

THE COLLEGE OF OPHTHALMOLOGISTS OF HONG KONG

TRAINING CURRICULUM

(A) Curriculum

- a) The training programme should be a minimum of 6 years in a College recognised training post in ophthalmology.
- b) The training program is divided into two parts - Basic and Higher Training.
- c) The Basic Training will last for at least 2 years. For trainees who are registered with the College on or before 14 May 2001, up to 6 months of Basic Training may be spent in training post in other specialties subjected to the approval of the College Council.
- d) Basic Training is considered to be completed only after the trainee has passed the intermediate examination and log book inspection.
- e) Higher Training will last for at least 4 years after completion of the basic training.
- f) Higher Training is considered to be completed only after passing the exit examination.

In addition, the following guidelines should be observed:-

- 1) The period of training should preferably be continuous. A cumulative absence of less than 12 months throughout his training period is acceptable. All types of leave are included.
- 2) Any break of training for more than 12 cumulative months is not encouraged but the trainee may apply to the College for approval.
- 3) Research in the field of ophthalmology is encouraged but whether the period of research could be considered as part of the training period will be left to the decision of the College and will be judged on individual basis. However, generally such period should not be accredited for more than twelve months in lieu of the clinical training.
- 4) Overseas training in the field of ophthalmology is encouraged but whether the period could be considered as part of the training will be left to the decision of the College and will be judged on individual basis.

B) Objective

1. Basic Training

Training in Basic Ophthalmology aims for the general acquisition of ophthalmological knowledge and surgical skills plus clinical judgment, as a continuous process, in stages under supervision that enable the Ophthalmic trainee, at the end, to handle general ophthalmological problems competently and at a high professional standard.

2. Higher Training

Training in Advanced Ophthalmology aims for acquisition of more advanced ophthalmic knowledge and surgical skills in various subspecialties, such that at the end the trainee can handle more difficult ophthalmic problems competently.

After completion of his training, the candidate is expected to be competent enough to become a general ophthalmologist with or without a special interest in a subspecialty. Management and communication skill should also be emphasized throughout the period of training.

C) Entry Requirement

1. Basic Training (2 years)

- (a) The candidate should be a graduate of an accredited medical school and registrable in Hong Kong and have a genuine intention to complete the full course of training.
- (b) Trainee applicant should preferably have good corrected eyesight, colour vision and good binocularity to facilitate their training and their future career in ophthalmology.
- (c) Candidate may enter into the Training Program any time after the completion of their internship. However, definite advantage will be given to those who have passed Part A of the intermediate examination.

2. Higher Training (4 years)

- (a) The Candidate must meet all the requirements as for Basic Training.
- (b) Candidate should have completed his/her Basic Training successfully and passed the intermediate examination and log book inspection.

D) Examination Structure

		<u>Format</u>	<u>Time to be taken</u>
1.	Intermediate exam. -	Part A) Basic Sciences related to ophthalmology, optics, ophthalmic investigative techniques and generic issues of medical practice (MCQ)	- Possession of a medical qualification acceptable by the Medical Council of Hong Kong Completed at least 12 months of basic ophthalmic training
		Part B) Clinical refraction- clinical examination, and written (MCQ)	- Completed at least 20 months of basic ophthalmic training

After failure for 4 times in Part A or Part B examination after entering into recognised ophthalmic training post, the candidate may not be allowed to sit for the examination unless with special permission of the Education Committee.

2.	Exit exam. -	Part C) written, oral and clinical	- completed after at least 3 years of Higher Training
		Part D) log book inspection & assessment	- completed after at least 4 years of Higher Training

E) Log Book

- 1) Log books should be obtained as soon as an ophthalmic trainee is accepted for training.
- 2) Entries in Log books should be made regularly and not retrospectively.
- 3) Log books must be made available for inspection by the Trainers regularly. Accurate data entry is essential
- 4) Yearly review of the log book is required.

F) Acquisition of knowledge and skills for various stages

1. Basic Training (2 years)

- (a) **Diagnostic skills** - Acquisition and exposure to skills and knowledge in performing the following and accurate interpretation of clinical signs observed by such:
 - 1) Visual function tests:-
 - i. accurate assessment of patient's visual acuity and trial of lenses.
 - ii. colour vision examination.
 - iii. visual field examination.
 - 2) Retinoscopy and refraction.
 - 3) General ophthalmic examination techniques.
 - 4) Biomicroscopic methods - such as slit lamp, operating microscope, applanation tonometry, gonioscopy and slit lamp fundoscopy.
 - 5) Fundoscopy techniques such as direct and binocular indirect ophthalmoscopy with scleral indentation.

- 6) Detection, correlation and interpretation of relevant clinical findings and instigation of proper management of patients. Discussions with patients and/or their relatives regarding their medical conditions and bedside etiquette to enhance a patient-doctor relationship is emphasized.
- 7) Updating and understanding the knowledge of various new investigative instruments/operative instruments is strongly encouraged.
- 8) Exposure to other investigative/therapeutic procedures such as contact lens fitting, low vision aids, orthoptic instrumentations, fundus photography, fluorescein angiography, ultrasonography and electro-diagnostic techniques are to be expected.
- 9) Trainees are required to learn basic principles of structural and microscopic changes of tissues in various eye diseases and pathology and the approach to therapy.

(b) Surgical skills and operations

The Trainee is expected to have exposure to the following operations mainly as an assistant:

- 1) Emergency operations
- 2) Intraocular operations including cataract extractions and antiglaucoma operations
- 3) Paediatric ophthalmic operations like squint surgery

They may on occasions be allowed to perform operations under the supervision of their trainers.

At the end of this stage, the trainee is expected to achieve the following clinical skills:

- i. Competence in pre and post operative management of ophthalmic patients.
- ii. Acquisition of knowledge of giving premedication to ophthalmic patients and of obtaining preoperative informed consent by giving careful explanation to patients and/or their relatives of the possible outcome and complications of individual operations.
- iii. Doing minor procedures.
- iv. Acquisition of aseptic technique, proper draping, avoid external pressure on eyeball during operations, etc.
- v. Knowledge of ophthalmic surgical instruments and their respective usage. Careful handling of instruments will be strongly stressed.
- vi. Acquisition of microsurgical techniques, instrumentation, and understanding of the maintenance and operation of the microscope.
- vii. Performance of a proper suturing technique.
- viii. Attendance of eye emergency.
- ix. Acquisition of various techniques of ophthalmic anaesthesia.

(c) **Exposure to various subspecialties**

- (1) Anterior segment Eye Diseases
- (2) Posterior segment Eye Diseases
- (3) Glaucoma
- (4) Paediatric Ophthalmology
- (5) Oculoplastic and Orbit
- (6) Medical-ophthalmology
- (7) Neuro-ophthalmology
- (8) Ophthalmic Pathology
- (9) Others

(d) **Possession of proper professional ethics and conduct.**

2. Higher Training (4 years)

Mainly a consolidation of the experience gained in both Diagnostic skills and Surgical skills during the basic training period. Some supervision may be needed in the early stages. However, more and more surgical independence may be granted as time goes by. Trainees are expected to rotate through various subspecialties to consolidate their training, these include:

- Cornea and External Eye Diseases
- Vitreo-retinal diseases
- Glaucoma
- Paediatric Ophthalmology
- Oculoplastic and Orbit
- Medical-ophthalmology
- Neuro-ophthalmology
- Others

During higher training, the trainee may choose a subspecialty of his special interest to prepare himself for specializing in a specific field. A period of overseas training and attendance to overseas conference is highly desirable during this stage. Research is also encouraged.

At the end of higher training, the surgical experience should include a minimum of :-

1. 100 cataract operations
2. 15 squint operations
3. 15 glaucoma operations
4. 60 laser operations
5. 15 vitreoretinal operations
6. 3 keratoplasty operations
7. 15 oculoplastic or orbital operations

The operative results and the complications should be entered into the log book for inspection during the exit exam.

G) Criteria for the recognition of a Training Post in Ophthalmology by the College of Ophthalmologists

- 1) The post must be in a Service Unit (hereafter referred as “unit”) with minimum 3 full time trainers* specializing in the field of ophthalmology.
- 2) There must be a minimum trainer to trainee ratio of 1:2.
- 3) The post must be in a unit in which the workload is in the field of Ophthalmology. It must provide adequate experience in both out-patient clinics and in-patient care.
- 4) The post must give sufficient experience of ophthalmic surgery and there must be opportunities to operate under supervision. Holder of the post should be involved in a duty roster which exposes him/her to adequate continued medical and surgical ophthalmic emergencies.
- 5) There shall be a training programme preferably occupying one whole half day each week and consisting of lectures by visiting speakers, journal club meetings, case presentation and Grand Rounds.
- 6) A trainee in training programme should have experience in the major specialized areas of Ophthalmology including ocular motility, paediatric ophthalmology, vitreo-retinal diseases, anterior segment diseases, external diseases, glaucoma, oculoplastics, orbit and neuro-ophthalmology diseases and rotations may be allowed so that such experience can be gained by the trainee, but the rotational program must be pre-approved by the College.
- 7) For a trainee in higher training, time may be allocated for research projects. One of the trainers should be responsible for supervising research.
- 8) Some forms of regular medical surgical audit are essential and a trainee must keep a log book or record of his/her operative experience and overall general performance. The log book or record should regularly be inspected and commented by his/her respective trainer.
- 9) The training post must be closely associated with a hospital providing twenty four hours accident and emergency service and should have no limitation to the management and admission of patients with ophthalmic diseases and emergencies.
- 10) The training post must be in or closely associated with a hospital in which there are twenty four hours anaesthetic, laboratory, radiology and other diagnostic services.
- 11) The training post must be in or closely associated with a hospital consisting of medical, surgical, paediatric and other related specialties.
- 12) There must be suitable library facilities.
- 13) The training unit must possess a reasonable up-to-date ophthalmic equipments and instruments for the normal running of the unit.
- 14) The training unit must inform the College of any changes in the institution affecting the above criteria and also to report to the College at the beginning of January and July every year.

* A trainer should have at least 2 years working experience in the training centre after obtaining the fellowship of the College.