

# Career in Ophthalmology

## Orientation session with Undergraduates

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**No Conflict of Interests**



# Career in Ophthalmology

## Orientation session with Undergraduates

### **Objectives:**

**Will be able to have future vision and objectives in medical field**

**Define ophthalmology, its sub-specialties & its importance**

**Will be able to prioritize a specialty for future professional career**





# Career in Ophthalmology

## Orientation session with Undergraduates

### How to Select a specialty:

**You, Medical professional & your Vision**

**Ophthalmology**

**Personal Priority (Surgical and Medical)**

**Existing Human resource and national demand**

**Training opportunity**

**Treatment outcome & Cost effectiveness**

**Stress**

**Professional Ethics**

**Financial Benefits**

**Respect**



# Career in Ophthalmology

## You, Medical Profession & your Vision

### **VISION:**

**Ability to think about or plan the future with imagination or wisdom**

- **Vision Statement** describes the desired future position of the organization or one self.

**Identify your Personal Vision as a development strategy**



# Career in Ophthalmology

## You, Medical Profession & your Vision

**Vision provides a sense of purpose and direction**

**Vision will help you define your short and long-term goals**

**It guide the decisions you make along the way**

**Your personal vision defines who you want to be, what you want to be known for and the set of experiences and accomplishments you aim for**



# Career in Ophthalmology

## You, Medical Profession & your Vision

### Responsibilities As Student:

**Knowledge**

**Skills**

**Attitudes**

**“New member of Health Care team”**

**Active learner      Passive learner**



# Career in Ophthalmology

## You, Medical Profession & your Vision

**Health Professional:**

**Curator    Learner    Teacher    Researcher**

**Manager   Planner   Prevention**

**Communicator & Collaborator**

**Standards of Professional Ethics**

**Leader?**

**Who is the center of Health Care?**





# Ophthalmology

## Ophthalmology

**Ophth: Eye**

**Logus: Knowledge**

**Medical Science related to eye  
(Anatomy, Physiology, Pathology and diseases of eye)**

**Surgical & allied Specialty**



# Career in Ophthalmology

## Ophthalmology:

Smell

Taste

Hearing

Touch

Sight



# Career in Ophthalmology

## Ophthalmology:

### First Specialty to

- Established Medical Specialty Board in the world  
(American Board of Ophthalmic Examinations (1916)  
Later American Board of Ophthalmology (1935)
- Perform RCT
- Use Lasers
- Use antiviral drugs
- Perform successful allografts (corneal)



# Career in Ophthalmology

**Surgical**

**Medical**

**Subspecialties:**



# Career in Ophthalmology

## Ophthalmology

### Subspecialties:

**Vitreo-Retina**

**Uveitis**

**Cornea**

**Neuro-ophthalmology**

**Glaucoma,**

**Paeds Ophth & Strabismus,**

**Orbit & Oculoplasty,**

**Cataract & refractive surgery**



# Career in Ophthalmology

## Super-subspecialties

**Surgical & Medical**

**Medical & Surgical Glaucoma,**

**Medical & Surgical Retina,**

## Super-Super subspecialty:

**Macular surgeons,**

**ROP,**

**Diabetic surgeon**



# Career in Ophthalmology

## Personal Priority



I think I made the wrong career  
choice

— Tony Blair —

AZ QUOTES

**60% OF WORKING  
ADULTS FULLY  
REGRETTED THEIR  
CAREER CHOICES.**

Source: Fast Company & Inc  
an American Survey



Here are some reasons



# Career in Ophthalmology

Existing Human resource and national demand

**250**      **OSP membership**      **Khyber Pukhtunkhwa**

**25 million (approx)**      **KP population (Merged districts)**

**One ophthalmologist per 100000**





# Career in Ophthalmology

## Training opportunity

**PGMI, Peshawar:**

**Total Applications in July 2020: 1110**

**Left Over: More than 200**



All of these are saturated or nearly saturated. It will be difficult to find training slot. However in ophthalmology, slots are easily attainable and more easily in subspecialties

## **PGMI, Peshawar:**

**Medicine**

**General Surgery**

**Dermatology**

**Obstetrics & Gynae**

**Pediatrics**

**Urology**

**Orthopedic Surgery**

**Diagnostic Radiology**

**Cardiology**



Number of public sector & private sector hospitals/institutions,  
there r others well reputed organizations like LRBT, Alshifa

**Centre of Excellence    Department of ophthalmology    HMC**

**PGMI Induction: Some of specialties are really congested**

**Specialty Training**

**Subspecialty Training**

**ICO / APAO / SAARC / Common Wealth Scholarships**

**International NGOs**



# Career in Ophthalmology

## Treatment outcome & Cost effectiveness

**Most common causes of visual impairment and blindness are treatable or at least preventable**

**Treatable: Refractive errors & Cataract**

**Preventable: Glaucoma, Diabetic retinopathy,**

**ARMD, Corneal Opacities, Ocular trauma**



# Career in Ophthalmology

## Treatment outcome & Cost effectiveness

### International Agency Prevention of Blindness Report (2013):

- If blind population is rehabilitated, the productivity gain will be 0.7% of GDP
- If only avoidable blindness is treated, savings will be 0.6% of GDP

**Every dollar spent on prevention/treatment has potential of six dollars yield in return**

Fred Hollows Foundation (FHF). Costs and Benefits of Ending Avoidable Blindness.

[http://www.hollows.org/au/latest/investing-in-vision-the-costs-and-benefits-of-ending-avoidable-blindness.](http://www.hollows.org/au/latest/investing-in-vision-the-costs-and-benefits-of-ending-avoidable-blindness)



# Career in Ophthalmology

## Stress

**Sleep deprivation:** 80 Duty hours/ week , At least 10 hours between sleep, No more than 30 hours on call, 1 day off in a week

**Role Conflict/ambiguity:** Super hero clash with reality of life as resident. Other work than Pt's care (transporting trolley or pt's material

**Professional responsibility & Family problems**

**New Stresses:** Unavailability of Jobs/ future income/cost of training/new working atmosphere



# Career in Ophthalmology

## Stress

### Ophthalmology

**No Urgencies** except CRAO & Acute rise in IOP

**Emergencies** e.g OGI (Prepare for GA)

**Mostly No threat to Life**

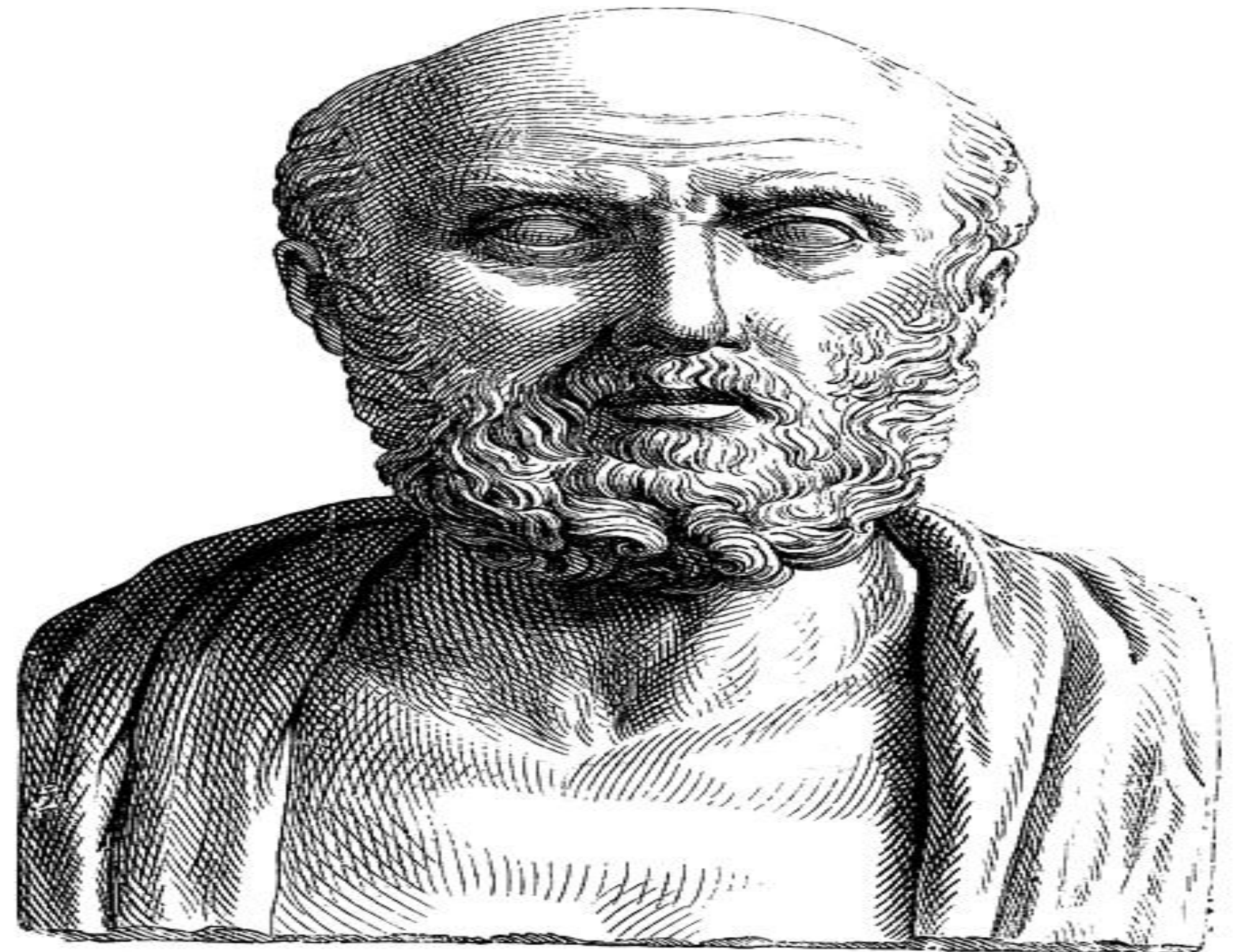
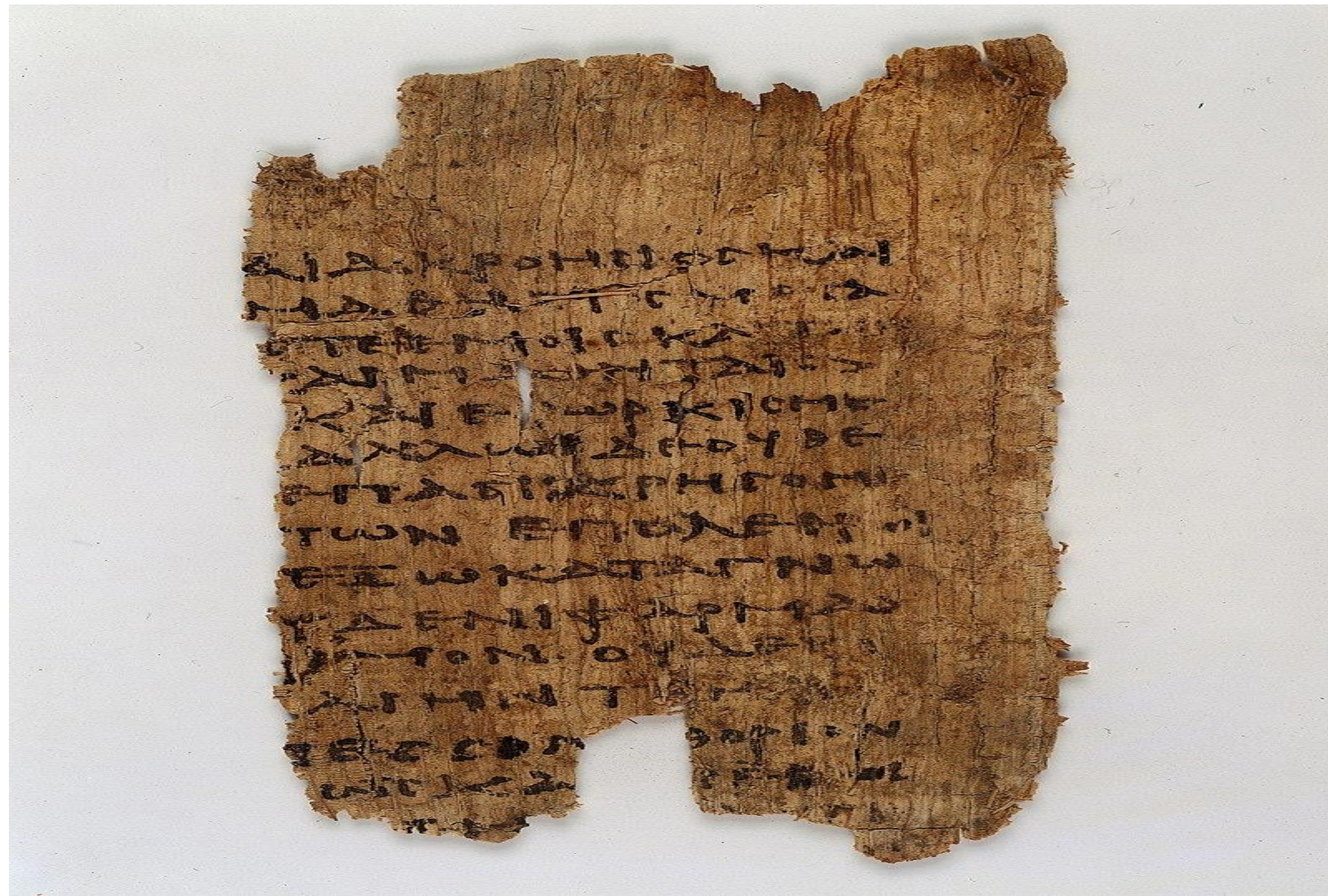
**Calls at night (Very unusual)**



# Career in Ophthalmology

## Standards of Professional Ethics

### Professional Ethics





# Career in Ophthalmology

## Professional Ethics

### HIPPOCRATIC OATH

**Autonomy**

**Beneficence (Do good)**

**Non-maleficence (Do not Harm “Primum non nocere”)**

**Justice**



# Career in Ophthalmology

## Professional Ethics

Because of its **independence (Ophthalmologist)**

**Comparatively easy to maintain Professional ethics & values**

**Radiologist and pathologist have to keep physicians/surgeons obliged**

**Difficult for them to survive and get referrals maintaining high standards of medical ethics**



# Career in Ophthalmology

## Financial Benefits

**Surgical specialty**

**Huge demand**

**Cost effective**



# Career in Ophthalmology

**Respect & Satisfaction**

**Choose Wisely**





# Thanks

