complex, Peshawar**

## PREFACE

This “Study guide” is another token of my dedication to this profession.

However, I would not have come this far had it not been for the endless support of my family, my wife, in particular for supplying me with adequate tea( and snacks) at all the right times and putting up with my work ethic in just four days.

I was also supported by Dr. Yousaf Jamal Mahsood, Assistant Professor Glaucoma, during writing of this guide book. Syed Sajjad Hussain and Mr. Yasir Nawaz our computer Operators fully helped me in typing this manuscript. They never raised their eyebrows in its corrections and collecting materials from different sources. For proof reading I acknowledge the services of our Peadiatric Ophthalmologist, Prof. Dr. Muhammad Naeem Khan.

I hope my students of 3<sup>rd</sup> and 4<sup>th</sup> Professional MBBS will make the most of this guide.

Best of luck

Regards

**PROF. DR. TARIQ FAROOQ BABAR**

Head Department of Ophthalmology  
MTI/KGMC/ HMC, Peshawar

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## **WELCOME ADDRESS**

**By**

**Head of Ophthalmology Department**

- **Ophthalmology Department orientation**
- **Student's Log Book**

## WELCOME ADDRESS

On behalf of my Faculty I welcome you in Ophthalmology Department, Khyber Girls Medical College. Our Ophthalmic Unit is considered to be one of the best in Pakistan and is declared Centre of Excellence with state of art instruments and equipments and a highly equipped Diagnostic Centre with facilities of Argon Laser, Nd: Yag laser, Visual field, Optical Coherence Tomography, B-Scan, Fundus Fluorescein Angiography, Contact lens Clinic, Low Vision Clinic and Rehabilitation Centre. The Operation Theatre has facilities for phaco emulsification, Par plana Vitrectomy, Glaucoma procedures like trabeculectomy and valves implant and Oculoplastics and Orbitotomy.

### The Ophthalmology Department of KGMC has three groups/Units

| Group A                      | Group B                  | Groups C                 |
|------------------------------|--------------------------|--------------------------|
| Prof. Dr. Tariq Farooq Babar | Prof. Dr. Sanaullah Jan  | Prof. Dr. M. Naeem Khan  |
| Dr. Mushtaq Ahmed            | Dr. Umer Khan            | Dr. Tariq Marwat         |
| Dr. Nazullah                 | Dr. Yousaf Jamal Mahsood | Dr. M. Zia-ud-Din Khaili |
|                              | Dr. Afzal Qadir          | Dr. Samina Karim         |

### Sub-Specialty-wise, we have the following:

| Vitreo-Retina           | Paediatric Ophthalmology |
|-------------------------|--------------------------|
| Prof. Dr. Sanaullah Jan | Prof. Dr. M. Naeem Khan  |
| Dr. Tariq Marwat        | Dr. Afzal Qadir          |
|                         |                          |
|                         |                          |

| Glaucoma                 | Diagnostic Ophthalmology |
|--------------------------|--------------------------|
| Dr. Yousaf Jamal Mahsood | Dr. Samina Karim         |

3<sup>rd</sup> year KGMC students stays in Eye Department will be for two weeks while 4<sup>th</sup> year students will be visiting Eye for four weeks and will have Eye lectures in KGMC in addition. Our Group C/Unit will look after 3<sup>rd</sup> year MBBS and Group A & B / Unit will take care of 4<sup>th</sup> year with two weeks stay in each Unit.

We have separate teaching programs for 3<sup>rd</sup> & 4<sup>th</sup> year, which will be evident when you visit our Department. On the first day Group/Unit Incharge will introduce you to his faculty and Eye Department, OPD and OT.

The 3<sup>rd</sup> year students will escort with the Incharge of Group C and will follow their group duty schedule. Similarly 4<sup>th</sup> year MBBS students will accompany their Group A or B Incharge and will pursue their schedule given in this study guide.

**For 3<sup>rd</sup> year the Hospital timings are**

10:00 AM to 12:00 PM                      Monday to Thursday

**For 4<sup>th</sup> year the Schedule Hospital timings are**

10:00 AM to 01:00 PM }                      Monday to Saturday  
05:00 PM to 07:00 PM }                      Except Friday

The details of the contact hours for 3<sup>rd</sup> and 4<sup>th</sup> year MBBS students are given below:

**a. Contact hours for 3<sup>rd</sup> Year MBBS Students for Ophthalmology**

| <b>Duration</b>                        | <b>Timing</b>  | <b>Number of Subject Hours</b>   | <b>Hours per year</b> |
|--|--|--|-----------------------|
| 2 weeks                                | Morning<br>10am – 12:00 pm<br>(Mon – Thurs)<br>4 days a week | 8 hrs per week    Ophthalmology<br>For 2 wks            Clinical/Hospital work<br>8x2 = 16 hrs | 16 hours              |
| Contact hours for 3 <sup>rd</sup> Year |  |  | 16 hours              |

**b. Contact hours for 4<sup>th</sup> year MBBS Students for Ophthalmology**

| <b>Duration</b>               | <b>Timing</b>  | <b>Number of Subject Hours</b>  | <b>Hours per year</b> |
|-------------------------------|--|---|-----------------------|
| 32 weeks                      | Morning<br>8:00am – 9:00am<br>Two days a week                            | 5 per week            Ophthalmology<br>For 32 wks            Lectures in KGMC<br>2x32= 64 hrs        class room | 64 hours              |
| 4 weeks<br>(2 weeks per ward) | Morning<br>10am – 1:00 pm<br>(Mon – Thurs,<br>Saturday)<br>5 days a week | 15hrs per week    Ophthalmology<br>For 4 wks=60hrs    clinical/hospital<br>work                                 | 60 hours              |

|  |   |   |           |
|--|---|---|-----------|
| 4 weeks<br>(2 weeks per<br>ward)       | Evening<br>5pm – 7:00 pm<br>(Mon – Thurs,<br>Saturday<br>5 days a week) | 10hrs per week Ophthalmology<br>For 4 wks=40hrs Evening bed<br>side teaching in<br>ward | 40 hours  |
| Contact hours for 4 <sup>th</sup> Year |   |   | 164 hours |

**Total Contact hours for 3<sup>rd</sup> & 4<sup>th</sup> Year MBBS Students: 180 hours**

The student are advised to study the logbook in detail in which their progress is monitored daily in form of history taking, skills performed and minimum procedural skills required to be successfully carried out by each student during their stay in the Eye Department

A copy of student's log book is enclosed

**Department of Ophthalmology**  
**Khyber Girls Medical College**  
**Hayatabad Medical Complex,**  
**Peshawar**



PHOTOGRAPH

Student's log book

## Department of Ophthalmology “\_\_\_\_” Unit

Student Name \_\_\_\_\_

Father's Name \_\_\_\_\_

Roll /Class No. in 3<sup>rd</sup> year \_\_\_\_\_ 4<sup>th</sup> \_\_\_\_\_ Batch No/  
\_\_\_\_\_

Dates of rotation

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### **Introduction**

As part of structured learning program, this log book will identify the objectives for each period / rotation of learning. The main purpose of the logbook is to help you monitor your own competence, to recognize gaps and address them. Its second purpose is to describe the minimum competence level expected of you at the end of every rotation.

### **Structure**

The skills to be achieved are laid out in two sections.

The first section is related to history taking, and procedure skills and the second section consists of operative skills.

**Level of competence**

The level of competence ranges from observation (1) to independent practice(5).

The following list specifies what is meant by each level.

|         |                      |  |
|---------|----------------------|--|
| Level 1 | Observes             | Observes the clinical activity performed by a colleague / senior             |
| Level 2 | Assists              | Assists a colleague / Senior perform the clinical activity                   |
| Level 3 | Director supervision | Performs the entire activity under direct supervision of a senior            |
| Level 4 | Indirect supervision | Performs the entire activity with indirect supervision of a senior colleague |
| Level 5 | Independent          | Performs the entire activity without need for supervision                    |

Teacher / trainer will tick off competence level as you achieve them and sign them with date.

**Section 1**  
**History taking skills**

| Competencies             | Expected level of competence<br>To be tick when achieved |   |   |   |   | Certification<br>Teacher to sign & date |      |
|--------------------------|--|---|---|---|---|---|------|
|                          | 1  | 2 | 3 | 4 | 5 | Sign                                    | Date |
| History                  |  |   |   |   |   |   |      |
| a). History taking       |  |   |   |   |   |   |      |
| b). Visual acuity        |  |   |   |   |   |   |      |
| o Distance               |  |   |   |   |   |   |      |
| o Near                   |  |   |   |   |   |   |      |
| c). Pupil reaction       |  |   |   |   |   |   |      |
| d). Clinical examination |  |   |   |   |   |   |      |
| o Lid                    |  |   |   |   |   |   |      |
| o Conjunctiva            |  |   |   |   |   |   |      |
| o Iris                   |  |   |   |   |   |   |      |
| o Anterior chamber       |  |   |   |   |   |   |      |
| o Pupil                  |  |   |   |   |   |   |      |
| o Lens                   |  |   |   |   |   |   |      |
| o Lacrimal sac           |  |   |   |   |   |   |      |
| o Ocular media           |  |   |   |   |   |   |      |

Good points \_\_\_\_\_

Suggestion for improvement:- \_\_\_\_\_

Teacher Signature \_\_\_\_\_

Date \_\_\_\_\_

| Competencies                    | Expected level of competence<br>To be tick when achieved |   |   |   |   | Certification<br>Teacher to sign & date |      |
|---------------------------------|--|---|---|---|---|---|------|
|                                 | 1  | 2 | 3 | 4 | 5 | Sign                                    | Date |
| Skills performed                |  |   |   |   |   |   |      |
| Torch                           |  |   |   |   |   |   |      |
| Slit lamp examination           |  |   |   |   |   |   |      |
| Direct ophthalmoscopy           |  |   |   |   |   |   |      |
| Indirect ophthalmoscopy         |  |   |   |   |   |   |      |
| Trial lens box                  |  |   |   |   |   |   |      |
| Retinoscopy with plane mirror   |  |   |   |   |   |   |      |
| Perimetry                       |  |   |   |   |   |   |      |
| Eye movements                   |  |   |   |   |   |   |      |
| Cover test                      |  |   |   |   |   |   |      |
| Confrontation visual field      |  |   |   |   |   |   |      |
| Biometry                        |  |   |   |   |   |   |      |
| B-Scan                          |  |   |   |   |   |   |      |
| Fundus camera                   |  |   |   |   |   |   |      |
| Digital tonometry               |  |   |   |   |   |   |      |
| Corneal staining                |  |   |   |   |   |   |      |
| Lacrimal sac regurgitation test |  |   |   |   |   |   |      |
| Upper lid eversion              |  |   |   |   |   |   |      |

**Section 2**  
Procedural skills

| Competencies  | Expected level of competence<br>To be tick when achieved |   |   |   |   | Certification<br>Teacher to sign & date |      |
|---|--|---|---|---|---|---|------|
|   | 1  | 2 | 3 | 4 | 5 | Sign                                    | Date |
| <b>Procedural Skills</b>                              |  |   |   |   |   |   |      |
| Removal of sutures                                    |  |   |   |   |   |   |      |
| Removal of foreign body<br>(lid, conjunctiva, cornea) |  |   |   |   |   |   |      |
| Irrigation of lacrimal passages<br>(syrringing)       |  |   |   |   |   |   |      |
| Lacrimal probing                                      |  |   |   |   |   |   |      |
| Punctal dilation                                      |  |   |   |   |   |   |      |

| Competencies                              | Certification          |   | Certification          |      |
|---|------------------------|---|------------------------|------|
|   | Teacher to sign & date |   | Teacher to sign & date |      |
| Procedural Skills                         | 1                      | 2 | Sign                   | Date |
| Pterygium                                 |                        |   |                        |      |
| Incision and curettage for meibomian cyst |                        |   |                        |      |
| Cataract surgery                          |                        |   |                        |      |
| Glaucoma surgery                          |                        |   |                        |      |
| Squint surgery                            |                        |   |                        |      |
| Retinal detachment                        |                        |   |                        |      |
| Dacryocysto rhinostomy                    |                        |   |                        |      |
| Eucleation                                |                        |   |                        |      |
| Evisceration                              |                        |   |                        |      |

This logbook is going to be updated in line with PM&DC syllabus in a couple of weeks by the College's DME Department and is freely available from them. You need to sign this logbook by your Group/Unit Incharge on completion of your rotation.

Although PM&DC has not recommended any specific book for Ophthalmology, we recommend the following books of Ophthalmology for the students of KGMC.

#### Basic Books

| S. No | Book Name                             | Author                            | Edition                  |
|-------|---------------------------------------|-----------------------------------|--------------------------|
| 1     | Clinical Ophthalmology Text and Atlas | Shafi M. Jatoi                    | 6 <sup>th</sup> Edition  |
| 2     | Parson's Diseases of the Eye          | Ramanjit Sihota<br>Radhika Tandon | 22 <sup>nd</sup> edition |
| 3     | Comprehensive Ophthalmology           | A.K Khurana                       | 5 <sup>th</sup> edition  |

#### Reference books

|   |                                  |              |  |
|---|----------------------------------|--------------|--|
| 1 | Kanski's Clinical Ophthalmology  | Brad Bowling | 8 <sup>th</sup> Edition                                |
| 2 | Oxford handbook of Ophthalmology |              | 3 <sup>rd</sup> Edition                                |
| 3 | For Clinical methods visit       | Chua Website | <a href="http://www.mrcophth.com">www.mrcophth.com</a> |

The marks allotted for your Ophthalmology paper in the 4<sup>th</sup> Professional MBBS exam are as under:

|                          |          |
|--------------------------|----------|
| Theory -----             | 90 marks |
| Internal Evaluation----- | 10 marks |
| Oral & Practical -----   | 90 Marks |
| Internal evaluation----- | 10 marks |
| (TOACS)                  |          |

**Total** 200 marks

At the end of your rotation if you feel any deficiency in our program please do not hesitate by informing us on the e-mail: [tariqbabar5@gmail.com](mailto:tariqbabar5@gmail.com)

## PM&DC Clinical Ophthalmology Syllabus for 3<sup>rd</sup> year and 4<sup>th</sup> year MBBS

- Course content
- Level
- Assessment of Level of competence

## **PM&DC Clinical Ophthalmology Syllabus for 3<sup>rd</sup> year and 4<sup>th</sup> year MBBS**

PM& DC has setup minimum standards for Health care. In Medicine and Dentistry. It has laid down syllabus for MBBS students in Pakistan which they are supposed to follow.

Regarding Ophthalmology the syllabus consist of the following course content:

### **COURSE CONTENT**

Basics Anatomy and the functions of the Eyeball/Adenexa and Orbit.

Orbit: Orbital Cellulitis, Proptosis.

Lids: Blepharitis, Stye, Chalazion, Trichiasis, Entropion, Ectropion, Ptosis, and Common Tumours.

Conjunctiva: Infective and Allergic Conjunctivitis, Pterygium.

Cornea: Keratitis, Corneal Ulcers, risk factors, complications and its management.

Sclera: Episcleritis and Scleritis.

Pupil: Pupillary reflexes and their common abnormalities.

Lacrimal Apparatus: Composition and function of Tear film, Dry Eye, Excessive watering (Epiphora), Dacryocystitis (Acute & chronic).

Therapeutics: Drugs used in common ophthalmic conditions.

Vitamin A Ocular manifestations of vitamin A Deficiency and its management.

Uveal Tract: Uveitis, and its differential Diagnosis from other causes of the Red Eye.

Lens: Classification of cataract,

Congenital Cataract (lamellar, Signs and Symptoms and Management), Rubella syndrome, Acquired Cataract (Senile, Traumatic, Drug induced), Cataract due to systemic diseases (Clinical Picture and Management including Visual Rehabilitation).

Glaucoma: Physiology of Aqueous humour formation and its circulation.

Measurement of IOP, Definition and Classification of Glaucoma, Primary Open angle and closed angle Glaucoma, Secondary Glaucoma due to hyper-mature Cataract and Uveitis. Principles of Medical and Surgical Management of Glaucoma.

Vitreo-Retina: Posterior Vitreous/Haemorrhage, detachment, Pri-mary Retinal Detachment (Common Presentation and Principles of Management),

Diabetic Retinopathy, Hypertensive Retinopathy,

Retinitis Pigmentosa, Retinoblastoma.

Optic Nerve: Papilloedema, Optic Neuritis (Papillitis and Retrobulbar Neuritis), Optic Atrophy.

Visual Pathway: Introduction to Visual Field defects in the lesions of Chiasma and visual Pathway.

Injuries: Extraocular Foreign Bodies, Closed globe injuries, Open globe injuries with or without retained Intra ocular foreign bodies, Burns and Chemical Injuries, Sympathetic Ophthalmitis.

Squint and Amblyopia: Definition, Classification and Principle of Management.

Errors of Refraction: Introduction to Optical System of Normal Eye, Emmetropia, Myopia, Hypermetropia, Astigmatism, Presbyopia, Aphakia, Pseudophakia, Anisometropia, and Amblyopia.

Systemic Disease: Diabetes, Thyroid Diseases, vitamin deficiencies

Common causes of Definition and standards of vision/Blindness.

### **Aim & objectives / Expectation**

The PM& DC expect that the student should be well versed with the basics of ocular history taking, examination, preparation of patients for eye surgery and common eye procedures.

The details are as under:-

## **LEVEL**

### **(a) History Taking**

1. Defects in Vision
2. Pain in and around the Eye
3. Discharging Eye
4. Abnormal appearance of the Eye and Orbit
5. Colour vision
6. Diplopia

### **(b) Examination**

Visual Acuity, for distance and near

Use of a pinhole

Examination of Adnexa and anterior segment of the eye.

Eversion of the upper Eye Lid

Lacrimal regurgitation test

Detection of the Deviated Eye

Ocular Movement

Pupillary Reflexes (Afferent Pupillary defects)

Measurement of Intra-ocular pressure.

- Palpation Assessment

- Schiötz Tonometer

Distant Direct Ophthalmoscopy for Identification of defects in the Ocular Media

Direct Ophthalmoscopy with emphasis on disc and its abnormalities Swollen disc, cup disc and pale disc/retinal lesion.

Confrontation test for field of vision 1

### **(c) Familiarization with Retinoscopy, Indirect Ophthalmoscopy, Slit Lamp and its Uses, Visual Fields and Use of Laser in Ophthalmology 1**

#### **(d) Procedure 4**

- Irrigation of Eye

- Instillation of Eye drops

- Staining for Corneal Ulcer

- Removal of Superficial Foreign Bodies

- Rational use of Topical Anaesthesia

### **(e) Preparation for operation and post Operative Management**

### **(f) Understand Medical Ethics and maintain the Confidentiality of the Patient**

**Standard / competence****Assessment of Level of Competence**

To Diagnose, treat and prevent certain common eye conditions e.g.

Blepharitis

Stye and Chalazion

Dacryocystitis

Conjunctivitis

Trachoma

Ocular Trauma (Corneal Foreign Body/Abrasion)

Ocular Allergies

II. To diagnose certain eye diseases, initiate first aid treatment and refer them in time e.g.

Corneal Ulcer

Uveitis

Acute Congestive Glaucoma

Open or closed globe injuries

Red Eye

III. To enable them to diagnose other eye conditions and refer them to secondary or tertiary eye care centres for further management (Medical/Surgical) e.g.

Cataract

Squint and Amblyopia

Refractive Errors

Tumours (white Pupil)

Serious Ocular Trauma

Painful or painless loss of vision

IV. To understand the importance of prevention in Ocular Diseases

Deficiency Diseases resulting in ocular Problems

Early Detection of Glaucoma

Diabetic Retinopathy

By the end of the training student should be a caring and compassionate, general purpose, doctor who is competent to deal with the common health problems related to Eye diseases.

V. Understand the relationship between Eye and Systemic Diseases

VI. To visit community for Eye Health Care problems including Eye Camps

**GENERAL OBJECTIVES**

To equip them with essential knowledge, skill and attitude In order to enable them:

1. Identify Ophthalmic diseases including emergencies, provide primary Eye care, refer to appropriate centre and provide follow-up to the patients.
2. Perform essential minor surgical procedures.
3. Communicate effectively with the patient, the family and the community regarding Eye diseases and its related issues.
4. Understand medical ethics and its application pertaining to Ophthalmology and maintain the confidentiality of the patient.
5. To understand the prevalence and prevention of the common Public Health Problem related to Ophthalmology in the community.
6. Understand the principles of medical research including fundamentals of Information Technology.

**Details of Clinical & Practical competence****Level of Learning:**

|           |                           |
|-----------|---------------------------|
| Level – 1 | Observer status           |
| Level – 2 | Assistant status          |
| Level – 3 | Perform under supervision |
| Level – 4 | Perform independently     |

Division of PM& DC Ophthalmology Syllabus

content into 3<sup>rd</sup> and 4<sup>th</sup> Year MBBS

## Division of PM& DC Ophthalmology Syllabus content into 3<sup>rd</sup> and 4<sup>th</sup> Year MBBS

For convenience, I have divided the level of competence skills between 3<sup>rd</sup> and 4<sup>th</sup> year MBBS into

- a. History taking
- b. Examination
- c. Procedures and
- d. Ophthalmic instruments identification

### **Division of PMDC syllabus content into 3<sup>rd</sup> & 4<sup>th</sup> years MBBS**

#### **3<sup>rd</sup> Year**

##### **History Taking**

- Defects in vision
- Pain in and around eye
- Discharge from eyes
- Red eyes
- Painless loss of vision
- Painful loss of vision
- Abnormal appearance of the eye & orbit
- Colour vision disturbance
- Diplopia

#### **4<sup>th</sup> Year**

##### **Examination**

Examination of adnexa and anterior segment of eye  
 Eversion of upper eye lid  
 Lacrimal regurgitation test.  
 Detection of deviated eye  
 Ocular movements.  
 Pupillary reflexes  
 Distant direct ophthalmoscopy (for defects in ocular media)  
 Direct ophthalmoscopy  
 Disc and its abnormalities  
 Retinal lesions detection

**3<sup>rd</sup> year****Examination**

## Visual Acuity

- Distance
- Near

## Use of a pinhole

## Measurement of Intraocular pressure

- Palpation assessment
- Schiottz tonometer

## Confrontation test for field of vision

- Preparation of patient for operation and postoperative management
- Understand Medical Ethics and to maintain the confidentiality of the patient

**4<sup>th</sup> Year****Familiarization with**

## Retinoscopy

## Indirect Ophthalmoscopy

## Slit lamp and its uses

## Visual fields

## Use of laser in Ophthalmology

**Miscellaneous**

## Wet lab once / Two weeks

## Videos of important topics and Examination methods once/Two weeks

**Procedure**

- Irrigation
- Instillation of eye drops
- Staining of corneal ulcer
- Removal of superficial foreign bodies
- Use of topical anaesthesia

**Ophthalmic Instruments identification**

- Speculum
  - Needle holder
  - Tying forceps – straight / curved
  - Tooth forceps
  - Vanus scissors
  - Conjunctival scissors
  - Vernier caliper
  - Phaco probe
  - Lens dialer
  - DCR punch
-

## **Time table for 3<sup>rd</sup> year Students**

- **Hospital Ward duties rota / Clinical Schedule for year 2019-20**
- **Tutorial schedule**

On arrival of 3<sup>rd</sup> year MBBS students into Eye Department, they are guided by their Group C Incharge about their Department and duties. For this year, the schedule is divided into the following headings:-

a. 3<sup>RD</sup> YEAR MBBS HOSPITAL WARD DUTIES/CLINICAL TIMETABLE FOR THE  
Session 2017-2018 & Academic Year 2019-20  
Clinical wards duties started w.e.f. 30/09/2019

| Date  | Medicine |   | Surgery |   | Patient Safety | Public Health/ Research Methodology | Eye | ENT | Forensic Medicine | Ane sthesia | Psyc hiatry | Skin | Emergency |          |
|---|----------|---|---------|---|----------------|-------------------------------------|-----|-----|-------------------|-------------|-------------|------|-----------|----------|
|   |          |   |         |   |                |                                     |     |     |                   |             |             |      | Medi cine | Surg ery |
| 30/09/2019to15/10/2019  | A        | B | C       | D | E              | F                                   | G   | H   | I                 | J           | K           | L    | M         | N        |
| 16/11/2019to31/10/2019  | B        | A | D       | C | F              | E                                   | H   | G   | J                 | I           | L           | K    | N         | M        |
| 04/11/2019to19/11/2019  | C        | D | E       | F | G              | H                                   | I   | J   | K                 | L           | M           | N    | A         | B        |
| 20/11/2019to05/12/2019  | D        | C | F       | E | H              | G                                   | J   | I   | L                 | K           | N           | M    | B         | A        |
| 09/12/2019to31/12/2019<br><b>Winter Vacation Break</b><br>22 <sup>nd</sup> December to<br>29 <sup>th</sup> December | E        | F | G       | H | I              | J                                   | K   | L   | M                 | N           | A           | B    | C         | D        |
| 01/01/2020to16/01/2020  | F        | E | H       | G | J              | I                                   | L   | K   | N                 | M           | B           | A    | D         | C        |
| 20/01/2020to04/02/2020  | G        | H | I       | J | K              | L                                   | M   | N   | A                 | B           | C           | D    | E         | F        |
| 05/02/2020to20/02/2020  | H        | G | J       | I | L              | K                                   | N   | M   | B                 | A           | D           | C    | F         | E        |
| 24/02/2020to10/03/2020  | I        | J | K       | L | M              | N                                   | A   | B   | C                 | D           | E           | F    | G         | H        |
| 11/03/2020to26/03/2020<br><b>Spring Vacation Break</b><br>29 <sup>th</sup> March – 05 <sup>th</sup> April           | J        | I | L       | K | N              | M                                   | B   | A   | D                 | C           | F           | E    | H         | G        |
| 06/04/2020to21/04/2020  | K        | L | M       | N | A              | B                                   | C   | D   | E                 | F           | G           | H    | I         | J        |
| 22/04/2020to07/05/2020  | L        | K | N       | M | B              | A                                   | D   | C   | F                 | E           | H           | G    | J         | I        |
| 11/05/2020to26/05/2020  | M        | N | A       | B | C              | D                                   | E   | F   | G                 | H           | I           | J    | K         | L        |
| 27/05/2020to11/06/2020<br><b>Summer Vacation</b><br><b>Break</b><br>16 <sup>th</sup> June –31 <sup>st</sup> August  | N        | M | B       | A | D              | C                                   | F   | E   | H                 | G           | J           | I    | L         | K        |

**Note: Pre-Prof. Exam. will be taken w.e.f. 12<sup>th</sup> June to 22<sup>nd</sup> June, 2020**

## ***6. TUTORIAL (THURSDAY) 3<sup>rd</sup> year***

| <b>Date</b>                 | <b>Class Batch</b>   | <b>Tutorial Topics</b>                         | <b>Consultant</b>  |
|-----------------------------|----------------------|--|--|
| 1 <sup>st</sup> Oct, 2019   | 3 <sup>rd</sup> year | History taking + counseling / consent          | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 8 <sup>th</sup> Oct, 2019   | 3 <sup>rd</sup> year | A/S exam                                       | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 15 <sup>th</sup> Oct, 2019  | 3 <sup>rd</sup> year | Slit lamp / tonometry                          | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 22 <sup>nd</sup> Oct, 2019  | 3 <sup>rd</sup> year | Pupil exam                                     | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 29 <sup>th</sup> Oct, 2019  | 3 <sup>rd</sup> year | Visual field exam                              | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 5 <sup>th</sup> Nov. 2019   | 3 <sup>rd</sup> year | Visual acuity testing                          | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 12 <sup>th</sup> Nov, 2019  | 3 <sup>rd</sup> year | EOM  | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 19 <sup>th</sup> Nov.2019   | 3 <sup>rd</sup> year | Cover / uncover tests                          | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 26 <sup>th</sup> Nov. 2019  | 3 <sup>rd</sup> year | Biometry / B-Scans                             | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 3 <sup>rd</sup> Dec. 2019   | 3 <sup>rd</sup> year | FFA  | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 10 <sup>th</sup> Dec.2019   | 3 <sup>rd</sup> year | Refraction / direct & indirect ophthalmoscopes | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 17 <sup>th</sup> Jan. 2019  | 3 <sup>rd</sup> year | Visual acuity testing                          | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 24 <sup>th</sup> Dec. 2019  | 3 <sup>rd</sup> year | EOM  | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 31 <sup>st</sup> Dec. 2019  | 3 <sup>rd</sup> year | History taking + counseling / consent          | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 7 <sup>th</sup> Jan. 2020   | 3 <sup>rd</sup> year | A/S exam                                       | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 14 <sup>th</sup> Jan., 2020 | 3 <sup>rd</sup> year | Slit lamp / tonometry                          | Prof. Dr. M Naeem Khan   |

|                                  |                      |   |  |
|----------------------------------|----------------------|---|--|
|                                  |                      |   | Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil                           |
| 21 <sup>st</sup> Jan. 2020       | 3 <sup>rd</sup> year | Pupil exam  | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 28 <sup>th</sup> Jan. 2020       | 3 <sup>rd</sup> year | Pupil exam  | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 4 <sup>th</sup> , Feb 2020       | 3 <sup>rd</sup> year | Visual field exam                                 | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 11 <sup>th</sup> Feb, 2020       | 3 <sup>rd</sup> year | Visual acuity testing                             | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 18 <sup>th</sup> Feb, 2020       | 3 <sup>rd</sup> year | EOM   | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 25 <sup>th</sup> Feb, 2020       | 3 <sup>rd</sup> year | Cover / uncover tests                             | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 3 <sup>rd</sup> March 2019       | 3 <sup>rd</sup> Year | Biometry / B-Scans                                | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 10th March ,<br>2019             | 3 <sup>rd</sup> year | FFA   | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 17nd March  <br>2020             | 3 <sup>rd</sup> year | Refraction / direct & indirect<br>ophthalmoscopes | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 24 <sup>th</sup> March ,<br>2019 | 3 <sup>rd</sup> year | History taking + counseling /<br>consent          | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |
| 31 <sup>st</sup> March 2020      | 3 <sup>rd</sup> year | A/S exam  | Prof. Dr. M Naeem Khan<br>Dr. M. Tariq Khan<br>Dr. Zia-ud-Din Khalil |

## **Time table for 4<sup>th</sup> year Students**

- **Hospital Ward Duties rota/ Clinical Schedule for 2019—20**
- **Tutorial Schedule**
- **Lecture/ Practical Time-table**
- **Theme-based lecture Schedule**
- **Contact sessions / plans for lectures of 1<sup>st</sup> 10 Lectures**
- **Examples of two SEQs and two MCSs**

**KHYBER GIRLS MEDICAL COLLEGE, PESHAWAR****a. 4<sup>th</sup> YEAR MBBS HOSPITAL WARD DUTIES/CLINICAL TIMETABLE**

(Session 2016-17) Academic Year 2019-20

Classes Started w.e.f. 30/10/2019

| DATES  |    | Medicine |   | Surgery |   | EYE |     | ENT |     | Peads |     | Gynae/Obs | Anesthesia/<br>Neurosurgery | Critical Care           |                          |
|--|----|----------|---|---------|---|-----|-----|-----|-----|-------|-----|-----------|-----------------------------|-------------------------|--------------------------|
| FROM   | TO |          |   |         |   | (A) | (B) | (A) | (B) | (A)   | (B) |           |                             | Surgery<br>(06<br>Days) | Medicine<br>(07<br>Days) |
| 30/10/2019 to<br>16/11/2019  | A  | B        | C | D       | E | F   | G   | H   | I   | J     | K   | L         | M                           | N                       |                          |
| 18/11/2019 to<br>04/12/2019  | B  | A        | D | C       | F | E   | H   | G   | J   | I     | L   | K         | N                           | M                       |                          |
| 05/12/2019 to<br>21/12/2019  | C  | D        | E | F       | G | H   | I   | J   | K   | L     | M   | N         | A                           | B                       |                          |
| 30/12/2019 to<br>15/01/2020<br><b>Winter Vacation<br/>Break<br/>22<sup>nd</sup> December to<br/>29<sup>th</sup> December</b> | D  | C        | F | E       | H | G   | J   | I   | L   | K     | N   | M         | B                           | A                       |                          |
| 16/01/2020 to<br>01/02/2019  | E  | F        | G | H       | I | J   | K   | L   | M   | N     | A   | B         | C                           | D                       |                          |
| 03/02/2020 to<br>19/02/2020  | F  | E        | H | G       | J | I   | L   | K   | N   | M     | B   | A         | D                           | C                       |                          |
| 20/02/2020 to<br>07/03/2020  | G  | H        | I | J       | K | L   | M   | N   | A   | B     | C   | D         | E                           | F                       |                          |
| 09/03/2020 to<br>25/03/2020  | H  | G        | J | I       | L | K   | N   | M   | B   | A     | D   | C         | F                           | E                       |                          |
| 26/03/2020 to<br>18/04/2020<br><b>Spring Vacation<br/>Break</b>  | I  | J        | K | L       | M | N   | A   | B   | C   | D     | E   | F         | G                           | H                       |                          |
| 20/04/2020<br>to 06/05/2020  | J  | I        | L | K       | N | M   | B   | A   | D   | C     | F   | E         | H                           | G                       |                          |
| 07/05/2020 to<br>25/05/2020  | K  | L        | M | N       | A | B   | C   | D   | E   | F     | G   | H         | I                           | J                       |                          |
| 26/05/2020 to<br>11/06/2020<br><b>Summer Vacation<br/>Break</b>  | L  | K        | N | M       | B | A   | D   | C   | F   | E     | H   | G         | J                           | I                       |                          |
| 01/09/2020 to<br>17/09/2020  | M  | N        | A | B       | C | D   | E   | F   | G   | H     | I   | J         | K                           | L                       |                          |
| 19/09/2020 to<br>06/10/2020  | N  | M        | B | A       | D | C   | F   | E   | H   | G     | J   | I         | L                           | K                       |                          |

**Note1: 2 hours of Clinical Rotations in the Evening in the respective wards.****Note2: Pre-Prof. Exam. will be taken w.e.f. 16<sup>th</sup> June to 27<sup>th</sup> June, 2020.**

b.

### Tutorials Group "B"

#### Week 1

| Date /Day             | Time    | Hours      | Topic  | Teacher                 |
|-----------------------|---------|------------|--|-------------------------|
| Monday<br>Academics   | Morning | 3 hours    | Pupil reflexes   | Dr. Umar Khan           |
|                       | Evening | 2 hours    | Distant direct ophthalmoscopy                                  | Dr. Arif Kundi          |
| Tuesday<br>OPD        | Morning | 3 hours    | Detection of retinal lesions                                   | Prof. Dr. Sanaullah Jan |
|                       | Evening | 2 hours    | Video examination /movies (eye examination, ocular movements)  | Dr. Shahid              |
| Wednesday<br>OT       | Morning | 3 hours    | Eye Instruments identification                                 | Dr. Umar Khan           |
|                       | Evening | 2 hours    | Use of topical anesthesia, lacrimal sac regurgitation test     | Dr. Yasir Ahmed         |
| Thursday<br>Academics | Morning | 3 hours    | Indirect ophthalmoscopy  | Prof. Dr. Sanaullah Jan |
|                       | Evening | 2 hours    | Removal of superficial foreign bodies, Indirect Ophthalmoscopy | Dr. Usman               |
| Friday<br>OPD         | Morning | <b>OFF</b> |  |                         |
|                       | Evening |            |  |                         |
| Saturday<br>OT        | Morning | 3 hours    | General surgical procedure                                     | Dr. Afzal Qadir         |
|                       | Evening | 2 hours    | Pupillary reflexes   | Dr. Ahmed Usman         |

#### Week 2

| Date /Day             | Time    | Hours      | Topic   | Teacher                 |
|-----------------------|---------|------------|---|-------------------------|
| Monday<br>Academics   | Morning | 3 hours    | Wet lab skills  | Dr. Yousaf Jamal        |
|                       | Evening | 2 hours    | Distant direct ophthalmoscopy                             | Dr. Arif Kundi          |
| Tuesday<br>OPD        | Morning | 3 hours    | Detection of disk and its abnormalities                   | Dr. Yousaf Jamal        |
|                       | Evening | 2 hours    | Detection of disk and its abnormalities                   | Dr. Usman               |
| Wednesday<br>OT       | Morning | 3 hours    | Eye instruments   | Prof. Dr. Sanaullah Jan |
|                       | Evening | 2 hours    | Eye instruments   | Dr. Habib               |
| Thursday<br>Academics | Morning | 3 hours    | Visual Fields   | Dr. Umer Khan           |
|                       | Evening | 2 hours    | Visual Fields   | Dr. Asif                |
| Friday<br>OPD         | Morning | <b>OFF</b> |   |                         |
|                       | Evening |            |   |                         |
| Saturday<br>OT        | Morning | 3 hours    | Removal of superficial foreign bodies, eye examination    | Dr. Afzal Qadir         |
|                       | Evening | 2 hours    | Use of of topical Anesthesia, lacrimal regurgitation test | Dr. Shahid              |

## b. 4<sup>th</sup> Year MBBS Tutorials Group "A"

### Week 1

| Date /Day         | Time       | Hours   | Topic   | Teacher                      |
|-------------------|------------|---------|---|------------------------------|
| Monday<br>OPD     | Morning    | 3 hours | Anterior segment examination and pupillary reflexes           | Prof.Dr. Tariq Farooq Babar  |
|                   | Evening    | 2 hours | Anterior segment examination and pupillary reflexes           | Dr. Waleed Ahmed             |
| Tuesday<br>OT     | Morning    | 3 hours | Lacrimal regurgitation, Direct Ophthalmoscopy                 | Dr. Nazullah                 |
|                   | Evening    | 2 hours | Detection of deviated eye<br>Extra ocular movements           | Dr. Ashfaq                   |
| Wednesday<br>Ward | Morning    | 3 hours | Retinoscopy,<br>slit- lamp examination                        | Prof. Dr. Tariq Farooq Babar |
|                   | Evening    | 2 hours | Uses of lasers in eye, Slit- lamp Examination                 | Dr. Syed Noor                |
| Thursday<br>OPD   | Morning    | 3 hours | Instillation of eye drops, Visual Fields                      | Dr. Nazullah                 |
|                   | Evening    | 2 hours | Staining of corneal ulcer<br>Eye instruments                  | Dr. Waleed                   |
| Friday OT         | <b>OFF</b> |         |   |                              |
| Saturday<br>Ward  | Morning    | 3 hours | Detection of deviated eye ocular movements, video examination | Dr. Mushtaq Ahmad            |
|                   | Evening    | 2 hours | Indirect Ophthalmoscopy<br>History taking and eye examination | Dr. Ashfaq                   |

### Week 2

| Date /Day         | Time       | Hours   | Topic  | Teacher                     |
|-------------------|------------|---------|--|-----------------------------|
| Monday<br>OPD     | Morning    | 3 hours | Aversion of upper lid, Visual field examination                      | Prof.Dr. Tariq Farooq Babar |
|                   | Evening    | 2 hours | Instillation of eye drops, anterior segment examinant                | Dr. Waleed Ahmed            |
| Tuesday<br>OT     | Morning    | 3 hours | Retinoscopy + Eye instruments  | Dr. Nazullah                |
|                   | Evening    | 2 hours | User of lasers in eye, Ocular movement and detection of deviated eye | Dr. Ashfaq                  |
| Wednesday<br>Ward | Morning    | 3 hours | Lacrimal regurgitation test,<br>Digital tonometry                    | Prof.Dr. Tariq Farooq Babar |
|                   | Evening    | 2 hours | Pupillary reflexes, Indirect Ophthalmoscopy                          | Dr. Syed Noor               |
| Thursday<br>OPD   | Morning    | 3 hours | History taking, Direct Ophthalmoscopy,<br>Slit – lamp examination    | Dr. Nazullah                |
|                   | Evening    | 2 hours | Adnexa and anterior segment examination, lacrimal regurgitation      | Dr. Waleed                  |
| Friday OT         | <b>OFF</b> |         |  |                             |
| Saturday<br>Ward  | Morning    | 3 hours | Wet lab (eye simulator)  | Dr. Mushtaq Ahmad           |
|                   | Evening    | 2 hours | History taking, Visual Fields  | Dr. Ashfaq                  |

## Clinical Schedule

C. LECTURE /PRACTICAL TIME TABLE FOR 4<sup>TH</sup> YEAR MBBS STUDENTS  
(Session 2016-17) Academic Year 2019-20

**Started w.e.f. 30/10/2019**

| Days             | 08 AM – 09 AM                    | 09 AM – 10 AM            | 10 AM – 01 PM  | 01 PM – 02 PM     |
|------------------|----------------------------------|--------------------------|--|-------------------|
| <b>MONDAY</b>    | ENT                              | Pathology                | Hospital Works   | Public Health     |
| <b>TUESDAY</b>   | EYE                              | Peads.                   | Hospital Work  | Pathology Seminar |
| <b>WEDNESDAY</b> | Pathology*/Research Methodology* | Medicine                 | Hospital Work  | Public Health     |
| <b>THURSDAY</b>  | EYE                              | Gynea/ Obstetrics        | Hospital Work  | Pathology         |
| <b>FRIDAY</b>    | Surgery                          | Pathology                | <b>10 AM TO 12 PM</b><br>Pathology<br><b>(Practical)</b> | Half Day          |
| <b>SATURDAY</b>  | E.N.T.                           | Public Health /Pathology | <b>10 AM TO 01 PM</b><br>Hospital Work                   | Pathology         |

**\*: 22 hours of Pathology & 10 hours Research Methodology**

**Note:01 hour SDL in the evening throughout the Academic Year.**

**Note: Pre-Prof. Exam. will be taken w.e.f. 16<sup>th</sup> June to 27<sup>th</sup> June, 2020**

**d. KHYBER GIRLS MEDICAL COLLEGE (KGMC) 4<sup>TH</sup> YEAR**  
**“REVISED LECTURE “THEME BASED” Time Table**  
**For Academic Year 2019-2020**  
**Department of Ophthalmology**  
**FROM 30<sup>TH</sup> NOV. 2019 to 9th June 2020**

| <b>Day/Date</b>                                | <b>Session</b><br><b>0800—0900 HRS</b>   |
|--|--|
| <b>Theme:- Protruded / Bulgy/Proptotic eye</b> |  |
| Tuesday<br>03/12/2019                          | <b>Differential Diagnosis of a protruded / bulgy / proptotic eye – an overview + History, Clinical features &amp; investigations of Proptosis.</b><br>Prof. Dr. Tariq Farooq Babar<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Thursday<br>05/12/2019                         | <b>Thyroid Eye Disease</b><br>Prof. Dr. Tariq Farooq Babar<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |

| <b>Day/Date</b>                      | <b>Session</b><br><b>0800—0900 HRS</b>  |
|--------------------------------------|---|
| <b>Theme:- Basic concepts in Eye</b> |   |
| Tuesday<br>10/12/2019                | <b>Anatomy and the functions of the Eyeball/Adnexa and Orbit</b><br>Dr. Samina Karim<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |
| Thursday<br>12/12/2019               | <b>Definitions, anatomy of extra ocular muscles, motor and sensory considerations</b><br>Prof. Dr. M. Naeem Khan<br>4 <sup>th</sup> Year Lecture theatre, KGMC                                    |
| Tuesday<br>17/12/2019                | <b>Psychophysical Tests, Ultrasonography</b><br>Dr. Samina Karim<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |
| Thursday<br>19/12/2019               | <b>FFA, OCT and Visual Fields (Bjerrum, Goldmann &amp; Humphrey)</b><br>Dr. Samina Karim<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |
| Tuesday<br>31/12/2019                | <b>Aqueous production, aqueous outflow, intraocular pressure (IOP), definition, optic nerve head (ONH), glaucoma classification</b><br>Dr. Nazullah<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Thursday<br>02/1/2020                | <b>Drugs used in common Ophthalmic conditions + Standard of vision/ blindness</b><br>Dr. M. Zia-ud-Din Khalil<br>4 <sup>th</sup> Year Lecture theatre, KGMC                                       |
| Tuesday<br>07/1/2020                 | <b>Pupillary reflexes and its common abnormalities</b><br>Dr. M. Zia-ud-Din Khalil<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |

| Day/Date               | Session 0800—0900 HRS   |
|------------------------|---|
| <b>Theme:- Red Eye</b> |   |
| Thursday<br>09/01/2020 | <b>Differential Diagnosis of red eye – an overview +<br/>Conjunctival Inflammations - Bacterial / viral / fungal / allergic.</b><br>Dr. Afzal Qadir<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Tuesday<br>14/01/2020  | <b>Corneal inflammation and its management</b><br>Dr. Umar Orakzai<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |
| Thursday<br>16/01/2020 | <b>Bacterial Keratitis</b><br>Dr. Umar Orakzai<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |
| Tuesday<br>21/01/2020  | <b>Fungal, Viral &amp; acanthamoebic Keratitis</b><br>Dr. Umar Orakzai<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |
| Thursday<br>23/01/2020 | <b>Episcleritis and scleritis</b><br>Dr. Umar Orakzai<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |
| Tuesday<br>28/01/2020  | <b>Uveitis – Definitions, Classifications, history and workup</b><br>Dr. M. Tariq Khan Marwat<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |
| Thursday<br>30/1/2020  | <b>Anterior &amp; Posterior Uveitis</b><br>Dr. M. Tariq Khan Marwat<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |

| Day/Date                           | Session 0800—0900 HRS  |
|------------------------------------|--|
| <b>Theme:- Eye injury / trauma</b> |  |
| Tuesday<br>4/2/2020                | <b>Differential diagnosis of eye trauma- an overview</b><br>Definition, epidemiology & mechanisms of ocular trauma<br>Dr. M. Tariq Khan Marwat<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Thursday<br>6/2/2020               | <b>Closed globe injury</b><br>Dr. M. Tariq Khan Marwat<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |
| Tuesday<br>11/2/2020               | <b>Open globe injury/IOFB/sympathetic Ophthalmia</b><br>Dr. M. Tariq Khan Marwat<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |
| Thursday<br>13/2/2020              | <b>Eyelid, orbital, radiation, thermal, chemical injuries</b><br>Dr. Nazullah<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |

| Day/Date                       | Session 0800—0900 HRS  |
|--------------------------------|--|
| <b>Theme:- Night blindness</b> |  |
| Tuesday<br>18/2/2020           | <b>Differential Diagnosis of Night blindness – an overview +<br/>Retinitis pigmentosa, Effects of vitamin on Eye &amp; Vitamin A deficiency</b><br>Prof. Dr. Sanaullah Jan<br>4 <sup>th</sup> Year Lecture theatre, KGMC |

| <b>Day/Date</b>                            | <b>Session</b><br><b>0800—0900 HRS</b>   |
|--|--|
| <b>Theme:- Sudden painless visual loss</b> |  |
| Thursday<br>20/2/2020                      | <b>Differential Diagnosis of sudden painless visual loss – an over view + Central retinal vein occlusion and central retinal artery occlusion</b><br>Prof. Dr. Sanaullah Jan<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Tuesday<br>25/2/2020                       | <b>Retinal detachment – definition, types and Rhegmatogenous retinal detachment</b><br>Prof. Dr. Sanaullah Jan<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |

| <b>Day/Date</b>                             | <b>Session</b><br><b>0800—0900 HRS</b>   |
|---|--|
| <b>Theme:- Gradual painless visual loss</b> |  |
| Thursday<br>27/2/2020                       | <b>Differential diagnosis of gradual painless visual loss—an overview + Posterior vitreous hemorrhage, detachment, Diabetic eye disease</b><br>Prof. Dr. Sanaullah Jan<br>4 <sup>th</sup> Year Lecture theatre, KGMC       |
| Tuesday<br>3/3/2020                         | <b>Retinoblastoma and choroidal melanoma</b><br>Prof. Dr. Sanaullah Jan<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |
| Thursday<br>5/3/2020                        | <b>Hereditary, nutritional &amp; toxic optic neuropathies</b><br>Dr. Mushtaq Ahmed<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |
| Tuesday<br>10/3/2020                        | <b>Papilloedema</b><br>Dr. Mushtaq Ahmed<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |
| Thursday<br>12/3/2020                       | <b>Age- Related Cataract</b><br>Dr. Zia-ud-Din Khalil<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |
| Tuesday<br>17/3/2020                        | <b>Types , indications and complications of cataract surgery, Hypertensive retinopathy</b><br>Dr. Zia-ud-Din Khalil<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |
| Thursday<br>19/3/2020                       | <b>POAG, Ocular hypertension</b><br>Dr. Nazullah<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |
| Tuesday<br>24/3/2020                        | <b>Neuro-anatomy &amp; neuro physiology of vision – optic nerve, optic chiasma and optic tract.</b><br><b>Visual pathway &amp; visual field defects</b><br>Dr. Mushtaq Ahmed<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Thursday<br>26/3/2020                       | <b>Corneal ectasia, dystrophy and degeneration</b><br>Dr. Umer Khan<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |

| Day/Date                           | Session 0800—0900 HRS  |
|------------------------------------|--|
| <b>Theme:- Painful Visual loss</b> |  |
| Tuesday<br>07/4/2020               | <b>Differential diagnosis of painful visual loss- an overview.<br/>History and examination+ acute Angle closure glaucoma</b><br>Dr. Nazullah<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Thursday<br>9/4/2020               | <b>Optic Neuritis</b><br>Dr. Mushtaq Ahmed<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |
| Tuesdays<br>14/4/2020              | <b>NVG, LIG+ Endophthalmitis, panophthalmitis</b><br>Dr. Yousaf Jamal Mahsood<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |

| Day/Date                    | Session 0800—0900 HRS  |
|-----------------------------|--|
| <b>Theme:- Crossed eyes</b> |  |
| Thursday<br>16/4/2020       | <b>Differential Diagnosis of crossed eyes —an overview+<br/>Clinical evaluation for squint and principles of management</b><br>Prof. Dr. Muhammad Naeem Khan<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Tuesday<br>21/4/2020        | <b>Amblyopia, its importance and management</b><br>Prof. Dr. Muhammad Naeem Khan<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |
| Thursday<br>23/4/2020       | <b>Concomitant squint</b><br>Prof. Dr. Muhammad Naeem Khan<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |

| Day/Date                | Session 0800—0900 HRS   |
|-------------------------|---|
| <b>Theme:- Diplopia</b> |   |
| Tuesday<br>28/4/2020    | <b>Differential Diagnosis of diplopia—an overview+ Incomitant (paralytic) squint</b><br>Prof. Dr. Muhammad Naeem Khan<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Thursday<br>30/4/2020   | <b>Myasthenia Gravis and migraine</b><br>Dr. Afzal Qadir<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |

| Day/Date                           | Session 0800—0900 HRS  |
|------------------------------------|--|
| <b>Theme:- Childhood Blindness</b> |  |
| Tuesday<br>05/05/2020              | <b>Differential Diagnosis of childhood blindness—an overview+Congenital glaucoma</b><br>Dr. Yousaf Jamal Mahsood<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Thursday<br>07/05/2020             | <b>Laser and Surgical treatment of Glaucoma</b><br>Dr. Yousaf Jamal Mahsood<br>4 <sup>th</sup> Year Lecture theatre, KGMC                                      |
| Tuesday<br>12/05/2020              | <b>White Pupil – differential diagnosis and management</b><br>Dr. Afzal Qadir<br>4 <sup>th</sup> Year Lecture theatre, KGMC                                    |
| Thursday<br>14/05/2020             | <b>Congenital Cataract</b><br>Dr. Afzal Qadir<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |

| <b>Day/Date</b>                      | <b>Session</b><br><b>0800—0900 HRS</b>   |
|--------------------------------------|--|
| <b>Theme:- Optics and Refraction</b> |  |
| Tuesday<br>19/5/2020                 | <b>Optics and Eye</b><br>Prof. Dr. Sofia Iqbal<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |
| Thursday<br>21/5/2020                | <b>Visual function, visual acuity, refraction, presbyopia, aphakia, pseudophakia, anisometropia</b><br>Prof. Dr. Sofia Iqbal<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Tuesday<br>26/5/2020                 | <b>Refractive errors of eye</b><br>Prof. Dr. Sofia Iqbal<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |
| Thursday<br>28/5/2020                | <b>Correction of refractive errors</b><br>Prof. Dr. Sofia Iqbal<br>4 <sup>th</sup> Year Lecture theatre, KGMC  |

| <b>Day/Date</b>                         | <b>Session</b><br><b>0800—0900 HRS</b>   |
|---|--|
| <b>Theme:- Lid Bumps and Itchy eyes</b> |  |
| Tuesday<br>2/6/2020                     | <b>Differential Diagnosis of Lid bumps and itchy eye —an overview+ Infection of the eyelid, Chalazion, stye and blepharitis</b><br>Prof. Dr. Sofia Iqbal<br>4 <sup>th</sup> Year Lecture theatre, KGMC |
| Thursday<br>4/6/2020                    | <b>Tumours of eyelids</b><br>Prof. Dr. Sofia Iqbal<br>4 <sup>th</sup> Year Lecture theatre, KGMC   |

| <b>Day/Date</b>  | <b>Session</b><br><b>0800—0900 HRS</b>   |
|--|--|
| <b>Theme:- Lid margin/lashes disorders and droopy / ptotic lid</b> |  |
| Tuesday<br>9/6/2020  | <b>Differential Diagnosis of Lid margin / lashes disorders and droopy / ptotic eyelid —an overview+ Trichiasis, entropion, ectropion and ptosis</b><br>Prof. Dr. Sofia Iqbal<br>4 <sup>th</sup> Year Lecture theatre, KGMC |

**(F) Contact Sessions of First Ten Lectures****Lesson Plan – 1**

|                      |   |
|----------------------|---|
| <b>Theme</b>         | <b>Tearing, Watering, Pain</b>  |
| Subtheme             | Differential diagnosis of watering eye – an overview<br>Causes, evaluation and management of a patient with watering eye  |
| Date                 | 5-11-2019   |
| Time                 | 8:00 am – 9:00 am   |
| Venue                | 4 <sup>th</sup> year lecture theatre, KGMC  |
| Teacher              | Prof. Dr. Tariq Farooq Babar  |
| Substitute           | Dr. Nazullah  |
| Learning Objectives  | <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>Enumerate the causes of a watering eye?</li> <li>Identify the relevant investigations</li> <li>Compose treatment plan?</li> </ul> <p><b>Psychomotor</b></p> <ul style="list-style-type: none"> <li>Demonstrate lacrimal regurgitation test</li> <li>Identify chief complaints in chronological order.</li> <li>Demonstrate Fluorescein disappearance test</li> </ul> <p><b>Affective</b></p> <ul style="list-style-type: none"> <li>Take care of patient safety</li> <li>Demonstrate active listening</li> <li>Show empathy</li> </ul> |
| Teaching Methodology | <ul style="list-style-type: none"> <li>Lecture theatre</li> <li>Small group discussion</li> </ul>   |
| Assessment Methods   | MCQ's , SEQ's   |
| Learning Resources   | Kanski's Clinical Ophthalmology, 8 <sup>th</sup> Edition, Chapter 2, Page 64-75   |

**Lesson Plan – 2**

|                      |  |
|----------------------|--|
| <b>Theme</b>         | <b>Dry eye syndrome, foreign body sensation</b>  |
| Subtheme             | Differential diagnosis of Dry eye, foreign body sensation<br>Composition and function of tear film, causes, evaluation and management of a patient with dry eye and dacryocystitis (acute and chronic)   |
| Date                 | 07-11-2019   |
| Time                 | 8:00 am – 9:00 am  |
| Venue                | 4 <sup>th</sup> year lecture theatre, KGMC   |
| Teacher              | Prof. Dr. Tariq Farooq Babar   |
| Substitute           | Dr. Nazullah   |
| Learning Objectives  | <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>State causes of dry eye disease or foreign body sensation in the eye?</li> <li>Identify the composition and function of tear film?</li> <li>Evaluate the causes and management of dry eye?</li> </ul> <p><b>Psychomotor</b></p> <ul style="list-style-type: none"> <li>Obtain informed verbal consent</li> <li>Examine tear meniscus for height and edges</li> <li>Demonstrate Rose Bengal and Schirmer tests</li> </ul> <p><b>Affective</b></p> <ul style="list-style-type: none"> <li>Comply with patient safety</li> <li>Exhibit active listening</li> <li>Advocate empathy</li> </ul> |
| Teaching Methodology | <ul style="list-style-type: none"> <li>4<sup>th</sup> year lecture theatre, KGMC</li> </ul>  |
| Assessment Methods   | MCQ's, SEQ's, small group discussion   |
| Learning Resources   | Oxford handbook of Ophthalmology, Third edition, Chapter 6, Page 198-204   |

### Lesson Plan – 3

|                      |   |
|----------------------|---|
| <b>Theme</b>         | <b>Red eye</b>  |
| Subtheme             | Differential diagnosis of red eye – an overview.<br>Features of conjunctival inflammation and trachoma  |
| Date                 | 12-11-2019  |
| Time                 | 8:00 am – 9:00 am   |
| Venue                | 4 <sup>th</sup> year lecture theatre, KGMC  |
| Teacher              | Prof. Dr. Tariq Farooq Babar  |
| Substitute           | Dr. Nazullah  |
| Learning Objectives  | <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>• Enumerate features and conjunctival inflammation</li> <li>• Recognize the difference between papillae and follicle and true and pseudomembrane</li> <li>• Grade the stages and complications of trachoma</li> </ul> <p><b>Psychomotor</b></p> <ul style="list-style-type: none"> <li>• Identify different causes of red eye</li> <li>• Differentiate different types of discharge</li> <li>• Draw conjunctival and ciliary injection</li> </ul> <p><b>Affective</b></p> <ul style="list-style-type: none"> <li>• Maintain patient safety</li> <li>• Exhibit active listening</li> <li>• Demonstrate empathy</li> </ul> |
| Teaching Methodology | Lecture, small group discussion   |
| Assessment Methods   | MCQ's , SEQ's , TOACS   |
| Learning resources   | Clinical Ophthalmology by Shafi M. Jatoi, 5 <sup>th</sup> Edition, Chapter 13, Page 169-172<br>Kanski's Clinical Ophthalmology, Eight edition, Chapter 5, Page 132-134  |

### Lesson Plan – 4

|                      |  |
|----------------------|--|
| Subtheme             | Bacterial conjunctivitis – types and management, ophthalmia neonatorum   |
| Date                 | 14-11-2019   |
| Time                 | 8:00 am – 9:00 am  |
| Venue                | 4 <sup>th</sup> year lecture theatre, KGMC   |
| Teacher              | Prof. Dr. Tariq Farooq Babar   |
| Substitute           | Dr. Nazullah   |
| Learning Objectives  | <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>• List the clinical features and investigations for bacterial conjunctivitis</li> <li>• Design a treatment plan for bacterial conjunctivitis</li> <li>• Compose a management plan for neonatal conjunctivitis</li> </ul> <p><b>Psychomotor</b></p> <ul style="list-style-type: none"> <li>• Obtain conjunctival swabs for gram staining</li> <li>• Design culture on enriched media</li> <li>• Demonstrate hand washing practice and avoid towel sharing</li> </ul> <p><b>Affective</b></p> <ul style="list-style-type: none"> <li>• Empathize with patient</li> <li>• Exhibit politeness and professionalism</li> <li>• Preserve patient rights</li> </ul> |
| Teaching Methodology | Lecture, small group discussion  |
| Assessment Methods   | MCQ's , SEQ's , TOACS  |
| Learning resources   | Kanski's Clinical Ophthalmology, Eight edition, Chapter 5, Page 135-141  |

### Lesson Plan – 5

|                      |   |
|----------------------|---|
| <b>Theme</b>         | <b>Conjunctival lesions</b>   |
| Subtheme             | Differential diagnosis of conjunctival Lesions + Benign and malignant tumours of conjunctiva  |
| Date                 | 21-11-2019  |
| Time                 | 8:00 am – 9:00 am   |
| Venue                | 4 <sup>th</sup> year lecture theatre, KGMC  |
| Teacher              | Prof. Dr. Tariq Farooq Babar  |
| Substitute           | Dr. Nazullah  |
| Learning Objectives  | <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>• List benign and malignant tumours of conjunctiva</li> <li>• Recognize premalignant lesions</li> </ul> <p><b>Psychomotor</b></p> <ul style="list-style-type: none"> <li>• Examine conjunctiva thoroughly</li> <li>• Identify corneal and lid involvement</li> <li>• Demonstrate signs of potential malignancy<br/>An unusual site palpebral / forniceal<br/>Prominent feeder vessel</li> </ul> <p><b>Affective</b></p> <ul style="list-style-type: none"> <li>• Display honesty and sincerity</li> <li>• Exhibit professionalism</li> <li>• Take care of patient</li> </ul> |
| Teaching Methodology | Lecture   |
| Assessment Methods   | MCQ's , SEQ's   |
| Learning resources   | Oxford handbook of Ophthalmology Third Edition, Chapter 6, Page 208-213   |

### Lesson Plan – 6

|                      |  |
|----------------------|--|
| Subtheme             | Allergic conjunctivitis / hypersensitivity conjunctivitis and its management   |
| Date                 | 19-11-2019   |
| Time                 | 8:00 am – 9:00 am  |
| Venue                | 4 <sup>th</sup> year lecture theatre, KGMC   |
| Teacher              | Prof. Dr. Tariq Farooq Babar   |
| Substitute           | Dr. Nazullah   |
| Learning Objectives  | <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>• Difference between different causes of allergic conjunctivitis</li> <li>• Identify clinical features and compose treatment plan</li> </ul> <p><b>Psychomotor</b></p> <ul style="list-style-type: none"> <li>• Examine upper lid for papillae</li> <li>• Identify complications of vernal catarrh</li> <li>• Elaborate chief complaints by asking relevant questions</li> </ul> <p><b>Affective</b></p> <ul style="list-style-type: none"> <li>• Display respect for others</li> <li>• Advocate honesty and integrity</li> <li>• Take care of patient</li> </ul> |
| Teaching Methodology | Lecture, small group discussion  |
| Assessment Methods   | MCQ's , SEQ's  |
| Learning resources   | Oxford handbook of Ophthalmology, Third edition, Chapter 6, Page 190-192   |

**Lesson Plan – 7**

|                      |   |
|----------------------|---|
| Subtheme             | Miscellaneous conjunctival degeneration and its management  |
| Date                 | 26-11-2019  |
| Time                 | 8:00 am – 9:00 am   |
| Venue                | 4 <sup>th</sup> year lecture theatre, KGMC  |
| Teacher              | Prof. Dr. Tariq Farooq Babar  |
| Substitute           | Dr. Nazullah  |
| Learning Objectives  | <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>• Distinguish between dystrophy and degeneration</li> <li>• Analyze the causes of degenerations</li> <li>• Compare pinguecula and pterygium</li> </ul> <p><b>Psychomotor</b></p> <ul style="list-style-type: none"> <li>• Identify true pterygium from pseudopterygium</li> <li>• Remove concretions with a needle</li> </ul> <p><b>Affective</b></p> <ul style="list-style-type: none"> <li>• Observe politeness and honesty</li> <li>• Allow the patient to narrate his history and do not interrupt</li> <li>• Assist active listening</li> </ul> |
| Teaching Methodology | Lecture   |
| Assessment Methods   | MCQ's , SEQ's   |
| Learning resources   | Oxford handbook of Ophthalmology, Third edition, Chapter 6, Page 206-207  |

**Lesson Plan – 8**

|                      |  |
|----------------------|--|
| <b>Theme</b>         | <b>Protruded eyes / bulgy eyes / proptosis</b>   |
| Subtheme             | Differential diagnosis of protruded eyes – an overview.<br>Clinical signs and investigations of a patient with proptosis   |
| Date                 | 03-12-2019   |
| Time                 | 8:00 am – 9:00 am  |
| Venue                | 4 <sup>th</sup> year lecture theatre, KGMC   |
| Teacher              | Prof. Dr. Tariq Farooq Babar   |
| Substitute           | Dr. Nazullah   |
| Learning Objectives  | <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>• Describe clinical features of proptosis</li> <li>• Plan investigations for a patient with proptosis</li> </ul> <p><b>Psychomotor</b></p> <ul style="list-style-type: none"> <li>• Examine for pulsating sensation or audible bruit</li> <li>• Demonstrate asymmetrical proptosis by looking down at the patient from above and behind</li> <li>• Measure dystopia in both horizontal and vertical plane</li> </ul> <p><b>Affective</b></p> <ul style="list-style-type: none"> <li>• Observe empathy</li> <li>• Advocate active listening</li> <li>• Display respect for patients</li> </ul> |
| Teaching Methodology | Lecture, skill lab   |
| Assessment Methods   | SEQ's, TOACS   |
| Learning resources   | Kanski's Clinical Ophthalmology, Eight edition, Chapter 3, Page 78-82  |

### Lesson Plan – 9

|                      |  |
|----------------------|--|
| Subtheme             | Introduction, features and management of Thyroid eye disease   |
| Date                 | 05-12-2019   |
| Time                 | 8:00 am – 9:00 am  |
| Venue                | 4 <sup>th</sup> year lecture theatre, KGMC   |
| Teacher              | Prof. Dr. Tariq Farooq Babar   |
| Substitute           | Dr. Nazullah   |
| Learning Objectives  | <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>• Recognize manifestations of thyroid eye disease</li> <li>• Compose its management plan</li> <li>• Plan relevant investigations</li> </ul> <p><b>Psychomotor</b></p> <ul style="list-style-type: none"> <li>• Obtain informed verbal consent</li> <li>• Demonstrate lid retraction in downgaze</li> <li>• Identify proptosis from behind</li> </ul> <p><b>Affective</b></p> <ul style="list-style-type: none"> <li>• Display honesty and integrity</li> <li>• Encourage questions from the patient</li> <li>• Counsel the patient fully about the disease</li> </ul> |
| Teaching Methodology | Lecture, small group discussion, skill lab   |
| Assessment Methods   | MCQ's , SEQ's , TOACS  |
| Learning resources   | Oxford hand book of Ophthalmology, Third edition, Chapter 14, Page 600-609   |

### Lesson Plan – 10

|                      |  |
|----------------------|--|
| <b>Theme</b>         | <b>Lid bumps</b>   |
| Subtheme             | Features and management of preseptal and orbital cellulitis  |
| Date                 | 20-11-2019   |
| Time                 | 8:00 am – 9:00 am  |
| Venue                | 4 <sup>th</sup> year lecture theatre, KGMC   |
| Teacher              | Prof. Dr. Tariq Farooq Babar   |
| Substitute           | Dr. Nazullah   |
| Learning Objectives  | <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>• Describe differences between preseptal and orbital cellulitis</li> <li>• Identify causative organisms and clinical features of both disorders</li> <li>• Summarize risks factors and treatment</li> </ul> <p><b>Psychomotor</b></p> <ul style="list-style-type: none"> <li>• Examine for visual acuity and colour vision</li> <li>• Estimate proptosis</li> <li>• Demonstrate extraocular movements</li> <li>• Record Pupil reflexes</li> </ul> <p><b>Affective</b></p> <ul style="list-style-type: none"> <li>• Advocate professionalism and politeness</li> <li>• Act gently</li> <li>• Counsel the patient properly about the disease</li> </ul> |
| Teaching Methodology | Lecture, small group discussion  |
| Assessment Methods   | MCQ's , SEQ's  |
| Learning resources   | Oxford handbook of Ophthalmology, Third edition, Chapter 14, Page 596-597  |

## g. SEQ's and MCQ's

### Examples of SEQs

**Author:** Prof. Dr. Tariq Farooq Babar  
**Subject:** Ophthalmology  
**Course:** MBBS 4<sup>th</sup> Year  
**Theme:** Red Eye  
**Sub – Theme** Diagnosis and management of conjunctivitis  
**Learning Objective:** To differentiate causes of red eye

#### QUESTION STEM – 1 (SCENARIO)

A mother brought 5 days baby to your OPD with the complaints of purulent discharge from both eyes for 3 days. The lids showing oedema and erythema with hyper purulent conjunctival discharge.

#### OPTIONS LIST:

- A. What is your diagnosis?
- B. Name two causative organisms?
- C. What are treatment options?

#### Key:

|   |     |     |
|---|-----|-----|
| A. What is the diagnosis?   |     | 10% |
| 1. Ophthalmia neonatorum  | 10% |     |
| B. Name two causative organisms?  |     | 20% |
| 1. Neisseria Gonococci  | 10% |     |
| 2. Neisseria meningococci   | 10% |     |
| C. What specific investigations you suggest?  |     | 40% |
| 1. Conjunctival swabs and scrapings for Gram staining. Gram negative kidney Shaped Intracellular diplococci | 20% |     |
| 2. Conjunctival swabs on standard bacteria culture and chocolate agar or Thayer-Martin for N.gonorhoeae     | 20% |     |
| D. What is treatment plan?  |     | 30% |
| 1. Treat systematically with third generation cephalosporin   | 15% |     |
| 2. Supplemented by topical antibiotic treatment   | 15% |     |

**IMPORTANCE:** ESSENTIAL / Difficulty: Moderate

Total Marks 100

**Author:** Prof. Dr. Tariq Farooq Babar  
**Course Subject:** Ophthalmology  
**Theme:** Protruded / bulgy eye  
**Sub – Theme:** Diagnosis and management of Thyroid Eye Disease  
**Date:** 27<sup>th</sup> Nov, 2019  
**Learning Objective:** Diagnosis and management of Thyroid eye disease

**QUESTION STEM – 2 (SCENARIO)**

A 41 year female presents with a 2 months history of bulging of eyeballs and lid retraction. She is a smoker since 5 years.

**OPTIONS LIST:**

- A. What is the most likely diagnosis?  
 B. Name five eye signs of this disease?  
 C. What is the treatment?

**Key:**

|                                       |     |  |
|---------------------------------------|-----|--|
| A. What is the most likely diagnosis? | 20% |  |
| Thyroid eye disease                   | 20% |  |
| B. Name five eye signs                | 40% |  |
| 1. Soft tissue involvement            | 10% |  |
| 2. Eyelid retraction                  | 10% |  |
| 3. Proptosis                          | 10% |  |
| 4. Optic neuropathy                   | 10% |  |
| 5. Restricted myopathy                | 10% |  |
| C. What is the treatment?             | 40% |  |
| 1. Medical therapy                    | 20% |  |
| Lubricants, head elevation            | 05% |  |
| Systemic steroids                     | 10% |  |
| Radiotherapy                          | 05% |  |
| 2. Surgical therapy                   | 20% |  |
| Surgical decompression                | 10% |  |
| Strabismus surgery                    | 05% |  |
| Eyelid surgery                        | 05% |  |

**IMPORTANCE:** Essential **Difficulty:** Moderate

**Total marks:** 100

**Author:** Prof. Dr. Tariq Farooq Babar

## EXAMPLES OF MCQS

**Author:** Prof. Dr. Tariq Farooq Babar  
**Course:** MBBS 4<sup>th</sup> Year  
**Theme:** Lid bumps  
**Sub – Theme:** Clinical features and management of orbital cellulitis  
**Learning Objective:** To differentiate between preseptal and orbital cellulitis  
**QUESTION STEM – 1 (SCENARIO)**

A 21 years boy presents with fever and periocular pain for the last 1 week. Clinically eyelids are swollen, red, tender warm. The lids are proptotic, eye movements are painful and restricted. There is diplopia. Vision is 6/24 with colour vision defect and RAPD. The most likely diagnosis is

### OPTIONS LIST:

- A. Idiopathic orbital inflammatory disease
- B. Mucormycosis
- C. Preseptal cellulitis
- D. Orbital cellulitis
- E. Wegener’s granulomatosis

**Correct Answer:** “d” Orbital cellulitis

**IMPORTANCE:** ESSENTIAL Difficulty: Easy

**REFERENCE :**Kanski’s Clinical Ophthalmology Brad Bowling Eight edition, Chapter 14, Page 87 – 92

**Course:** MBBS 4<sup>th</sup> Year  
**Subject:** Ophthalmology  
**Author:** Prof. Dr. Tariq Farooq Babar  
**Theme:** Conjunctival lesions  
**Sub – Theme:** To differentiate different causes of conjunctival lesions  
**Date:** 27<sup>th</sup> Nov, 2019  
**Learning Objective:** Differentiate between pinguecula and pterygium  
**QUESTION STEM – 2 (SCENARIO)**

Q.2 An elderly man of 62 years presents with a lesion at nasal limbus. The differentiating feature of pterygium from pinguecula is that

### OPTIONS LIST:

- A. It is located at nasal limbus
- B. It is located at temporal limbus
- C. There is calcification
- D. Colour is pink
- E. Limbal barrier is broken

**Correct Answer:** “e” Limbal barrier is broken

**IMPORTANCE:**ESSENTIAL Difficulty: Easy

**REFERENCE :**Kanski’s Clinical Ophthalmology, Brad Bowling Eight edition, Chapter 5, Page 206 – 207