

ARAB LEAGUE
COUNCIL OF ARAB HEALTH MINISTERS
ARAB BOARD FOR HEALTH SPECIALIZATIONS
GENERAL SECRETARIAT



SCIENTIFIC COUNCIL OF OPHTHALMOLOGY

*GUIDEBOOK FOR RESIDENCY TRAINING PROGRAM IN
OPHTHALMOLOGY*

2012

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Introduction

The Scientific council of ophthalmology aims to improve the quality of eye services provided to the community through the training of highly trained professionals to meet international standards.

The Arab Board of Health Specializations was founded in February 1978 by the Council of Arab Ministers of Health.

The Scientific Council of Ophthalmology was established on March 26, 1994.

Achievements of the scientific council are evident from the following statistics:

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|---|------|
| - Total number of trainees enrolled in the program: | 1345 |
| - Total number of trainees who passed primary examinations: | 622 |
| - Total number of trainees who passed final examinations: | 315 |
| - Total number of certified ophthalmologists: | 175 |
| - Total number of recognized centers of training: | 43 |

The scientific council of ophthalmology has been instrumental in the establishment of appropriate training programs for residents in ophthalmology. The certified ophthalmologists are highly trained and are capable academically and professionally to provide the best eye care to the community.

Our aim is to develop and improve all aspects of training and examinations for certification, and achieve the goals established by the Council.

These general regulations and guidelines relating to the training and examination of candidates for the Arab Board of ophthalmology aim to provide to assist the trainees, trainers and training centers in their endeavors.

Dr. Jamal Bleik

Chairman of

The Scientific Council of the Arab Board of ophthalmology

GOALS AND DUTIES OF THE COUNCIL:

1. Improving the standard of eye care throughout the Arab World, professionally and scientifically.
2. Establish requirements for approved structured residency training programs.
3. Certify trained ophthalmologists and ensure the updating of their knowledge, professional standards, and practice of ophthalmology.
4. Stipulate the standard of care, scientifically, professionally and technically.
5. Form various committees of the Scientific Council for examination, accreditation and training.
6. Establish examination and evaluation systems and grant certificates.
7. Prepare training courses for trainees in the field of ophthalmology, in cooperation with the medical educational institutes in the Arab world.
8. Issue newsletters and circulars to inform all concerned parties about achievements, objectives and goals of the council.

**THE MEMBERS OF THE SCIENTIFIC COUNCIL AND
COUNTRY REPRESENTATION:**

<u>COUNTRY</u>	<u>NAME</u>
Bahrain	Dr. Noora Al kobaisi
Egypt	Dr. Sherif Sheta Dr. Esam El Toukhy Dr. Mohammed El Sada
Iraq	Dr. Majed Sulaiman Dr. Ammar Abdel Razzaq Dr. Fayez Al Shekerjy Dr. Ahmed Majeed Rasheed
Jordan	Dr. Muawyah Al-Bdour Dr. Hisham Jammal Dr. Hayel Obeidat
Kuwait	Dr. Jamal Al murjan
Lebanon	Dr. Jamal Bleik Dr. Baha'a Nour Aldeen Dr. Elias Warraq
Oman	Dr. Abdullatif Al Raisi Dr. Nadia Al Kharousi
Qatar	Dr. Huda Al Mahdi
Saudi Arabia	Dr. Jamal Alhumam Dr. Abdulrahman Al Muammar Dr. Sana'a Yassin
Sudan	Dr. Samira Ibrahim Dr. Awadh Hasan Ahmed Dr. Ma'amoun Merghani Ahmed Dr. Kamal Eldeen Hisham Mohammed
Syria	Dr. Arwa Al Athmeh Dr. Abdel Qader Ta'ata'a Dr. Nadeem Zablouk Dr. May Abathah
United Arab Emirates	Dr. Saleh Almosabi
Yemen	Dr. Talal Haider Dr. Aziz Shaher Dr. Tawfik Al Khatib

COUNCIL COMMITTEES

Executive Committee:

- | | |
|---------------------------|-----------------------------------|
| - Dr. Jamal Bleik | Chariman |
| - Dr. Sherif Sheta | Deputy chairman |
| - Dr. Majed Sulaiman | Secretary |
| - Dr. Muawyah Al- Bdour | Chairman of Examination Committee |
| - Dr. Abdullatif Al Raisi | Chairman of Training Committee |

Examination Committee:

- | | |
|-----------------------------|-----------------|
| - Dr. Muawyah Al- Badour | Chairman |
| - Dr. Arwa Al Athmeh | Deputy chairman |
| - Dr. Nadia Al Kharousi | |
| - Dr. Saleh Al Mosabi | |
| - Dr. Esam Eltoukhy | |
| - Dr. Abdulrahman Almoammar | |
| - Dr. Hisham Jammal | |
| - Dr. Tawfik Alkhatib | Substitute |

Training Committee:

- | | |
|----------------------------------|-----------------|
| - Dr. Abdullatif Al Raisi | Chairman |
| - Dr. AbdelQader Ta'ata'a | Deputy chairman |
| - Dr. Mohammed Elsada | |
| - Dr. Ammar Abdulrazzaq | |
| - Dr. Jamal Alhumam | |
| - Dr. Talal Haider | |
| - Dr. Huda Almahdi | |
| - Dr. Nadeem Zahlouq | Substitute |
| - Dr. Samira Ibrahim | Substitute |

CERTIFICATION

Candidate passing the final board examination are awarded the specialty certificate.

“CERTIFICATE OF THE ARAB BOARD OF OPHTHALMOLOGY”.

OBJECTIVES OF TRAINING PROGRAMME:

1. Establish A structured residency program recognized by Arab countries, and provide wide range training in the field of ophthalmology, to ensure that the resident will be competent in all aspects of ophthalmology after completion of the training period.
2. Provide all requirements for the candidates to learn the needed skills to work as a safe and competent ophthalmologist.
3. Enable the candidate to gain continuous medical and practical education, and medical research in ophthalmology.
4. Provide the trainee with clinical knowledge, which will give him/her the ability to make suitable decisions for the management of each patient.

TRAINING CENTERS:

Recognized training centers include:

- 1- University hospitals
- 2- Hospitals affiliated with Universities
- 3- Other teaching hospitals that possess all capabilities of training requirements and recognized by the local ophthalmic committee in their home country.

ALL the above categories must be recognized and registered at Arab Board and will be re-evaluated on regular bases

Request for recognition of a structured residency program are available, stipulating all requirements and facilities for training.

TRAINING PROGRAMS

1. The candidate is to enter a four structured residency program in a recognized training center.
2. The candidate should participate in 100 hours of lectures and academic activities annually, totaling 400 hours over a 4 year period.
3. The candidate must perform surgical operations as stipulated in the Arabic version.
4. During the four year period, the candidate must undergo progressive training and increased responsibilities, covering basic sciences, clinical practice, and acquisition as stipulated in the Arabic version.

EXAMINATION CONTENT

1. The primary written examination consists of 120 multiple choice questions, primarily on basic sciences.
2. The final written examination consists of 180 multiple choice questions on clinical sciences and skills attained over the four years of training.
3. The final oral examination is conducted by six committees through simulated clinical cases in the form of photos and prints. The committees cover six areas:
 - **Anterior segment of the eye (lens & glaucoma)**
 - **Posterior segment of the eye**
 - **Cornea, Clinical optics & refraction**
 - **Ocular pathology, Orbit and Oculoplastic**
 - **Uveitis, Systemic disease and Neuro ophthalmology**
 - **Pediatric Ophthalmology and Strabismus**
5. Candidates passing the oral examination are eligible for the clinical examination. The purpose of the examination is to ensure that candidates have the necessary knowledge, clinical skills and understanding to be competent ophthalmologist. They should be able to gather and interpret clinical data and communicate effectively with patients and colleagues. The examination will assess competency at the level of an experienced resident ready to be a safe general ophthalmologist.

The examination is a test of:

- Clinical skills which candidates have learned during his/her training in ophthalmology i.e. examination skills (ophthalmology, pathology, medicine and neurology), interpretation of findings, formulation of a differential diagnosis, formulation of a management plan, clinical reasoning and judgment.

- The ability to practice general medical skills relating to ophthalmological practice. Taking visual acuity, examining the anterior segment by Slit-Lamp, Pupillary tests, Ocular motility and Orthoptic tests, Fundus examination by Direct and Indirect Ophthalmoscopy, Neurological tests in relation to ophthalmology.
- Communication skills with patients, with relatives, with colleagues. Tested in a station in the multi-station clinical examination.

ELIGIBILITY TO SIT FOR EXAMINATION

1. Candidates are eligible to sit for primary examination a maximum of three times, and a fourth time on an exceptional basis.
2. Candidates are eligible to sit for the final written exam a maximum of four times, and a fifth time on an exceptional basis.
3. Candidates are eligible to sit for the oral exam a maximum of four times, and a fifth time on an exceptional basis. If unsuccessful, the final written examination is to be repeated two times at maximum. if successful the oral exam can be done for only two times.

INSTRUCTIONS FOR CANDIDATES PREPARING FOR EXAMINATIONS

The role of the Arab Board of Ophthalmology is to ensure that those who practice ophthalmology are safe to do so. The Scientific Council of The Arab Board of Ophthalmology, quality of the examinations to meet the highest academic, scientific and professional standards. The examination tests the knowledge, understanding and skills acquired by trainees during their four years of training. The examination is designed to be as relevant and objective as possible while testing the candidate's knowledge of the diversity of conditions, which may present to an ophthalmologist.

Part I

Part I written examination is composed of 120 multiple choice questions (MCQs) on Basic Ophthalmic Sciences that include:

- 1) Anatomy, neuroanatomy and embryology of the head and neck to include CNS.
- 2) Specialized anatomy and embryology of the visual system.
- 3) Ocular and visual physiology.
- 4) Ocular pathology.
- 5) General principles of genetics, biochemistry, pharmacology, immunology, microbiology and pathology in relation to ophthalmology.
- 6) Optics and Refraction.

Candidate should pass Part I and finished four (4) years of training in a center recognized by the Arab Board Committee before he can apply for Part II (final).

Part II

This exam consists of 3 parts:

1- **Written Exam:** that consists of 180 multiple choice questions (MCQs) covering all the clinical subjects in ophthalmology and based on the experienced achieved during the four years of training.

- External Eye Diseases and Cornea
- Orbit, Eyelids, and Lacrimal System.
- Pediatric Ophthalmology and Strabismus.
- Neuro-Ophthalmology.
- Intraocular Inflammation and Uveitis.
- Glaucoma.
- Lens and Cataract.
- Retina and Vitreous.
- Surgical Basics.

Candidate should pass this part to be eligible for the second part of the final exam.

2- **Oral Exam:** that tests the candidate's knowledge in a comprehensive manner including clinical presentation, differential diagnosis, diagnosis, pathophysiology and management of different entities in ophthalmology.

The Exam consists of 6 stations with at least 2 examiners in each. It covers the following subjects:

- **Anterior segment of the eye (lens & glaucoma)**
- **Posterior segment of the eye**
- **Cornea, Clinical optics & refraction**
- **Ocular pathology, Orbit and Oculoplastic**
- **Uveitis, Systemic disease and Neuro ophthalmology**
- **Pediatric Ophthalmology and Strabismus**

Note that during this examination, candidate will be asked to interpret different ancillary tests used to help in reaching a diagnosis or as a guidance in management of ocular diseases e.g. Goldman and Automated visual field tests, Hess chart, OCT, Corneal topography Fundus Fluorescein Angiography (FFA), MRI, CT scan, Blood tests, Pathology slides etc.

Candidate should pass this part to be eligible for the third part of the final clinical exam.

3- Clinical Exam. (3 or 4 short cases)

Purpose:

The purpose of the examination is to ensure that candidates have the necessary knowledge, clinical skills and understanding to be competent ophthalmologist. They should be able to gather and interpret clinical data and communicate effectively with patients and colleagues. The examination will assess competency at the level of an experienced resident ready to be a safe general ophthalmologist.

The examination is a test of:

- Clinical skills which candidates have learned during his/her training in ophthalmology i.e. examination skills (ophthalmology, pathology, medicine and neurology), interpretation of findings, formulation of a differential diagnosis, formulation of a management plan, clinical reasoning and judgment.
- The ability to practice general medical skills relating to ophthalmological practice. Taking visual acuity, examining the anterior segment by Slit-Lamp, Pupillary tests, Ocular motility and Orthoptic tests, Fundus examination by Direct and Indirect Ophthalmoscopy, Neurological tests in relation to ophthalmology.
- Communication skills with patients, with relatives, with colleagues. Tested in a station in the multi-station clinical examination.

The following are examples of the textbooks required for the Part I and Part II Examinations. In terms of general textbooks, only the relevant sections need to be studied.

- Basic and Clinical Science Course, by American Academy of Ophthalmology.

- The Eye: Basic Sciences and Practice. Forrester JV, Dick AD, McMenamin P, Lee WR.

Publisher: Saunders Ltd, London.

- Duane's Foundations of Clinical Ophthalmology

Publisher: JB Lippincott Co, Philadelphia.

- Adler's Physiology of the Eye. Kaufman- Alm Ed Hart WM.
Publisher: Mosby.

- Physiology of the Eye: An Introduction to the Vegetative Functions. Fatt I, Wissman BA.

Publisher: Butterworth-Heinemann.

- Clinical Anatomy of the Eye. Snell RS, Lemp MA.

Publisher: Blackwell Scientific Publications.

- Wolff's Anatomy of the Eye and Orbit: Comparative Anatomy of the Visual Apparatus. Born AJ, Tripartite R, Warwick R, Marshall J. Chapman and Hall.

Publisher: A Hodder Arnold Publication

- Pathology for the primary FRCS. Gardiner DL, Tweedle EF.
Publisher: Arnold Publishers.

- Ocular Pathology: A Text and Atlas. Yanoff M, Fine BS. JB
Publisher: Lippincott Co, Philadelphia.

- Atlas of Ocular Pathology. Yanoff M, Fine BS. Publisher: Mosby-Wolfe.
- Medical Microbiology. Greenwood D, Slack R, Peutherer J. Publisher: Churchill Livingstone.
- Elements of Medical Genetics. Emery AEH, Mueller RF. Publisher: Churchill Livingstone.
- Clinical Ophthalmology: A Systematic Approach. Authors: Jack J. Kanski – Jay Menon, Publisher: Butterworth-Heinemann.
- Principles & Practices of Ophthalmology. Authors: Daniel M. Albert, Fredrick A. Jakobiec. Publisher: W.B. Saunders Company

TIME AND DATE OF THE EXAMINATIONS

1. The primary written examinations are held twice every year, in April and September, in multiple centers, based on the number of candidates.
2. The final written examination is held once a year in September, in multiple centers based on the number of candidates.
3. The final oral and clinical examination is held annually in December, in Damascus.

ADDRESS AND COMMUNICATION

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