



Monday 18 May 16.00 – 17.30 Demystifying UFOs – An Essential Session for Ophthalmology Trainees

Delivered by Dr Waheeda Illahi, Mrs Charlotte Scriven & Professor Peter Good

This dynamic, interactive teaching session, delivered by a Consultant Optometrist, and a Consultant Visual Scientist aims to equip ophthalmology trainees of all grades with clarity and confidence in preparing for the refraction exam and navigating Ultrasounds and OCT's. The course blends short lectures, video demonstrations, and real-life case-based discussions to help develop practical understanding and clinical competence.

Participants will gain insights into interpreting basic ocular ultrasound scans, with emphasis on identifying vitreo-retinal disorders and intra-ocular lesions.

Use of OCT in diagnosing macular and optic nerve pathologies, differentiating between glaucoma, AMD and inherited ocular conditions, with guidance on recognising abnormal findings. An understanding will be gained on how differing imaging techniques can help in determining acquired and inherited eye conditions.

Optometric components will include adult refraction and prescribing principles. Guidance on establishing a step by step routine to carry out retinoscopy and subjective refraction will be highlighted. Binocular balancing and use of the duochrome and the accommodation rule will be demystified.

Prescribing for the presbyopic patient will be discussed with a 'hands on' opportunity for the trainees to become familiar with different types of spectacles, including high plus, high minus, bifocal and varifocals. A hand out will be provided on focimetry

"We're demystifying UFOs — and by UFOs, we mean *Unidentified Refraction Obstacles*. Attend this session or risk your exam prep vanishing into thin air like a flying saucer."

Aims and objectives

1. Equip trainees to perform and interpret basic ocular ultrasound for retinal detachment and posterior segment pathology, with useful hands on tips for 'out of hours' interpretation of emergency scans
2. Update trainees on interpreting OCT's differentiating between glaucoma, AMD and inherited ocular conditions
3. Demystify optometry examination and refraction techniques for adults.
4. Guidance on establishing a step by step routine to carry out retinoscopy and subjective refraction.



5. Provide a 'hands on' opportunity for the trainees to become familiar with different types of spectacles, including high plus, high minus, bifocal and varifocals