

INTERNSHIP AT WAVIKAR EYE INSTITUTE - THANE

OBJECTIVE

To guide new Optometry Interns through systematic observation, training, and supervised practice, leading to independent clinical functioning and upskill them by end of Internship, to expose the interns to wide range of patients, advanced technology and clinical trials.

DURATION

One Year (Observation + Hands-on-Training + Department Postings)

DEPARTMENTS

OPD, IPD, Contact Lens, Low Vision Aids Department, Orthoptics, Posterior Segment Investigations, Anterior Segment investigations, Cataract Investigations, Research, Counselling and Outreach Activities

INTERNSHIP OUTCOMES:

To ensure that the interns have hands-on experience, enhance the clinical optometry skills of the B.Optomety final year students, qualified for primary eye care management, confident in ocular diagnostic, counselling Skills, Confident in independent practice or jobs selected for, Accuracy in objective and subjective refraction for different age groups, Able to analyze different ocular diagnostic reports, Interpretation and Report writing

PROTOCOL/ SCHEDULE FOR INTERNSHIP FOR A YEAR

FIRST MONTH:

ORIENTATION AND OBJECTIVE AND SUBJECTIVE REFRACTION TRAINING:

Week 1

Orientation and Induction, details of Internship program, Refraction test - practical test to judge their refraction abilities, give them a thesis topic or update on given thesis topic, assigning them clinical trial with fellow or consultant to assist them in collection of data for clinical trials. Department Introduction **Tour of clinic:** consultation rooms, procedure, camps introduction, cabins, testing rooms, counselling, thesis, clinical presentation, clinical studies and optical services. **Observation Focus:** Netram Training and patient etiquettes, Interpersonal communication skills. **Performing:** PGP, Centration, PD (Pupillary Distance) measurements, AR (Auto Refraction). **Netram Entry:** Patient check-in and check-out, Recording patient details – Demography. **Clinical procedures:** History taking, Visual acuity assessment, IOP measurement- Perkins, applanation, Retinoscopy, Refraction techniques, Basic diagnosis, Log Book. Focus on real-time case exposure, workflow understanding, sac syringing and patient management.

Week 2

Charity and Camp Posting, Refraction under Senior Supervision

Week 3

Refraction practice to OPD patients under continued supervision with rotational postings in Charity and Camps

Week 4

Refraction practice to OPD patients under continued supervision with rotational postings in Charity and Camps

SECOND MONTH

REFRACTION PRACTICE TO OPD PATIENTS UNDER CONTINUED SUPERVISION WITH ROTATIONAL POSTINGS IN CHARITY AND CAMPS

THIRD MONTH

Week 1 & Week 4

INSTRUMENT ROOM TRAINING

Observation and Hands-on Orientation

- Operating and maintaining diagnostic instruments (switch on/off protocols)
- HMIS entry for instruments

Protocols for:

- Data entry
- Measurement standards
- Pre-examination work-ups

At the end of three months 150 refractions to be done by each interns (assessment through log book)

Case discussion - cases to be discussed as per their observation in the opd

FOURTH MONTH

ADVANCE DIGNOSTICS AND WORK -UPS

• Introduction and supervised training on:

Reading manuals and literature of below diagnostics equipment -**for the Economy and premium cataract work up**

- IOL Master 700 , Verion, Ms-39, PVAM , optomap, Specular microscope, Manual keratometry net cylinder calculation begin performing under supervision

colour vision tests

Start performing cataract work under seniors mentorships

Note - 2 interns per posting

interpretation of reports - for each procedure

FIFTH MONTH

• Introduction and supervised training on:

Week 1 & week 4

Reading manuals and literature of below diagnostics equipment - **With previous work up additionally hands on Trifocal cataract work up , ICL , prelex work up ,**

OCT (Macula, Rnfl, Angio) OSA training

OCT (Macula, Rnfl, Angio, pachy) OSA begin performing under supervision

Filling work up sheets

Interpretation of reports - for each procedure

Reading manuals and literature of below diagnostics equipment - **Lasik work up**

Vario, Corvis

Filling lasik work up sheets

Interpretation of reports - for each procedure

SIXTH MONTH	• Introduction and supervised training on:
Week 1 & week 2	Reading manuals and literature of below diagnostics equipment - Glaucoma work up HFA , OCT (, Angle, pachy, Macula,Rnfl) optomap -for freshening up ,basic information of gonioscopy Filling Glaucoma work up sheets
Week 3 & week 4	Interpretation of reports - for each procedure Practical assesment on intruments trained in week 1 and 2 checking log book and gradiation of progress of interns Thesis review Clinical presentation Training on research and other sources to finish that thesis Speciality workshops -Contact lens ,low vision, vision therapy ,bynocs ,revital, IACLE training
DEPARTMENTAL ROTATION	
Postings in Specialized Departments 1. Pediatric Optometry 2. Retina 3. Glaucoma 4. Operation Theatre (OT) 5. Contact Lens and Low Vision Aids	
SEVENTH MONTH	PEDIATRIC OPTOMETRY , ORTHOPTICS AND BINOCULAR VISION
Week 1	Birth history Retinoscopy, Refraction
Week 2	Cover test /hirschberg / krinsky for strabismus screening Pupillary reflex testing and confrontation fields Cycloplegic refraction NPA and NPC (near point of convergence and near point of accomadation and stereoacuity testing)
week 3 & week 4	Orthoptics and binocular vision (basics informationand observership for interns- they can do detail study during paid fellowship after their internship with WEI) orthoptic exercise WFDT , Accomadative flippers , NPA ,NPC prisms

EIGHT MONTH

RETINA & GLAUCOMA

Week 1 & week 2

Slit lamp techniques overview on slit lamps techniques by notes
Slit lamp techniques training - Anterior segment and posterior segment - fellow doctors to give training
Fellow doctors to give the training
Observation , case presentation and discussion with mentors

Week 3 and week 4

Optical training

Dispensing ,types of frame,frames selection, IPD , counselling ,sales , types of lens and frames material,brands ,

NINTH MONTH

CONTACT LENS AND LOW VISION

week 1 & week 2

Basics of contact lenses , contact lens fitting , counselling ,types of contact lenses available ,brands of contact lenses , prescription ,special cases like aphakia,aniridia ,scars

week 3 & week 4

Low vision devices ,Distance and vision devices ,counselling, rehabilitation ,despensing ,advancement

TENTH MONTH

CORNEA AND EYE BANK

Week 1 & week 2

Clinical observation of cornea patients with consultant, corneal diseases ,Treatment,
Eye donation activities , enucleation call, eye donation awerness , procedure of filling pledge forms , eye donation procedure , do and donts in eye donation ,review of eye bank

documentation of eye bank

Week 3 & week 4

Research Activity

Masterchart review ,research teaching by Dr.Maninder sir,data analysis , computation in research
Basics of tele optometry and practical in Tele optometry examination and advance technology

ELEVENTH MONTH

Independent OPD, Procedures and camps,charity, OT Posting

Independent OPD, Procedures and camps,charity
Basic information of FFA and VEP / ERG
OT Posting and Pre-op and post-op Instructions counselling

TWELTH MONTH - End of Internship	Log Book Submission with a year's entry of all postings
	Submission of soft copy and hard copy dissertation
	Submission of publication articles
	Submission of copy of offer letter from campus interview
	Testimonial for college digital library
	Issue of Internship Certificate
	Collection of Originals retained by college
	preparation for campus interview

IMP NOTE	With all the learning to attain a comprehensive knowledge of optometry during internship we have design a yearly flow chart of the training month wise, these training will go along other essential postings in opd, camp and charity as per the situational requirement there can be minor changes in the detail training as scheduled
-----------------	---