



The 39th Asia-Pacific Academy of Ophthalmology Congress
BALI INDONESIA

In Conjunction with
The 49th Indonesian
Ophthalmologists Association
Annual Meeting

"BEYOND ALL LIMITS"



LDP
APAO
Leadership
Development
Program

APAO LEADERSHIP DEVELOPMENT PROGRAM (LDP)

Class XII (2023-24)
February 24, 2024

ABSTRACT BOOK

CONTENTS

1	LDP CLASS XII (2023-24)	2
	Program Outline	2
	Our Graduates	3
2	LDP ABSTRACTS	4

LDP Class XII (2023-24)

Program Outline

Orientation Class

The APAO Leadership Development Program Class 2023-24 at ended the Orientation Class on February 23 and 24, 2023 at the 38th APAO Congress in Kuala Lumpur, Malaysia. The Orientation Class comprised of an introduction to LDP, and a one-day intensive and interactive Insights Discovery Workshop facilitated by Prof. Muhammad MOIN.

Master Class

The 3-day Master Class, proudly hosted by the Philippine Academy of Ophthalmology (PAO), brought together 19 APAO participants and 10 local participants from August 18 – 20, 2023 in Manila, Philippines. The LDP faculty team designed informative and highly interactive sessions, while the local hosts provided diverse networking opportunities.



Graduating Class

Twenty participants will present their self-initiated LDP Projects on February 24 at the APAO 2024 Bali Congress to graduate from the APAO Leadership Development Program.

LDP Class XII (2023-24)

Our Graduates



Lucilla AH CHING-SEFO
(Samoa)



Dewang ANGMO
(India)



Oyungerel BAYARMUNKH
(Mongolia)



Jan Bond CHAN
(Malaysia)



Aruna FERNANDO
(Sri Lanka)



Diwa HAMAL
(Nepal)



Abdul HANNAN
(Pakistan)



Wing Lau HO
(Hong Kong, China)



Koji KITAZAWA
(Japan)



Faraby MARTHA
(Indonesia)



Mohammad MOSTAFA
HOSSAIN
(Bangladesh)



Shams NOMAN
(Bangladesh)



Hon Shing ONG
(Singapore)



Nitee RATPRASATPORN
(Thailand)



Bernardo SOARES
(Australia)



Charisse Ann TANLAPCO
(Philippines)



Made Indra
WIDYANATHA
(Indonesia)



May WIN
(Myanmar)



Mary Rose YAN
(Philippines)



Rina La NORA
(Indonesia)
Resumed from LDP 2020-21

LDP ABSTRACTS

#	Name	Country	LDP Project Title
1	Lucilla AH CHING-SEFO	Samoa	To Develop a National Eye Care Plan for Samoa
2	Dewang ANGMO	India	Incorporating Minimally Invasive Glaucoma Surgery (MIGS) Training on Human Eyes in Wet Lab During Residency – The Way to Go!
3	Jan Bond CHAN	Malaysia	Community Eye Screening Program with Rapid Eye Screening Test (REST) – Project “Gift of Sight”
4	Aruna FERNANDO	Sri Lanka	Screening for Diabetic Retinopathy Using Fundus Photography in Sri Lanka
5	Hon Shing ONG	Singapore	A New Model of Care for Dry Eye and Ocular Surface Diseases
6	Wing Lau HO	Hong Kong, China	To Promote the Understanding of Glaucoma as a Familial Disease
7	Mohammad Mostafa HOSSAIN	Bangladesh	Screening of Convergence Insufficiency and Stereopsis in a Tertiary Eye Hospital
8	Koji KITAZAWA	Japan	Impact of Visual Function on Quality of Life in the Elderly in Kyoto Longevity Cohort Study
9	Diwa HAMAL	Nepal	Establishment of Nepal Thyroid Eye Disease Registry
10	Oyungerel BAYARMUNKH	Mongolia	Association of Clinical Course With Thyroid-Stimulating Immunoglobulin and CTLA-4 Gene Polymorphism in Graves’ Ophthalmopathy in Mongolians
11	Shams Mohammed NOMAN	Bangladesh	Glaucoma Screening and Its Protocol Development for Young Age Group of Bangladesh
12	Abdul HANNAN	Pakistan	Creation and Propagation of Young Ophthalmologist Program in Pakistan
13	Nitee RATPRASATPORN	Thailand	Building a Comprehensive and Collaborative Young Ophthalmologists Network in Thailand
14	Bernardo SOARES	Australia	Younger Fellows inclusion in Committees of the National Ophthalmic College
15	Made Indra WIDYANATHA	Indonesia	Establishing Indonesia Ophthalmic Trauma Society
16	Charisse Ann TANLAPCO	Philippines	Bill of Rights for Ophthalmology Residents and Fellows in the Philippines
17	May Zun Aung WIN	Myanmar	Clinical Practice Guidelines for Uveitis in Myanmar
18	Mary Rose YAN	Philippines	The Impact of the Laissez Faire Technique on the Quality of Life of Patients After Orbital Exenteration
19	Faraby MARTHA	Indonesia	Farra Eye Model: Reshaping Ophthalmology Training with Artificial Eye Simulation
20	Rina LA DISTIA NORA (resumed from Class 2020-21)	Indonesia	Improving the Quality of Patient Care Through Enhancement of Knowledge of Ophthalmologists and Patients in Indonesia

Name	Lucilla AH CHING-SEFO
Country	Samoa
Project Title	To Develop a National Eye Care Plan for Samoa
Mentor	Dr. Linda TSAI
Abstract	<p>Purpose: The purpose of this project is to develop a comprehensive national eye care plan for Samoa. The plan aims to improve eye health outcomes and ensure equitable access to high-quality eye care services across Samoa.</p> <p>Methods:</p> <ol style="list-style-type: none"> 1. Needs assessment: A thorough SWAT assessment of the current eye care infrastructure, resources, and services in Samoa will be conducted to identify gaps, challenges, and opportunities for improvement. 2. Stakeholder engagement: Key stakeholders including government officials, healthcare professionals, and other partners will be involved in the planning process to gather valuable insights and ensure a collaborative approach. 3. Epidemiological analysis: An in-depth analysis of eye health data will be carried out to understand the prevalence of eye conditions, diseases, and visual impairments in Samoa. This will help tailor interventions and resource allocation based on the specific needs of the population. <p>Results: The expected results of the project include: 1. Development of a comprehensive national eye care plan that addresses the specific needs and challenges of Samoa.</p> <p>Conclusion: The development of a national eye care plan for Samoa is paramount to reducing the burden of eye diseases and promoting equitable access to eye care services. Through stakeholder engagement and needs assessment, the plan will aim to improve eye health outcomes and enhance the overall well-being of all Samoan citizens.</p>

Name	Dewang ANGMO
Country	India
Project Title	Incorporating Minimally Invasive Glaucoma Surgery (MIGS) Training on Human Eyes in Wet Lab During Residency – The Way to Go!
Mentor	D. Linda TSAI
Abstract	<p>Purpose: To incorporate minimally invasive glaucoma surgery (MIGS) training on human eyes (corneo-scleral rim) in wet lab during residency training</p> <p>Methods: This is a prospective wet lab-based interventional study. Post keratoplasty residual corneo-scleral rims and expired donor corneoscleral buttons were included for resident training in this study. An artificial cornea along with the corneoscleral rim was mounted on the artificial chamber to simulate direct gonioscopy and goniotomy (MIGS). Data of all residents undergoing MIGS training during glaucoma posting was collected. A Likert scale proforma was filled before and after training.</p> <p>Results: A total of 36 residents were included in this study. The mean age was 26.11 ± 0.74 years. The male : female ratio was 13:23. All residents performed the direct gonioscopy followed by goniotomy exercises on artificial chamber. There was a statistically significant improvement in various parameters after training ($P < 0.001$). They demonstrated a statistically significant improvement in surgical skill enhancement ($P < 0.001$).</p> <p>Conclusion: The residual human corneoscleral rims are low cost, easy to adapt models that can be incorporated within the curriculum for MIGS glaucoma training of the residents.</p>

Name	Oyungerel BAYARMUNKH
Country	Mongolia
Project Title	Association of Clinical Course With Thyroid-Stimulating Immunoglobulin and CTLA-4 Gene Polymorphism in Graves' Ophthalmopathy in Mongolians
Mentor	Dr. Linda TSAI
Abstract	<p>Purpose: This study aims to determine the levels of thyroid-stimulating immunoglobulin (TSI) and genotype frequency of <i>CTLA-4</i> gene rs5247909 polymorphism in study groups and determine whether there is a correlation with the clinical course of GO.</p> <p>Methods: The cross-sectional study included 82 patients with GO, 81 patients with GD, and 75 healthy subjects. The ocular manifestations of GO were identified and evaluated by the clinical activity score (CAS) and severity of GO using the European Group of Graves' Orbitopathy (EUGOGO). TSI in the serum of participants was determined with ELISA kits and correlated with clinical findings. Genomic DNA was extracted from participants and was determined by real-time PCR and allele-specific PCR. A total of 238 participant's data were analyzed.</p> <p>Results: There were 14 patients (17%) with unilateral GO. The most common ocular signs were eyelid retraction 68 (82.3%) and proptosis 61 (74.4%). The mean CAS score was 2.65 ± 1.64 in GO patients and was higher in men than women ($P=0.008$). The mean of TSI was 37.95 ± 35.41 in GO, 14.16 ± 15.67 in GD, and 4.33 ± 2.94 in healthy controls ($P<0.0001$). The TSI was significantly higher in patients with GO than in those with GD ($P<0.0001$). However, we observed a correlation between the TSI level and the severity of GO ($P=0.023$). The area under the ROC curve (AUC) of TSI was 0.933 and selected 14.1 IU/ml was the optimal cutoff value (98.78% of sensitivity, 83.97% of specificity).</p> <p>The -319T allele of the rs5742909 SNP increasing the risk of GO by 3.95 (95% CI, 2.09-7.48; $p<0.001$ times compared with controls. C/T (OR=4.94; 95% CI, 2.26-10.76; $p<0.001$) genotype were significantly more frequent in the group with GO. Moreover, compared to the group with GD the frequency of C/T (OR=4.43; 95% CI, 2.15-9.13; $p=0.001$) genotype was significantly higher among Graves' ophthalmopathy patients.</p> <p>Conclusion: Our study showed that TSI and <i>CTLA-4</i> gene rs5247909 polymorphism are significantly related to GO and the severity of GO. Therefore, TSI and the CTLA-4 gene can be used as a predictor of severe GO to help in prognostication, follow-up and treatment planning.</p>

Name	Jan Bond CHAN
Country	Malaysia
Project Title	Community Eye Screening Program with Rapid Eye Screening Test (REST) – Project “Gift of Sight”
Mentor	Dr. Linda TSAI
Abstract	<p>Purpose:</p> <ul style="list-style-type: none"> • Empowering caretakers from orphanage homes/refugee schools to do vision screening. • Treating children with vision problems at an early stage to prevent irreversible damage. <p>Methods:</p> <p>Caretakers/teachers of orphanage homes/refugee schools were taught to do proper vision screening using the REST App. Caretakers would then perform vision screening tests at their own pace, identify children with vision problems, and refer cases to the pre-planned nearest government or private eye center for further treatment. All treatment costs were borne by the NGO, and the continuation of care would be done every 6-12 months by caretakers.</p> <p>Results:</p> <p>Screening at 6 orphanage homes and 1 refugee school was done. A total of 885 children’s eyes were screened, and 200 children were found to have a vision of 6/12 or worse and were then refracted. Full examinations were done by an ophthalmologist, and refractions were done by an optometrist. There were 87 children who needed spectacle prescriptions. A total of 9 children were diagnosed with amblyopia, 2 with squint, and 1 with sutural cataract.</p> <p>Conclusion:</p> <p>The gift of sight has been a success for the community in treating underprivileged children and providing continuation of care.</p>

Name	Aruna FERNANDO
Country	Sri Lanka
Project Title	Screening for Diabetic Retinopathy Using Fundus Photography in Sri Lanka
Mentor	Prof. Maduwanthi DISSANAYAKE
Abstract	<p>Purpose: At present, screening for diabetic retinopathy in Sri Lanka is being done physically in a clinic setup. This utilizes a lot of resources and results in many patients missing out on screening. The reasons for this practice are lack of infrastructure and laid down policy. The purpose of this audit is to demonstrate the effectiveness of digital fundus photography as a feasible screening tool for Sri Lanka so that it can be adopted as the primary screening tool in the future.</p> <p>Methods: All diabetic patients visiting the eye clinic of the University Hospital-KDU underwent a short history taking, vision testing and digital fundoscopy before the patient was sent home. The trained medical officers would review the patient details and the images and decide to either review the patient in an interval or to bring the patient back to physically examine. We analyzed the results as a prospective observational audit over a period of 5 months.</p> <p>Results: A total of 227 patients were screened for retinopathy. 225 patients (97.8%) had successful image acquisition. 212 patients (95.5%) had early or diabetic retinopathy. Only 10 patients (4.5%) had significant retinopathy requiring a physical examination and management at the clinic. Out of the 225 patients only 2 patients (1.0 %) demonstrated significant maculopathy requiring a physical examination and management.</p> <p>Conclusion: Only a very small number of patients need to be brought in for a physical examination. This saves time and resources and increases the ability to screen a larger number of patients. It is evident that digital fundus imaging is a feasible and effective way to screen patients for diabetic retinopathy in Sri Lanka.</p>

Name	Diwa HAMAL
Country	Nepal
Project Title	Establishment of Nepal Thyroid Eye Disease Registry
Mentor	Dr. Sherman O VALERO
Abstract	<p>Purpose:</p> <p>Thyroid Eye Disease (TED) is a potentially sight-threatening autoimmune disease that primarily damages the tissues surrounding the eyes, especially the extraocular muscles, and connective and fatty tissues. The exact database for TED in Nepal and its natural course is unknown. Hence there is a necessity for a nationwide registry for TED.</p> <p>Methods:</p> <p>The registry will be a collaborative effort between the Nepalese Society for Oculoplasty Surgeons, the Nepal Health Research Council (NHRC) and the Nepal Ophthalmological Society (NOS). The registry will be hospital-based and it will collect data from all the patients diagnosed with TED from 71 hospitals across Nepal. Multiple rounds of meetings were held with the stakeholders. Committees and subcommittees were formed, and job distribution was done. The final drafts of working guidelines, proposal, proforma, consent form, quality of life questionnaire, and patient information sheet were prepared and distributed to all the hospitals. We have received acceptance letters to participate in the study from 52/71 proposed hospitals. We have done three online information sessions regarding the registry with the doctors of all the provinces of Nepal. We have given online training on how to fill the pro forma. We have planned every 3 months on the progress of the registry with all the province representatives. The entire document has been presented to NHRC for ethical clearance.</p> <p>Results:</p> <p>There is the creation of a database on TED. Regularly monitoring disease trends every 6 months and evaluating the effectiveness and safety of treatment modalities will help to identify optimal treatment strategies and improve patient care. Research opportunities are open using the database.</p> <p>Conclusion:</p> <p>The registry will provide a centralized platform for collecting and analyzing data on TED, enabling healthcare providers to develop evidence-based treatment strategies and improve patient outcomes in the management of thyroid eye disease in Nepal.</p>

Name	Abdul HANNAN
Country	Pakistan
Project Title	Creation and Propagation of Young Ophthalmologist Program in Pakistan
Mentor	Prof. Madhuwanthi DISSANAYAKE
Abstract	<p>Purpose: To create a young ophthalmologist organization in Pakistan and empower ophthalmologists under the age of 40.</p> <p>Methods:</p> <ul style="list-style-type: none"> • Creation of a new organization (“YOUNG OPHTHALMOLOGISTS”) under the banner of Ophthalmic society of Pakistan. This organization will have a central chapter to control provincial and regional chapters. Each chapter will perform duties which would be aimed at the empowerment and collaboration of young ophthalmologists both regionally and nationally. • Alongside the official approval process, the central council will develop a logo and a website for the new organization. After the official approval process is done, the central committee will appoint energetic young ophthalmologists across Pakistan to help with the recruitment process and day-to-day activities. Once the recruitment is substantial, educational, counseling, and collaboration sessions will be held periodically via Zoom and in person. <p>Results: This organization got its official approval from the Ophthalmic Society of Pakistan in July 2023. Soon after, a website was created, and an organizational structure was designed. The newly developed organization was propagated by visiting different national conferences and interacting with young ophthalmologists and trainees. Ophthalmic training lectures are being delivered via Zoom at 12 per month rate, with plans to cover the whole clinical ophthalmology in a year. Mock exams for national and international clinical ophthalmology exams were held with aim to help young ophthalmologists further progress in career.</p> <p>Conclusion: The Pakistan Society of Young Ophthalmologists has successfully launched its mission to establish and empower the diverse diaspora of young ophthalmologists and trainees in Pakistan.</p>

Name	Wing Lau HO
Country	Hong Kong, China
Project Title	To Promote the Understanding of Glaucoma as a Familial Disease
Mentor	Prof. Madhuwanthi DISSANAYAKE
Abstract	<p>Purpose:</p> <ol style="list-style-type: none"> 1. To educate family members of glaucoma patients and the general public that glaucoma is a familial disease and family history is an important risk factor 2. To educate relatives of glaucoma patients about the prognosis and treatment of glaucoma <p>Methods:</p> <p>This is a multimodality campaign targeting relatives of glaucoma patients and the general public. A pre-campaign survey among relatives of glaucoma patients regarding their level of awareness about glaucoma will be performed. Subsequent education activities in liaison with patient groups, professional bodies and industry include a hybrid series of articles in newspaper columns, social media promotion and website educational materials focusing on the two major purposes, together with real-person educational activities. A post-campaign survey about the knowledge level of the target group will be performed to see the efficacy of the campaign. The coverage of the campaign will also be reviewed. The pre-campaign and post-campaign data will be analyzed and published as the summary of the project to further increase the level of awareness.</p> <p>Results:</p> <p>A public education campaign together with screening has been organized. Pre-campaign and post-campaign survey showed an increase in the percentage of the family members who have understood that glaucoma is a family disease. Screening programme held together with the campaign of the found approximately 15% of the screened family members are glaucoma suspect. Educational material in terms of booklet and video have been produced for long term use.</p> <p>Conclusion:</p> <p>Family members involvement is an important part of glaucoma management in particular in terms of finding new glaucoma suspects and should be done as a continuous effort.</p>

Name	Koji KITAZAWA
Country	Japan
Project Title	Impact of Visual Function on Quality of Life in the Elderly in Kyoto Longevity Cohort Study
Mentor	Dr. Sherman VALERO
Abstract	<p>Purpose: As the population ages, it is becoming increasingly important to extend the healthy life expectancy and improve the quality of life of the elderly. Vision is one of the most important functions for the elderly and a decline in visual function can lead to many limitations in daily living. In this study, we investigated the Impact of maintaining visual function on the locomotive syndrome in the elderly in the Kyoto Longevity Cohort Study.</p> <p>Methods: This is a cross-sectional study. Among participants in the Kyoto Longevity Cohort Study, we examined age, sex, visual function, and locomotive function. Visual function data included visual acuity and intraocular pressure (IOP). Their locomotive function was assessed with a 10-meter walking speed and the 25-question Geriatric Locomotive Function Scale. Those who have pseudophakic lenses and other history of ophthalmic surgery were excluded. The most affected factors of locomotive syndrome were analyzed with logistic regression analysis.</p> <p>Results: We examined 293 participants including 117 male and 176 female. The average age was 71.5 ± 4.9 (range: 65-89 years). The average visual acuity and IOP was 0.0 ± 0.1 and 13.0 ± 2.7 mmHg, respectively. Visual acuity was positively correlated with a 10-meter walking speed ($P < 0.001$). Visual acuity in those who have high locomotive function scale was significantly lower ($P = 0.02$).</p> <p>Conclusion: Better visual function contributes to higher locomotive function, leading to an improvement in the quality of life for the elderly.</p>

Name	Faraby MARTHA
Country	Indonesia
Project Title	Farra Eye Model: Reshaping Ophthalmology Training with Artificial Eye Simulation
Mentor	Dr. Vivek DAVE
Abstract	<p>Purpose: Simulation-based training has become an integral part of surgical education. In ophthalmology, cataract surgery simulators have reduced intraoperative complications and accelerated resident learning. The purpose of this study was to compare the effectiveness of the new, affordable Farra eye model to the Kitaro eye model for phacoemulsification training.</p> <p>Methods: Participants practiced surgical skills (phacoemulsification) on both the Farra eye model and the Kitaro eye model. Data will be collected from at ophthalmology training centre, in December 2023, in Jakarta. Twenty participants (novice residents) were divided into 2 groups, Group 1 performed training using the Kitaro eye model and goat's eye. Group 2 performed training using the Farra eye model and a goat's eye. Each group was then given opportunities to try to use the other modalities of training. A questionnaire with Google Forms regarding satisfaction with its use was directed to the participants.</p> <p>Results: In regard to the Comparison of the Farra with the Kitaro eye model; 55% said Farra is comparable, 32% said that Farra is better, and 13% said that Kitaro is better. In regard to the Comparison of the Farra with the animal eye model; 54% said Farra is comparable, 41.5% said the animal eye model is better, and 4.5% said Farra is better.</p> <p>Conclusion: The trend that the likelihood of participants is animal eye (better than Farra in 41.5%), Farra eye model (comparable to animal eye in 54%), and Kitaro eye model (better than Farra in 13%).</p>

Name	Mohammad MOSTAFA HOSSAIN
Country	Bangladesh
Project Title	Screening of Convergence Insufficiency and Stereopsis in a Tertiary Eye Hospital
Mentor	Prof. Madhuwanthi DISSANAYAKE
Abstract	<p>Purpose: Screening of convergence insufficiency (CI) and determination of stereopsis. To undertake further study to see the effectiveness of pen exercise.</p> <p>Methods: A cohort prospective study was undertaken from 10 June to 20 September 2023 on 209 subjects of 8-25 years of age with visual acuity 6/6 or a Best Corrected Visual Acuity 6/6 without manifest strabismus. History of eyestrain, blurring of vision, or headache was taken whether present. Evaluation including Near Point of Convergence, Near Point of Accommodation, Fusional Amplitudes, exophoria and stereopsis was done. Patients with convergence insufficiency (CI) were screened out.</p> <p>Further study with the patients of CI was going on with the advice of pen exercise in 50% patients, and the remaining patients without any advice of pen exercise were treated as control group. All the patients were advised for follow-up examination after one month.</p> <p>Results: Among 209 patients 102 had CI. 55 (53.9%) were male and 47 (46.1%) were female. 81 (79.4%) patients were in the age group 8-15 years, 14 (13.7%) were in the age group 15 to 20 years and 7 (6.9%) were in the age group 20-25 years. Exophoria was present in all the patients. 9 (8.8%) patients had eyestrain, blurring of vision, or headache. Stereoacuity 40-100 seconds of arc was present in 101 patients, 140-800 seconds of arc in 1 patient.</p> <p>Conclusion: Screening of Convergence Insufficiency and determination of stereopsis need to be considered in children and young adults. Further studies to see the effectiveness of pen exercise in CI may be conducted.</p>

Name	Shams NOMAN
Country	Bangladesh
Project Title	Glaucoma Screening and Its Protocol Development for Young Age Group of Bangladesh
Mentor	Dr. Vivek DAVE
Abstract	<p>Purpose:</p> <ol style="list-style-type: none"> 1. To identify different glaucoma among the young age group, between 15 and 30 years. 2. To identify the causes of such glaucoma. 3. To prevent blindness from glaucoma. 4. To make a screening protocol. <p>Methods:</p> <p>A. Study design: Cross-sectional observational.</p> <p>B. Place of study. 5 sub-centers as well as ophthalmic outdoor of Bangabandhu Sheikh Mujib Medical University.</p> <p>C. Sampling technique: Consecutive sampling technique has been applied to collect the sample from the study population.</p> <p>D. The patients, who met the criteria of inclusion, have been elected.</p> <p>E. Criteria of study population: The selection was done on the basis of the following criteria.</p> <p>Age: 15-30 years</p> <p>Patients of both sexes (Male and female)</p> <p>Results:</p> <p>We have already screened 50 cases. Among them, 35 have been diagnosed with glaucoma. Diagnosis has been confirmed by examining IOP and investigations like Fundoscopy HVF and OCT. We have already discussed with different groups who are working on glaucoma screening protocol. We are now on the way to making a protocol for glaucoma screening for juvenile age.</p> <p>Conclusion</p> <p>As there is no appropriate guideline for screening glaucoma in the young age group. Most of the time it has been ignored and misdiagnosed. It is important to screen glaucoma among the young age group to decrease disease as well as social burden.</p>

Name	Hon Shing ONG
Country	Singapore
Project Title	A New Model of Care for Dry Eye and Ocular Surface Diseases
Mentor	Dr. Vivek DAVE
Abstract	<p>Purpose: Dry eye disease (DED) is the most common condition under the umbrella of ocular surface diseases (OSDs) with global prevalence rates of up to 50%. The demand for care of these dry eye disease patients is high. At our institution, of the 13,000 DED/OSDs visits annually, only 20% have moderate-to-severe disease requiring management by cornea subspecialists. There is a need to change the model of care to manage patients with DED/OSDs.</p> <p>Methods: Three solutions to optimize the practice management of DED included: (a) Optometry-led Dry Eye Clinics: diagnosis and management through standard protocols; (b) Nurse-led Dry Eye Treatment Clinics: administration of non-invasive interventions; (c) Developing and validating a novel digital patient-reported outcome measure PROM to better assess the impact of DED and effectiveness of related treatments on specific quality of life domains.</p> <p>Results: The proposal was presented to the innovation and transformation committee for approval. Education of optometrists commenced in January 2023. Training of nurses ensured competencies in administering treatments. An ongoing pilot period has commenced to finetune the clinical workflow. This also included the development and validation of a novel PROM. The primary expected outcomes will be to reduce waiting times with more efficient management of complex DED/OSDs cases in the subspecialists' clinics, and b) to improve dry eye disease-related quality of life through these new pathways. Data collection and analysis is ongoing.</p> <p>Conclusion: A new model will allow subspecialists in OSDs to focus on the management of patients, with severe and often complex OSDs, who require such expertise.</p>

Name	Nitee RATPRASATPORN
Country	Thailand
Project Title	Building a Comprehensive and Collaborative Young Ophthalmologists Network in Thailand
Mentor	Dr. Vivek DAVE
Abstract	<p>Purpose: To develop a comprehensive, collaborative network for young ophthalmologists in Thailand that encourages skill development, knowledge sharing, and international cooperation.</p> <p>Methods: To establish the Young Ophthalmologists Network, a targeted outreach campaign was initiated under the guidance of The Royal College of Ophthalmologists of Thailand (RCOPT). Key stakeholders such as young ophthalmologists and mentors were assembled to contribute to the network's foundation. A diverse range of activities tailored for young ophthalmologists, such as conferences, networking sessions, and communication channels, was organized with the support of advisors from the RCOPT.</p> <p>Results: The Thai Society of Young Ophthalmologists (Thai-YO) Network was successfully inaugurated. A President, a Vice-President, and a Secretary-General were elected, along with 11 additional committee members, to form the Committee. Additionally, two Advisory Consultants from the RCOPT were appointed to contribute their expertise to the board. The Thai-YO conference has been conducted biannually in conjunction with the RCOPT Congress and will continue on this schedule. International collaboration with the Asia-Pacific Academy of Ophthalmology Young Ophthalmologists (APAO YO) has also been established. Furthermore, an official social media channel was launched to facilitate knowledge sharing and provide updates pertinent to young ophthalmologists.</p> <p>Conclusion: The formation of Thai-YO represents a significant milestone in nurturing the growth of a young ophthalmologist community in Thailand. It provides opportunities for connections and communications among young ophthalmologists in Thailand, while offering benefits to these young ophthalmologists and society, on both national and international scales.</p>

Name	Bernardo SOARES
Country	Australia
Project Title	Younger Fellows Inclusion in Committees of the National Ophthalmic College
Mentor	Prof. Muhammad MOIN
Abstract	<p>Purpose: To assess current Younger Fellows (YF) participation and representation in the Committees of the National Ophthalmic College, identify barriers and advocate for further involvement.</p> <p>Methods: Conduction of an audit to assess the current representation of YF in all College Committees. Comparison of findings proportionally to the total number of active Younger Fellows in the College. Survey directed at YF to assess their degree of College participation and involvement with College initiatives. Interviews of Senior College Committee and Board members to identify their perceptions towards YF's contribution to College activities. Advocacy to the current College President and Board for minimal recommended requirement of YF in College Committees.</p> <p>Results: There was an overall 30% representation of YFs across all Committees combined. This is representative of the total number of YFs in the College, although important committees like the College Board, the Education, the Professional Standards, the Professional Conduct and the Trainee Board Inspectorate Committee were underrepresented by YF, with some having zero fellows as members.</p> <p>Conclusion: Younger Fellows bring diversity of perspectives which avoid group thinking and encourage innovative solutions to problems. They also bring a future-oriented approach and help the Institution bridge a generational gap. At the same time, YF participation on Committees is important for their own professional development, allowing experience in leadership, communication, and decision-making, which are valuable skills for their future careers. This process successfully showcased these conclusions to the stakeholders involved and advocated to the establishment of a minimal recommended representation of YF in College Committees.</p>

Name	Charisse Ann TANLAPCO
Country	Philippines
Project Title	Bill of Rights for Ophthalmology Residents and Fellows in the Philippines
Mentor	Prof. Muhammad MOIN
Abstract	<p>Purpose: The goal of this initiative is to establish well-defined standards to foster an equitable and supportive ophthalmology training atmosphere in the country.</p> <p>Methods: Modification of foreign Bills of Rights for Residents to suit the local setting. A feedback survey was distributed to training institutions nationwide for the refinement of this document.</p> <p>Results: This document outlines the following rights afforded to them: 1) safe & supportive working conditions, 2) healthcare resources, services, and outcomes to optimize training, 3) an inclusive and diverse learning environment, 4) access to mental healthcare, 5) objective evaluation, 6) respect, fairness, equal treatment & due process, 7) career advancement support, 8) academic ownership, 9) financial security, and 10) privacy. One hundred ninety-five ophthalmology residents and fellows answered the feedback form. 94% (n= 183) were residents and 6% (n=12) were fellows. 100% (n=195) agreed that the draft addressed their rights as ophthalmology trainees. 94.4% (n=184) of the respondents believed that the essential rights mentioned in the draft were enough. 66.7% (n=128) believed that the “right to safe & supportive working conditions” was the most useful for them, while 30.3% (n=36) found that the “right to financial security” was unclear or needed improvement. 89% (n=174) had no further recommendations for improving the clarity or content of the draft.</p> <p>Conclusion: The Bill of Rights for Ophthalmology Residents and Fellows is intended to ensure a supportive, educational, and respectful training environment. Once ratified, the Academy is expected to adhere to these rights for the promotion of the well-being and professional growth of its trainees.</p>

Name	Made Indra WIDYANATHA
Country	Indonesia
Project Title	Establishing Indonesia Ophthalmic Trauma Society
Mentor	Prof. Mohammad MOIN
Abstract	<p>Purpose: Establishing Indonesia Ophthalmic Trauma Society (IOTS)</p> <p>Methods: The establishment of IOTS demands meticulous planning and execution. A dedicated team of experts in ophthalmology, trauma care, and organizational management assembled and driven by a shared commitment to addressing ophthalmic trauma challenges. The primary mission is to elevate awareness, prevention, and treatment of ophthalmic trauma. Key partnerships with medical institutions and professionals are cultivated to secure vital support.</p> <p>Results: As IOTS takes root, it is expected to elevate awareness of ophthalmic trauma, foster a collaborative network of healthcare professionals dedicated to trauma management, and contribute valuable research findings to enrich the field. The establishment of IOTS will enable us to gather data that can be used to formulate various policies in Indonesia, in collaboration with relevant government bodies focused on workplace safety. Over time, IOTS will serve as a vital platform for enhancing patient care and reducing the prevalence of eye injuries in Indonesia.</p> <p>Conclusion: The establishment of the Indonesia Ophthalmic Trauma Society is not only significant but also a pressing healthcare necessity. By focusing on the specialized domain of ophthalmic trauma, IOTS aims to improve patient outcomes, minimize avoidable vision impairment, and nurture a dedicated community of healthcare providers committed to advancing ophthalmic trauma care in Indonesia.</p>

Name	May WIN
Country	Myanmar
Project Title	Clinical Practice Guidelines for Uveitis in Myanmar
Mentor	Prof. Muhammad MOIN
Abstract	<p>Purpose: The aim of this project is to help guide comprehensive ophthalmologists in the management of uveitis patients.</p> <p>Methods: This study is a cross-sectional descriptive study. A structured questionnaire set will be given to ophthalmologists who are treating uveitis patients. The question set will include three sections (Section (A) – background data, Section (B) – related to investigation and Section (C)- related to treatment). Data collected will be discussed thoroughly with experts, including uveitis specialists, retina specialists and comprehensive ophthalmologists. Then, guidelines for the management of uveitis will be developed. Data will be filled out electronically in Excel 8.9. The cleaned data will be transported to the Statistical Package for the Social Sciences (SPSS) V20 for statistical analysis. Proportions will be calculated for categorical variables. Answers as “Yes” > 70% from ophthalmologists via Survey Monkey and discussion from uveitis interest group will be considered as significant to be included in guidelines.</p> <p>Results: A structured questionnaire was sent to 70 Ophthalmologists who were interested in uveitis patients. Among them, 68 Ophthalmologists participated in this project. Response from participants was 97% and answers as “Yes” >70% from Ophthalmologists were discussed with uveitis interest group and included in the guidelines. Clinical practice guidelines for uveitis in Myanmar will be published in Myanmar Ophthalmological Society’s bulletin letter and distributed this guideline to Ophthalmologists around the country.</p> <p>Conclusion: Uveitis is an important clinical problem with high prevalence and high visual morbidity in Myanmar and worldwide. This guideline could cover diagnosis, treatment strategies and monitoring of uveitis patients. The clinical practice guidelines for uveitis in Myanmar could reduce the incidence of visual impairment by early detection and intervention.</p>

Name	Mary Rose YAN
Country	Philippines
Project Title	The Impact of the Laissez-Faire Technique on the Quality of Life of Patients After Orbital Exenteration
Mentor	Dr. Shaheeda MOHAMED
Abstract	<p>Purpose: Orbital exenteration (OE) is a disfiguring surgical procedure for orbital malignancies associated with significant psychosocial and functional impairment. This study aims to determine the impact of the laissez faire technique on the quality of life (QoL) of patients after OE.</p> <p>Methods: A cohort study was conducted in 57 patients with an orbital mass. Group A had 28 patients with benign conditions excised by orbitotomy; Group B had 21 patients with malignant conditions excised by orbitotomy; and Group C had 8 patients with malignant conditions excised by OE. A QoL survey was done using the EuroQol EQ-5D-5L. Scores for each dimension of the EQ-5D-5L were compared between groups.</p> <p>Results: Group C had an older mean age, and presented with an eyelid or conjunctival mass that extended into the orbit. Groups A and B had similar mean ages, and commonly presented with proptosis. The one-year mortality rate after surgery was higher in Group C (50%) than in Groups A (0%) and B (12.5%). The QoL survey showed that OE did not affect overall health. OE did not negatively affect the ability to move about in their daily lives, and did not add to their anxiety and depression. Patients after OE for malignant orbital masses perceived that they were more able to take care of their health, they were able to return to their usual activities of daily living, and they had less problems with pain and discomfort.</p> <p>Conclusion: The laissez-faire technique, after OE, demonstrated positive outcomes on the quality of life of patients with malignant orbital masses.</p>

Name	Rina La NORA
Country	Indonesia
Project Title	Improving the Quality of Patient Care Through Enhancement of Knowledge of Ophthalmologists and Patients in Indonesia
Mentor	Prof. Madhuwanthi DISSANAYAKE
Abstract	<p>Purpose:</p> <p>1) To establish a community where those diagnosed with uveitis may gather to share knowledge and become a source of encouragement for one another. 2) To develop a questionnaire to measure uveitis patients' knowledge, attitude, and practice (KAP) towards their disease.</p> <p>Methods:</p> <p>We established <i>Kelompok Kerja Uveitis Indonesia (KERUVINA)</i>/ Circle of Advocates for Patients' Remission and Ophthalmologists' Education of Uveitis in Indonesia (CAREUVINA) as a health community to encourage understanding of uveitis so that patients can achieve a better quality of life and remission in uveitis cases increases. We also conducted a cross-sectional study to establish a questionnaire on KAP in uveitis patients. We recruited consecutive uveitis patients in RS Cipto Mangunkusumo Hospital, Jakarta, Indonesia. Descriptive analysis is applied to demographic variables and KAP. The preliminary study involved individuals aged > 18 with a minimum of 2 times follow-ups and had completed baseline uveitis workup. The validity test is done using the Moment Pearson Product test, and the questionnaire is valid if the "r" value is greater than the "r" value from the table. We use Cronbach's Alpha coefficient for reliability testing.</p> <p>Results:</p> <p>KERUVINA/CAREUVINA was officially acknowledged as a working group by the Indonesian Ophthalmology Association (IOA). Our early activities included regular meetings to discuss Indonesia's most common uveitis entities to develop National Guidelines on uveitis management. We have developed a questionnaire that contains patients' comprehension of uveitis, their willingness, perception, and adherence to examinations, as well as therapy recommendation questions for KAP.</p> <p>Conclusion:</p> <p>Establishing a health community could encourage society to enhance understanding and behavior towards uveitis. Our recently developed KAP questionnaire shall be further studied for its use in the clinic and population.</p>



The 39th Asia-Pacific Academy of Ophthalmology Congress
BALI INDONESIA

In Conjunction with
The 49th Indonesian
Ophthalmologists Association
Annual Meeting

"BEYOND ALL LIMITS"



LDP
APAO
Leadership
Development
Program