

**Kuwait Institute for  
Medical Specialization  
Ministry of Health, Kuwait**

Kuwait Institute for Medical Specialization (KIMS) is the authority of the Ministry of Health, State of Kuwait, that is responsible for planning all aspects of postgraduate training of medical and other health professionals in Kuwait. It organizes the internship training of recently qualified medical graduates, and specialty level and continuing education programs for all health professionals.

In fulfilling its aim of providing specialty level training in the different fields of medicine, KIMS has established a number of Faculties and Committees, which initiate and coordinate postgraduate training. They are in Internal Medicine, Surgery, Pediatrics, Obstetrics & Gynecology, Family Medicine, Laboratory Medicine, Radiology, Nuclear Medicine, Anesthesia, and Dentistry. This booklet gives an outline of the training program in Ophthalmology Postgraduate Training Program. Registration in the programs is open to doctors practicing in Kuwait as well to those based in institutions in the other GCC countries subject to availability. Interested readers are requested to contact KIMS, for additional information on the program described here, or for details of other activities organized in the specialty.

## Table of contents

Overall aim	1
Training center	1
Admission requirements	1
Program description	2
Basic Specialty Training (BST)	2
General objectives	2
Training program	2
In-training evaluation and Final Examination	3
Higher Specialty Training (HST)	4
General objectives	4
Training program	5
In-training evaluation	5
Final Examination	6
Certification	6

## **OVERALL AIM**

The program is designed to train the selected residents to gain relevant academic knowledge, clinical experiences and surgical skills required to work as senior registrars and later (after gaining more research, teaching and subspecialty experiences) be eligible for promotion to consultant.

The program is divided into 2 parts:

- Part I (2 years) - Basic Specialty Training (BST) qualifies the successful residents to be promoted to the registrar level in the Ophthalmology Department and to continue with Part II of the postgraduate training program.
- Part II (3 years) - Higher Specialty Training (HST) qualifies the successful candidates to be awarded the Specialization Certificate in Ophthalmology by KIMS (SCO, KIMS) and promoted to work as senior registrars in the Ophthalmology Department.

## **TRAINING CENTER**

The accredited Department in Al-Bahar Ophthalmic Center at Ibn Sina Hospital, which has 104 beds and fully equipped outpatients and casualty clinics, 4 major theaters, 2 minor theaters, Ocular Pathology lab, general medical clinic run by a full time Physician, Library, Conference Auditorium and Internet room.

## **ADMISSION REQUIREMENTS**

The applicants for admission to the training program should:

- Have a basic medical degree approved by the Ministry of Higher Education, Kuwait and by KIMS, preferably with above-average academic record.
- Have completed the internship period administered by KIMS or comparable training abroad acceptable to KIMS, preferably with satisfactory reports from the supervisors.
- Be employed by a Ministry of the State of Kuwait or by another institution outside Kuwait, subject to approval by KIMS and the licensing Authority of the State of Kuwait. Priority will be given to the applicants with previous experience in ophthalmology.
- Pass the interview and assessment that would be conducted by the Residents Selection Committee appointed by KIMS.

## **PROGRAM DESCRIPTION**

The program starts in October every year and lasts for 5 years. It is divided into 2 distinct training periods:

1. Basic Specialty Training (BST) of 2 years' duration.
2. Higher Specialty Training (HST) of 3 years' duration.

### **Basic Specialty Training (BST)**

#### **General Objectives**

On completion of the BST (the first 2 years) and passing the BST Final Examination every candidate must have:

- Comprehensive knowledge of the basic sciences including embryology, anatomy, histology, physiology, biochemistry, pathology, microbiology and pharmacology of the eye, its adnexa, the visual pathways and the visual system.
- Comprehensive knowledge of physical, geometric and applied optics and errors of refraction and their measurement and correction.
- Registrar level clinical experiences in Ophthalmology enough to work with competence in the emergency and outpatient clinics.
- Satisfactory skills in minor surgical procedures, regional anesthesia, periocular injections and preoperative and postoperative management.
- Comprehensive knowledge and skills in harvesting, preserving and transporting eyes for corneal transplantation.

#### **Training Program**

Every trainee will be required to maintain a Surgical Log Book during training. A format for the Log Book will be provided at the beginning of the training period.

The residents will spend 2 years in Al-Bahar Ophthalmic Center rotating in the different subspecialty units of the Department as given below to study the different subjects of Clinical Ophthalmology:

##### **4 months each in**

- Cornea and External eye diseases
- Vitreoretinal disorders
- Oculoplasty and Orbital diseases

##### **2 months each in**

- General Ophthalmology
- Glaucoma
- Uveitis
- Pediatric Ophthalmology
- Neuro-Ophthalmology
- Strabismus.

In addition, the residents will have regular duties in the casualty clinic for at least 18 hours a week.

During each rotation period the resident will be attached to one tutor under the supervision of the Head of the Unit.

### **In-training Evaluation**

At the end of each rotation period a formal in-training report will be filled and signed by the tutor, head of the unit and head of the Department and given to the program director to be kept in the file of the resident.

One unsatisfactory or 2 borderline in-training reports will place the resident on probation during the next rotation period. If the resident's performance continues to be unsatisfactory during that period, he/she is dismissed from the program.

At the end of BST a report will be written and signed by the program director and the Chairman of the PGTP Committee as an end-of-training evaluation. The report will be based on the overall attendance, behavior and participation of the resident in the Department and PGTP scientific activities e.g. clinical meetings, Journal clubs, symposia, courses and lectures etc. The Surgical Log Book, too, will be evaluated.

### **BST Final Examination**

The BST Final Examination will be held every 6 months and is composed of:

Module 1 - Basic Sciences Examination: 60 MCQs for 2 hours.

Module 2 - Optics and Refraction Examination: 60 MCQs for 2 hours.

Module 3 - Basic Clinical Ophthalmology Examination:  
a. 60 MCQs for 2 hours.  
b. Oral examination for 40 minutes in 2 stations.  
c. Clinical examination for 40 minutes.

The resident is permitted to sit the 3 module examinations at the end of the second year (end of BST).

The resident will be considered as having completed the BST and would be allowed to start HST if he/she:

1. Obtained satisfactory in-training and end-of-training reports.
2. Passed the 3 module examinations.

Any resident who fails will be suspended from the program for one year. He/She will be allowed a maximum of 2 attempts to re-sit the failed module examination. If successful, the candidate will proceed to start HST at the beginning of the following academic year. The residents who fail will be dismissed from the program.

## **Higher Specialty Training (HST)**

### **General Objectives**

On completion the HST and passing the HST Final Examination the graduate will be able to perform the following:

- Full Ophthalmologic examination and relevant investigations including field examination, Fluorescein Angiographies, electrophysiology, ultrasonography etc.
- Diagnosis and management of all common eye disorders in Kuwait and Gulf area.
- Diagnosis and management of all ocular emergencies.
- Excision of lesions of the cornea, conjunctiva and ocular adnexa.
- Surgical procedures on naso-lacrimal passage.
- Corrective surgery, i.e. trichiasis, entropion, ectropion and other common disorders.
- Management of strabismus medically and surgically.
- Intraocular procedures i.e., cataract surgery, filtering procedures, iridectomy and anterior vitrectomy.
- Simple retinal procedures like cryopexy and uncomplicated retinal detachment.
- Evisceration and enucleation.
- Application of cryo and different types of laser therapy.

The graduate will also be able to:

- Make independent decisions and manage with a high ethical standard.
- Give consultations to the patients, junior Ophthalmologists and other Medical Specialists.
- Give legal opinions.
- Do research works and write scientific papers.
- Share in teaching and training of the nursing staff, medical students and junior ophthalmologists.

### **Training Program**

Successful candidates who passed BST will spend 3 years in Al-Bahar Center to complete their Higher Specialty Training. They will rotate in the subspecialty units as in BST and will be given a higher level of training and more responsibilities for longer periods, as indicated below:

#### **4 months each in**

- Cornea and External eye diseases
- Vitreoretinal disorders
- Oculoplasty and Orbital diseases

#### **3 months each in**

- General Ophthalmology
- Glaucoma
- Uveitis
- Pediatric Ophthalmology
- Neuro-Ophthalmology
- Strabismus.

In addition, the residents will have regular duties in the casualty clinic. They will be given the chance to assist in and practice the different emergency surgical procedures under supervision.

During each rotation period the candidate will be attached to one tutor under the supervision of the Head of the Unit and given a higher level of training and a chance to do the assigned surgical procedures and laser therapy under supervision.

During the 1st and 2nd years of HST the candidate will spend 2 months in each of the following departments:

- Neurology Department of Ibn Sina Hospital.
- Rheumatology Department.
- Endocrinology Department (including Diabetology).

In these departments the candidate will share in the out-patient and in-patient activities and be involved in the regular duties. He will learn the methods of investigations and management modalities of the different diseases that have ophthalmic complications. The candidate will be attached to one tutor as arranged with the Head of the department.

### **In-training Evaluation**

The tutor will write an end-of-training report to the Program Director.

The in-training and end-of-training evaluations are undertaken at the HST level as in BST but with a higher standard expected of the trainee.

### **FINAL EXAMINATION**

The HST Final Examination will be held every year, and consists of:

1. MCQ paper (3 hours)  
100 questions.
2. Long and short questions (3 hours)
3. Oral examination (30 minutes at each station)  
Station 1 - Medical Ophthalmology  
Station 2 - Surgical Ophthalmology
4. Clinical examination for 1 hour

The candidate will be considered as having completed the training if he/she:

1. Obtained satisfactory in-training and end-of-training reports.
2. Passed the Final Examination.

### **CERTIFICATION**

The candidates successful at HST Final Examination will be awarded the Specialization Certificate in Ophthalmology by KIMS (SCO, KIMS).

The candidates who fail will be suspended from the program. They would be eligible to re-sit the Final Examination on a maximum of 3 attempts as long as they get satisfactory reports from their consultants.