

**CURRICULUM FOR RETINA – VITREOUS FELLOWSHIP  
(2 YEARS)**

**1<sup>st</sup>2 weeks:**

Observation in General OPD

Refreshing Indirect Ophthalmoscopy (Model eye and fundus diagrams)

**3<sup>rd</sup>week - 8<sup>th</sup> weeks:**

Hands on

Fundus fluorescein angiography – 2 weeks (Forenoon): *Presentation*

Ultrasonography – 2 weeks (Forenoon): *Presentation*

Optical coherence tomography – 2 weeks (Forenoon): *Presentation*

**Afternoon:** Clinic posting with one of the three consultants

**4<sup>th</sup> Month:**

Forenoon: Laser Training on model eyes (1 week), Hands-on (PRP)

Afternoon: OR posting (Observation+ hands-on) for intravitreal injections

*Presentation on Lasers in Retina*

*Choosing research topic (for publication)*

**5<sup>th</sup> Month:**

Regular laser (PRP, Barrage) and OR (Intravitreal injections) posting:

Initiate Barrage lasers

OP work-up

Preoperative work-up

*Present Review of literature on selected topic of publication*

**6<sup>th</sup> Month:**

Initiate Macular (Focal) Lasers

OT Posting: Observer

**7<sup>th</sup> Month:**

Regular postings for Laser (all), OT (Assisting VR procedures)

**8<sup>th</sup> Month onwards:**

*Presentations in the department meetings: Case presentations, Surgical Challenges*

*Work on Publications (Case report, Case series)*

*Presentations on various Surgical Retina topics*

**Surgical Retina Training:** (Progression through phases will depend on surgical acumen & application of the trainee, ability to be entrusted and availability of appropriate cases.)

### **Step Surgery – I phase**

1. Conjunctival peritomy and closure
2. Muscle bridling sutures
3. Break localization
4. Closure of sclerotomies

### **Step surgery – II phase**

1. Silicon oil removal
2. Buckle and band sutures
3. Core vitrectomy
4. Endolaser

### **Step surgery – III phase**

1. PVD induction
2. Vitreous hemorrhage
3. Lensectomy

### **Step surgery – IV phase**

1. Use of surgical adjuncts: Dyes, PFCL, Gas & Silicone oil injection
2. Vitreous base dissection
2. Membrane peeling
3. ILM & ERM peeling

### **Step surgery – V phase**

1. Retinal detachment: Primary Vitrectomy
2. Macular hole
3. Scleral buckling

### **2<sup>nd</sup> Year**

*Teaching & Training–*

Classes for Retina counsellors, nursing staff and junior fellow

*Posting at Satellite centers-*

Independent Case handling in OP & OR

*ROP Training*

*Uveitis Training*

*Presentations at national conferences*

### **Logbook:**

Maintain logbook throughout the training period & reviewed on regular basis

*Formative (quarterly) & Summative (exit) assessment*