

# Contents

<i>Foreword by HV Nema</i>	<i>vii</i>
<i>Preface to the Second Edition</i>	<i>ix</i>
<i>Preface to the First Edition</i>	<i>xi</i>
<hr/>	
1. Anatomy and Development of Eye	1
2. Physiology of Eye	8
3. Basic Optics	16
4. Refractive Errors	26
5. Anomalies of Accommodation	41
6. Examination of Eye	47
7. Ocular Therapeutics	87
8. Conjunctiva	106
9. Cornea	136
10. Sclera	167
11. Uvea	176
12. Lens	205
13. Glaucoma	231
14. Vitreous	258
15. Retina	264
16. Neuroophthalmology	301
17. Intraocular Tumors	322
18. Ocular Injuries	332
19. Strabismus	350
20. Eyelids	378
21. Lacrimal System	405
22. Orbit	420
23. Eye in Systemic Diseases	439
24. Community Ophthalmology	444
<i>Appendix—Surgical Equipment and Instruments</i>	<i>459</i>
<i>Index</i>	<i>479</i>

# As per CBME Curriculum Competency Based Undergraduate Curriculum for the Indian Medical Graduate

The competencies that an undergraduate medical student must learn and acquire in Ophthalmology during the MBBS course in India are enumerated below. This book contains a clear and lucid description of the learning outcomes that are mentioned in the curriculum document of Medical Council of India. The chapter and page numbers are indicated against each learning objective for the ready reference of the readers.

	<i>Chapter no.</i>	<i>Page no.</i>
<b>Topic 1: Visual Acuity Assessment</b>		
<b>OP1.1</b> Describe the physiology of vision	2	8
<b>OP1.2</b> Define refractive errors, Classify refractive errors, Methods of correcting refractive errors	3, 4	16, 26
<b>OP1.3</b> Demonstrate the steps of visual acuity assessment for distance, Demonstrate the steps of visual acuity assessment for near, Demonstrate the steps of color vision assessment, Demonstrate the steps of menace reflex, Demonstrate the steps of blink reflex, Demonstrate the steps of pinhole test	6	47
<b>OP1.4</b> Enumerate the principles and indications of refractive surgery	4	26
<b>OP1.5</b> Define amblyopia, Enumerate the types of amblyopia, Describe the mechanism by which strabismus leads to amblyopia	19	348
<b>Topic 2: Lids and Adnexa, Orbit</b>		
<b>OP2.1</b> Enumerate the causes and describe and discuss the clinical presentation and diagnostic features of hordeolum externum, hordeolum internum, blepharitis, hemangioma, ptosis, entropion and lagophthalmos	20	372
Enumerate the causes and describe and discuss the clinical presentation and diagnostic features of preseptal cellulitis	22	414
Enumerate the causes and describe and discuss the clinical presentation and diagnostic features of dacryocystitis	21	399
Enumerate the causes and describe and discuss the clinical presentation and diagnostic features of dermoid	22	414
Enumerate the causes and describe and discuss the clinical presentation and diagnostic features of lid lag	22	414
<b>OP2.2</b> Demonstrate the symptoms and clinical signs of conditions enumerated in OP2.1	20, 21, 22	372, 399, 414
<b>OP2.3</b> Demonstrate Bell's phenomenon, assessment of entropion and ectropion, regurgitation test, massage in congenital dacryocystitis and trichiatric cilia removal by epilation	20, 20, 21, 21, 20	372, 372, 399, 399, 372

	<i>Chapter no.</i>	<i>Page no.</i>
<b>OP2.4</b> Describe the etiology, clinical presentation, complications and management of orbital cellulitis	22	414
<b>OP2.5</b> Describe the clinical features and management of cavernous sinus thrombosis	22	414
<b>OP2.6</b> Enumerate the causes and describe the clinical features, differential features and management of proptosis	22	414
<b>OP2.7</b> Classify various types of orbital tumors and describe their symptoms and signs	22	414
<b>OP2.8</b> List the investigations helpful in diagnosis of orbital tumors. Enumerate the indications for appropriate referral	22	414
<b>Topic 3: Conjunctiva</b>		
<b>OP3.1</b> Elicit, document and present an appropriate history in a patient presenting with a red eye including congestion, discharge and pain	6	47
<b>OP3.2</b> Demonstrate, document and present the correct method of examination of a red eye including vision assessment, corneal lustre, pupil abnormality and ciliary tenderness	11	175
<b>OP3.3</b> Describe etiology, pathophysiology, ocular features, differential diagnosis, complications and management of various causes of conjunctivitis	8	105
<b>OP3.4</b> Describe the etiology, pathophysiology, ocular features, differential diagnosis, complications and management of trachoma	8	105
<b>OP3.5</b> Describe the etiology, pathophysiology, ocular features, differential diagnosis, complications and management of vernal catarrh	8	105
<b>OP3.6</b> Describe the etiology, pathophysiology, ocular features, differential diagnosis, complications and management of pterygium	8	105
<b>OP3.7</b> Describe the etiology, pathophysiology, ocular features, differential diagnosis, complications and management of symblepharon	20	372
<b>OP3.8</b> Demonstrate correct technique of removal of foreign body from the eye in a simulated environment	18	330
<b>OP3.9</b> Demonstrate the correct technique of instillation of eye drops in a simulated environment	7	87
<b>Topic 4: Cornea</b>		
<b>OP4.1</b> Enumerate, describe and discuss the types and causes of corneal ulceration	9	135
<b>OP4.2</b> Enumerate and discuss the differential diagnosis of infective keratitis	9	135
<b>OP4.3</b> Enumerate the causes of corneal edema	9	135
<b>OP4.4</b> Enumerate the causes and discuss the management of dry eye	21	399
<b>OP4.5</b> Enumerate the causes of corneal blindness	24	438
<b>OP4.6</b> Enumerate the indications and the types of keratoplasty	9	135
<b>OP4.7</b> Enumerate the indications and describe the methods of tarsorrhaphy	20	372
<b>OP4.8</b> Demonstrate technique of removal of foreign body in the cornea in a simulated environment	18	330
<b>OP4.9</b> Describe and discuss the importance and protocols involved in eye donation and eye banking	24	438
<b>OP4.10</b> Counsel patients and family about eye donation in a simulated environment	24	438

	<i>Chapter no.</i>	<i>Page no.</i>
<b>Topic 5: Sclera</b>		
<b>OP5.1</b>	Define episcleritis. Enumerate and describe the etiology, associated systemic conditions, clinical features, complications, indications for referral and management of episcleritis	10 166
<b>OP5.2</b>	Define scleritis. Enumerate and describe the etiology, associated systemic conditions clinical features, complications, indications for referral and management of scleritis	10 166
<b>Topic 6: Iris and Anterior Chamber</b>		
<b>OP6.1</b>	Describe clinical signs of intraocular inflammation and enumerate the features that distinguish granulomatous from nongranulomatous inflammation	11 175
<b>OP6.2</b>	Identify and distinguish acute iridocyclitis from chronic iridocyclitis	11 175
<b>OP6.3</b>	Enumerate systemic conditions that can present as iridocyclitis and describe their ocular manifestations	11, 23 175, 433
<b>OP6.4</b>	Describe and distinguish hyphema and hypopyon	6 47
<b>OP6.5</b>	Describe and discuss the angle of the anterior chamber and its clinical correlates	6, 13 47, 230
<b>OP6.6</b>	Identify and demonstrate the clinical features and distinguish and diagnose common clinical conditions affecting the anterior chamber	11, 13 175, 230
<b>OP6.7</b>	Enumerate and discuss the etiology and clinical distinguishing features of shallow and deep anterior chamber. Choose appropriate investigations for patients with above conditions of the anterior chamber	6 47
<b>OP6.8</b>	Enumerate and choose the appropriate investigations for patients with conditions affecting the uvea	11 175
<b>OP6.9</b>	Choose the correct local and systemic therapy for condition of the anterior chamber and enumerate their indications, adverse events and interactions	7 87
<b>OP6.10</b>	Counsel patients with conditions of the iris and anterior chamber about their diagnosis, therapy and prognosis in an empathetic manner in a simulated environment	11, 13 175, 230
<b>Topic 7: Lens</b>		
<b>OP7.1</b>	Describe the surgical anatomy and the metabolism of the lens	2, 12 8, 204
<b>OP7.2</b>	Describe and discuss the etiopathogenesis, stages of maturation and complications of cataract	12 204
<b>OP7.3</b>	Demonstrate the correct technique of ocular examination in a patient with a cataract	6, 12 47, 204
<b>OP7.4</b>	Enumerate the types of cataract surgery and describe the steps, intraoperative and postoperative complications of extracapsular cataract extraction surgery	12 204
<b>OP7.5</b>	To participate in the team for cataract surgery	12 204
<b>OP7.6</b>	Administer informed consent and counsel patients for cataract surgery in a simulated environment	12 204
<b>Topic 8: Retina and Optic Nerve</b>		
<b>OP8.1</b>	Discuss the etiology, pathology, clinical features and management of vascular occlusions of the retina	14, 15 257, 264
<b>OP8.2</b>	Enumerate the indications for laser therapy in the treatment of retinal diseases (including retinal detachment, retinal degenerations, diabetic retinopathy and hypertensive retinopathy)	15 264

	<i>Chapter no.</i>	<i>Page no.</i>
<b>OP8.3</b> Demonstrate the correct technique of a fundus examination and describe and distinguish the fundus features in a normal condition and in conditions causing an abnormal retinal examination	6	47
<b>OP8.4</b> Enumerate and discuss treatment modalities in management of diseases of the retina	7, 15	87, 264
<b>OP8.5</b> Describe and discuss the correlative anatomy, etiology, clinical manifestations, diagnostic tests, imaging and management of diseases of the optic nerve and visual pathway	16	299
<b>Topic 9: Miscellaneous</b>		
<b>OP9.1</b> Demonstrate the correct technique to examine extraocular movements (Unocular & Binocular)	19	348
<b>OP9.2</b> Classify, enumerate the types, methods of diagnosis and indications for referral in a patient with heterotropia/ strabismus	19	348
<b>OP9.3</b> Describe the role of refractive error correction in patient with headache and enumerate the indications for referral	4, 5, 6	26, 41, 47
<b>OP9.4</b> Enumerate, describe and discuss the causes of avoidable blindness and the National Program for Control of Blindness (including vision 2020)	24	438
<b>OP9.5</b> Describe the evaluation and enumerate the steps involved in the stabilization, initial management and indication for referral in a patient with ocular injury	18	330
<b>INTEGRATION</b>		
<i>A. Human Anatomy</i>		
<b>AN30.5</b> Explain effect of pituitary tumors on visual pathway	16	299
<b>AN31.3</b> Describe anatomical basis of Horner's syndrome	16	299
<b>AN31.5</b> Explain the anatomical basis of oculomotor, trochlear and abducent nerve palsies along with strabismus	16, 19	299, 348
<b>AN 41.1</b> Describe and demonstrate parts and layers of eyeball	1	1
<b>AN41.2</b> Describe the anatomical aspects of cataract, glaucoma and central retinal artery occlusion	12, 13, 15	204, 230, 264
<b>AN 41.3</b> Describe the position, nerve supply and action of intraocular muscles	1, 11	1, 175
<i>B. Physiology</i>		
<b>PY10.17</b> Describe and discuss functional anatomy of eye, physiology of image formation, physiology of vision including color vision, refractive errors, color blindness, physiology of pupil and light reflex	2, 4, 6	8, 26, 47
<b>PY10.18</b> Describe and discuss the physiological basis of lesion in visual pathway	16	299
<b>PY10.19</b> Describe and discuss visual evoke potential	6	47
<b>PY10.20</b> Demonstrate testing of visual acuity, color and field of vision in volunteer/simulated environment	6	47
<i>C. Pathology</i>		
<b>PA36.1</b> Describe the etiology, genetics, pathogenesis, pathology, presentation, sequelae and complications of retinoblastoma	17	320
<i>D. Pharmacology</i>		
Describe drugs used in ocular disorders	7	87
<i>E. General Medicine</i>		
Describe and discuss the etiopathogenesis, clinical presentation, identification, functional changes, acute care, stabilization, management and rehabilitation of vision and visual loss in the elderly	6, 12, 13, 14, 15, 16	47, 204, 230, 257, 264, 299