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COSIG-GECIO

Canadian Ophthalmology Student Interest Group
Groupe étudiant canadien d'intérêt en ophtalmologie



Virtual Introductory Summer Course in Ophthalmology (VISCO)

Course handbook

Summer 2022



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Introduction

As the complexity of medicine increases, medical school curricula have needed to prioritize evolving areas to prepare future physicians for diverse career paths. With limited teaching time and a dense curriculum, many medical students report deficiencies in certain specialty areas, including ocular disease management. The COVID-19 pandemic has amplified a strained medical school curriculum, as many schools have temporarily ceased their clinical skills teaching and elective opportunities have been severely restricted. As ophthalmology can be a very technical field that is best taught with hands-on teaching, students have been particularly impacted in how they gain knowledge, skills, and confidence in the field.

With the movement of education onto virtual platforms, there is impetus to utilize innovative virtual methods to facilitate clinical education. Thus, with the generous support of the University of Ottawa Department of Ophthalmology and Visual Sciences and the Canadian Ophthalmology Student Interest Group (COSIG), we have created the 2022 Virtual Introductory Student Course in Ophthalmology (VISCO), which aims to connect medical students and educators over 6 weeks of live workshops.

VISCO is completely free and aims to increase accessibility to expert ophthalmology knowledge, no matter what stage you are at in your medical training. The course is composed of two parts: 1) a high-yield structured reading guide using curated resources that is meant to provide background knowledge to supplement the workshops, and 2) six live weekly workshops presented by ophthalmology faculty and residents across Canada. During the course, you will have opportunities to win prizes and learn ophthalmology from incredible teachers.

We thank you for participating in the inaugural 2022 VISCO sponsored by the University of Ottawa. We hope to provide you with skills in basic ocular disease management to build confidence regardless of your future career path!

Sincerely,

VISCO Planning Committee

Course Information

Objectives

1. Create an interactive workshop-based virtual ophthalmology course to supplement existing medical curricula for Canadian medical students
2. Curate accessible resource materials as background to supplement workshops
3. Create a learning community among medical students to learn ophthalmology

Structure

The reading guide is available [here](#) if you are interested in reading up on the workshop content before each session. This may help to enhance your participation and comprehension during the workshop, as the workshop itself aims to focus on high yield and interactive content. The workshop schedule is available in this handbook as well as on the [COSIG website](#). Each workshop will be run by an ophthalmologist or senior ophthalmology resident. During the workshops, there will be opportunities to ask questions and self-test your knowledge, such as through the game platform Kahoot!

Feedback and Evaluation of the Course

It is crucial for the ongoing success of the course that participants complete the pre-course and post-course surveys. The pre-course survey is incorporated directly into the registration form, which can be accessed [here](#), the post-course survey will be emailed to you following completion of the course in July. Before and after each workshop, you will be asked to complete a very brief questionnaire and feedback form. All feedback will be received anonymously and will be used to help hosts improve their teaching skills. There will be time set aside for completing these forms, and we greatly value your feedback!

Prizes

There are \$500 worth of prizes to be won for engaging in this course. As a thank you for your time, you will also be entered into gift card draws for participating in the pre-course and post-course as well as participating in each week's Kahoot!

Schedule

Date/Time	3 - 5PM EDT
Sunday, June 19, 2022	Introduction Dr. Michael Thai Binh Nguyen
Sunday, June 26, 2022	Optical Coherence Tomography (OCT) Dr. Danah Albreiki
Sunday, July 10, 2022	Retina Dr. Adnan Alawami
Sunday, July 17, 2022	Pediatrics & Optics Dr. Michael Wan
Sunday, July 24, 2022	Glaucoma Dr. Irfan Kherani
Sunday, August 7, 2022	Refractive Surgery Dr. Kashif Baig Uveitis Dr. Chloe Gottlieb

Speaker Bios



Dr. Michael Thai Binh Nguyen, MD, PGY-4, University of Toronto

Michael Thai Binh Nguyen is a PGY4 ophthalmology resident at the University of Toronto. He completed medical school at McMaster University and is currently serving as the Co-Chief Resident at the University of Toronto. He was also elected President of the Council of Canadian Ophthalmology Residents (CCOR) for 2021-2022 as part of the Canadian Ophthalmological Society (COS). He is interested in leadership and medical student education and is the Founding Course Director of the Virtual Introductory Student Course in Ophthalmology (VISCO)



Dr. Danah Albreiki, MBBS, FRCSC

Dr. Albreiki moved from Saudi Arabia to complete her residency training in ophthalmology at the University of Ottawa Eye Institute. She then proceeded to complete a fellowship in neuro-ophthalmology and adult strabismus surgery at the Eye institute in 2012. Dr. Albreiki is currently an Assistant Professor at the University of Ottawa Eye Institute. Dr. Albreiki has a passion for teaching, and was privileged to be the first to win the Dr. William Clarke medical teaching award two years in a row in 2015 and 2016. Dr. Albreiki has a research interest in GCA and medical education. She is director of the neuro-ophthalmology fellowship training program at Ottawa university, a member of the EYE VAN, the Co-Director and content expert for the uOttawa Ophthalmology Undergraduate Medical Education "Anglophone stream", the founder of the "Mentor to inspire" mentorship program for the uOttawa Ophthalmology Residency Program. Dr. Albreiki is a national and international examiner for the Royal College of Physicians and Surgeons of Canada and the founder and director of the Canadian neuro-ophthalmology review course (CNORC).



Dr. Adnan Alawami, MBBS, PGY-5, University of Ottawa

Adnan Alawami completed medical school at Imam Abdulrahman Bin Faisal University in Saudi Arabia. In his spare time, he enjoys spending time with family and friends and catching up on the latest soccer match.



Dr. Michael Wan, MD, FRCSC

Michael Wan is a paediatric ophthalmologist at Sick Kids Hospital and an assistant professor at the University of Toronto. He received his medical degree from Western University and completed his ophthalmology residency at the University of Toronto. He completed a fellowship in paediatric ophthalmology and strabismus, with an additional year of training in neuro-ophthalmology, at Boston Children's Hospital and Harvard Medical School.



Dr. Irfan Kherani, AB, MD, FRCSC

Dr. Irfan Kherani was born and raised in Edmonton finishing high school at Lester B. Pearson United World College in Victoria, BC on the Government of Alberta Grant MacEwan Scholarship. Following his undergraduate degree at Princeton University in Molecular Biology with Certificates in Global Health & Health Policy and Theatre Arts, Dr.

Kherani moved back to Edmonton graduating from medical school at the University of Alberta in June 2015. Thereafter, he completed residency training in Ophthalmology at the University of Ottawa with fellowships afterwards in Glaucoma & Advanced Anterior Segment Surgery at the University of Toronto and Vision Rehabilitation at the University of British Columbia. He is currently working through the one-year Harvard University Global Clinical Scholars Research Training Program. Dr. Kherani offers the full gamut of glaucoma and anterior segment medical, laser and incisional surgery including complex cataract/intraocular lens, angle-based Schlemm's Canal and sub-conjunctival, needling, trabeculectomy and tube-shunt surgery. Academically, he has previously evaluated the role of tele-ophthalmology, both tele-glaucoma and tele-retina, in resource limited settings, as well as the role the

uniform-field electroretinogram photopic-negative response in reflecting ganglion cell function in patients with early glaucoma. Dr. Kherani hopes to pursue research

in vision rehabilitation, especially in glaucoma patients aimed at optimizing their function, as well as a newfound interest in the quantitative effect of glaucoma laser and surgery, comparing both traditional and micro-invasive, on intraocular pressure fluctuation.

Dr. Kherani has a strong interest in Medical Education, and is currently working with the Royal College of Physicians and Surgeons of Canada (RCPSC) to help develop the ophthalmology competencies for use in Competency Based Medical Education (CBME). He has a background in competency development, trainee assessment and program evaluation. Dr. Kherani has previously served on the Board of the Canadian Federation of Medical Students as (CFMS) as Executive Vice-President Medical Education, Board of the Canadian Residency Matching Service (CaRMS), Council of the Medical Council of Canada (MCC), the Resident Doctors of Canada (RDoC) as Chair of the Board and most recently as President of the Council of Canadian Ophthalmology Residents (CCOR).



Dr. Kashif Baig, MD, FRCSC, MBA

Dr. Kashif Baig is a Cornea, Anterior Segment, and Refractive Surgeon providing tertiary-level care at the University of Ottawa Eye Institute. Dr. Baig is the Medical Director at Herzig Eye Institute Ottawa, our partner location, opening the fall of 2019. He has been an active member of the Toronto surgical team since April 2018, traveling back and forth from Ottawa to perform SMILE, LASIK, PRK, RLE , refractive cataract surgery, and traditional cataract surgery. Dr. Baig currently serves as the President of the Canadian Cornea, External Disease, and Refractive Surgery Society, and the Executive Director of the Sally Letson Foundation. Dr. Baig is an Assistant Professor at the University of Ottawa, Pediatric Cornea Consultant at the Children's Hospital of Eastern Ontario, Clinical Investigator in Regenerative Medicine at the Ottawa Hospital Research Institute, and Director of Clinical and Research Fellowships in Cornea, Anterior Segment, and Refractive Surgery. He completed his medical and residency training at McGill University in Montreal, Master of Business Administration Degree (specializing in Health Services Management) at McMaster University in

Hamilton, and Fellowship training in the United States. Dr. Baig has a strong interest in the development and implementation of surgical innovations in corneal and anterior segment surgery.



Dr. Chloe Gottlieb, MD, FRCSC

Dr. Gottlieb is a uveitis & medical retina specialist at the University of Ottawa Eye Institute. She is Assistant Professor, Residency Program Director and Vice-Chair of Education in the Department of Ophthalmology, Faculty of Medicine, University of Ottawa. Dr. Gottlieb received the Department of Ophthalmology clinical teaching award in 2019. She is a member of the Female Physician Leadership Committee of The Ottawa Hospital. Her roles with the COS include the MOC committee, Advocacy committee and the adjudication committee for the Awards for Excellence in Research of the COS Annual Meeting.

Dr. Gottlieb enjoys her role as a consultant to the department of ophthalmology at the Children's Hospital of Eastern Ontario, where she co-manages the care of children with uveitis alongside a multidisciplinary team. She is currently working with a national group of uveitis specialists led by the Canadian Rheumatology Association, who together will create a set of Canadian guidelines on the management of JIA-associated uveitis.

Tips for Success

Important Links

- [COSIG website VISCO](#)
- [Registration form](#)
- [Reading guide](#)
- [Kahoot](#)

How can I get the most from this experience?

You can review the high yield reading materials before each workshop to help contextualize the workshop information. These may also act as good review resources following the workshop.

Everyone is welcome to participate in these workshops, regardless of year of training and comfort or interest in ophthalmology, as the aim is to create a safe learning environment for students to learn about ocular health. All workshops will occur on Zoom. If you are new to Zoom, here is a 1 minute video on how to join a Zoom meeting:

<https://www.youtube.com/watch?v=hlkCmbvAHQQ&t=65s>.

Remember to provide any feedback in the questionnaires. Most importantly, have fun!

What is Kahoot!?

The workshop hosts may choose to use Kahoot! to help make workshops engaging and fun. Kahoot! is a game based learning platform that will be used during the workshops to help reinforce content. Learn more about it here, in this 1 minute video:

<https://www.youtube.com/watch?v=7XzfWHdDS9Q>.

To use Kahoot!:

1. Go to <https://kahoot.it/> on any device, such as your cell phone or laptop.
2. Enter the game PIN, which will be provided during the workshop.
3. Enter a nickname: be creative! How many unique eye puns can you come up with? Please do not use your actual name as it will be public on the leaderboard.
4. Test your knowledge, and select the best answer as fast as possible!
5. The top 15 participants on the leaderboard each workshop will be entered into a draw for a \$25 gift card.



Frequently Asked Questions

1. Why should I participate?

Ocular complaints are prevalent and can greatly impact patient quality of life. It is important for all physicians to have a certain comfort level in managing basic eye issues, regardless of your future career path in medicine. Therefore, VISCO aims to demystify ophthalmology and to provide students access to high quality live teaching and high yield resource content to reinforce important ophthalmology concepts.

2. Who is eligible to participate in this course?

All Canadian medical students, regardless of year of training and interest level in ophthalmology, are invited to participate in this course! We believe that the high-yield content presented during the workshops and through the reading material are pertinent to all future medical practitioners.

3. Can international students or pre-medical students participate in the course?

As the aim of this course is to provide a Canadian perspective to ophthalmology to medical students, some of the content may be less relevant for students studying outside of Canada. Additionally, some of the course content may be challenging for students without a background in medicine. However, interested international or pre-medical students are welcome to participate in the course.

4. Should I still register if I can't make it to all the workshop dates? Will workshops be recorded?

Yes - please register even if you can't make all the dates. This will provide you access to the workshop links/prize draws for the times that you can make it. We will do our best to record some sessions, however, this is at the discretion of the workshop host. Additionally, as the nature of the workshops is very interactive, you will get more out of it by attending in person.

5. Can I register even though the course has already started?

Yes - while you may have missed a few sessions, you can register to gain access to the remainder of the workshops! Please remember to fill out the pre-course survey during registration and to complete the post-course survey following the completion of the course to be eligible for prizes.

6. Who do I contact if I am experiencing any technical difficulties?

Please see the contact information on the next page.

Planning Committee

Dr. Cody Lo, MD, Course Co-Director

Ms. Anne Xuan-Lan Nguyen, Founding MS Lead, MD Candidate 2023, McGill University

Mr. Mohammad Khan, MS Lead, MD Candidate 2023, McMaster University

Mr. Andrew Samuel, MS Lead, MD Candidate 2023, University of Manitoba

Dr. Danah Albreiki, MBBS, FRCSC

Dr. Michael Dollin, MD, FRCSC

Dr. Michael Thai Binh Nguyen, MD, Founding Course Co-Director

Contact us

For any questions, comments, or concerns please contact:

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