



**Sri Lakshmi Narayana Institute of Medical Sciences**

**Annexure I**

Date 28/12/2018

From  
Prof.D.Baba, MS  
Professor and Head,  
Ophthalmology,  
Sri Lakshmi Narayana Institute Of Medical Sciences  
Bharath Institute of Higher Education and Research,  
Chennai.

To  
The Dean,  
Sri Lakshmi Narayana Institute Of Medical Sciences  
Bharath Institute of Higher Education and Research,  
Chennai.

**Sub: Permission to conduct value-added course: RETINOPATHY OF PREMATURETY**

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: RETINOPATHY OF PREMATURETY on JAN-2019 – APR -2019. We solicit your kind permission for the same.

Kind Regards

PROF.D.BABA, MS  
HOD, OPHTHALMOLOGY

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**FOR THE USE OF DEANS OFFICE**


Names of Committee members for evaluating the course:


The Dean:Prof.K.Balagurunadhan M.S,

The HOD:Prof.D.Baba M.S,

The Expert:Dr.Shobana - DNB

The committee has discussed about the course and is approved.

  
Subject Expert

  
PROFESSOR & HOD  
DEPARTMENT OF OPHTHALMOLOGY,  
SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL SCIENCES  
PUDUCHI-605 002.



OFFICE OF THE DEAN

## Sri Lakshmi Narayana Institute of Medical Sciences

OSUDU, AGARAM VILLAGE, VILLIANUR COMMUNE, KUDAPAKKAM POST,  
PUDUCHERRY - 605 502.

[ Recognised by Medical Council of India, Ministry of Health letter No. U/12012/249/2005-ME ( P -II) dt. 11/07/2011 ]  
[ Affiliated to Bharath University, Chennai - TN ]

Ref. No. SLIMS/Dean Off/VAC / OPH11

Date: 28.12.2018

**From**

The Dean  
Sri Lakshmi Narayana Institute of Medical sciences,  
Pondicherry – 605502

**To**

The Registrar,  
Bharath Institute of Higher Education and Research,  
Chennai - 600073.

Respected Sir

**Sub:** Request for permission and approval of Syllabus for certificate course (Value Added course) for the academic year 2018-2019 - Reg  
**Ref:** Requesting letter received from Departments  
\*\*\*\*\*

With reference to the above, herewith forwarding the proposed list of Value-added courses for necessary permission and approval of syllabus to conduct the same.

1. RETINOPATHY OF PREMATUREITY
2. SLIT LAMP BIOMICROSCOPY

This is for your kind information and needful action.

Thanking you

Yours faithfully

[DEAN]

**Encl's:**

1. Requesting letter received from department
2. Syllabus of the course
3. Details of faculty handling course

சென்னை மருத்துவ கல்வி நிறுவனம்  
தமிழ்நாடு அரசு மருத்துவ கல்வி நிறுவனம்  
புதுச்சேரி - 605 502  
தொலைபேசி: 0413-2511111  
0413-2511112  
0413-2511113  
0413-2511114  
0413-2511115  
0413-2511116  
0413-2511117  
0413-2511118  
0413-2511119  
0413-2511120

**Sri Lakshmi Narayana Institute of Medical Sciences,  
Puducherry**

**VALUE ADDED COURSE --**

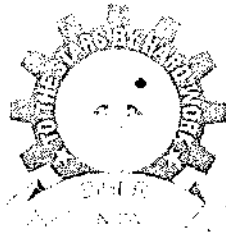
3. RETINOPATHY OF PREMATUREITY
4. SLIT LAMP BIOMICROSCOPY

**COURSE CO-ORDINATOR DETAILS**

**Faculty Name:** Prof.D.Baba, MS

**Email ID:** ophthalmologyprof@gmail.com

**Mobile number:** 8585485988



# Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
(Declared as Deemed - to - be - University under section 3 of UGC Act 1956)

Ref. No. BHIER/ VAC / OPH07

Date: 30.12.2018

From

The Registrar,  
Bharath Institute of Higher Education and Research,  
Chennai - 600073.

To

The Dean  
Sri Lakshmi Narayana Institute of Medical sciences,  
Pondicherry – 605502

Sir / Madam,

**Sub:** Approval of Syllabus to conduct certificate course (Value Added course) for the academic year 2018-2019 – Reg.

**Ref:** Ref. No. SLIMS/Dean Off/VAC /OPH07 Dated: 28.12.2018

\*\*\*\*\*

With reference to the above, it is to inform that the proposal submitted to conduct Value Added Course has been accepted and approved by BIHER, council meeting. List of the VAC are mentioned below for the academic year 2018– 2019. The abstract of the VAC course completion detail should be submitted to the Registrar office.

1. RETINOPATHY OF PREMATURITY
2. SLIT LAMP BIOMICROSCOPY

Thanking you

Yours faithfully

  
REGISTRAR



OFFICE OF THE DEAN

## Sri Lakshmi Narayana Institute of Medical Sciences

OSUDU, AGARAM VILLAGE, VILLIANUR COMMUNE, KUDAPAKKAM POST,  
PUDUCHERRY - 605 502.

[ Recognised by Medical Council of India, Ministry of Health letter No. U/12012/249/2005-ME ( P-II ) dt. 11/07/2011 ]  
[ Affiliated to Bharath University, Chennai - TN ]

### Circular

31.12.2018

**Sub: Organising Value-added Course: RETINOPATHY OF PREMATURITY**

With reference to the above mentioned subject, it is to bring to your notice that Sri Lakshmi Narayana Institute of Medical Sciences, **Bharath Institute of Higher Education and Research** is organizing "**RETINOPATHY OF PREMATURITY**". The course content and registration form is enclosed below."

The application must reach the institution along with all the necessary documents as mentioned. The hard copy of the application should be sent to the institution by registered/ speed post only so as to reach on or before 02<sup>ND</sup> JAN 2019. Applications received after the mentioned date shall not be entertained under any circumstances.

**Dean**

Dr. J. S. S.  
Principal  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Agaram Village, Villianur Commune,  
Kudapakkam Post, Pudukkottai District,  
Puducherry - 605 502.

Encl: Copy of Course content

## VALUE ADDED COURSE

**1. Name of the programme & Code**

Retinopathy of prematurity

**2. Duration & Period**

30 hrs & Jan -2019 – Apr-2019

**3. Information Brochure and Course Content of Value Added Courses**

*Enclosed as Annexure- I*

**4. List of students enrolled**

*Enclosed as Annexure- II*

**5. Assessment procedures:**

Multiple choice questions- *Enclosed as Annexure- III*

**6. Certificate model**

*Enclosed as Annexure- IV*

**7. No. of times offered during the same year:**

Jan -2019 – Apr -2019 (1)

**8. Year of discontinuation: 2019**

**9. Summary report of each program year-wise**

Value Added Course- Jan -2018 – Apr -2018					
Sl. No	Course Code	Course Name	Resource Persons	Target Students	Strength & Year
1	OPH11	Retinopathy Of Prematurity	Dr.Shobana, DNB,	30	2019

**10. Course Feed Back**

*Enclosed as Annexure- V*

  
**Dr.Shobana, DNB**  
**RESOURCE PERSON**

**Prof. D. Baba, M.S,**  
**COORDINATOR**  
**PROFESSOR & HOD**  
DEPARTMENT OF OPHTHALMOLOGY,  
SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL SCIENCES,  
PUDUCHERRY-605 002.

## Annexure 2 – Course Proposal

**Course Title:** RETINOPATHY OF PREMATURITY

**Course Objective:**

1. Etiopathogenesis
2. Clinical features
3. Stages of ROP
4. Zones of ROP
5. Screening protocols
6. Management of ROP

**Course Outcome:** After undergoing this course students will be able to understand the following.

**Course Audience:** MBBS UNDERGRADUATES

**Course Coordinator:** PROF.D.BABA, MS,

**Course Faculties with Qualification and Designation:**

1. Prof.D.Baba, MS, - HOD Ophthalmology
- 2.

**Course Curriculum/Topics with schedule (Min of 30 hours)**

SINo	Date	Topic	Time	Hours
1.	10/7/2018	Etiopathogenesis	4-6PM	2
2.	15/7/2018	Etiopathogenesis	4-7PM	3
3.	22/7/2018	Clinical features	4-6PM	3
4.	25/7/2018	Clinical features	4-6PM	2
5.	29/7/2018	Stages of ROP	4-7PM	3
6.	09/8/2018	Stages of ROP	4-7PM	3
7.	10/8/2018	Zones of ROP	4-7PM	3
8.	15/8/2018	Zones of ROP	4-6PM	2
9.	18/8/2018	Screening protocols	4-6PM	2
10.	20/8/2018	Screening protocols	4-7PM	3
11.	25/8/2018	Management of ROP	4-6PM	2
12.	29/8/2018	Management of ROP	4-6PM	2
			TOTAL HOURS	30

**REFERENCE BOOKS: (Minimum 2)**

1. JACK J KANSKI clinical ophthalmology a systemic approach-6<sup>th</sup> edition.
2. PARSON'S Diseases of the eye – 19<sup>th</sup> edition

## RETINOPATHY OF PREMATUREITY

Retinopathy of prematurity (ROP) is a bilateral proliferative retinopathy, occurring in premature infants with low birth weight who often have been exposed to high concentration of oxygen. Earlier this was known as *retrolental fibroplasia*.

### **Etiopathogenesis**

Low birth weight and decreased gestational age are now considered the primary causative factors.

Supplemental oxygen administration which was for a long time considered as the important causative factor is now considered only a risk factor.

Based on the above facts, two important hypotheses are postulated to describe pathogenesis of disease:

1. *Classical theory* postulates that owing to exposure to high concentration of oxygen, there occurs obliteration of premature retinal vessels. This is followed by neovascularisation and fibrous tissue proliferation which ultimately forms a retrolental mass.

2. *Spindle cell theory* proposed recently postulates the induction of retinal and vitreal neovascularization by spindle cell insult in a premature retina.

### **Clinical features**

The condition has been divided into active ROP and cicatricial ROP. Clinically the evolution of the active ROP has been divided into five stages.

*Stage 1.* It is characterised by formation of a *demarcation line* seen at the edge of vessels, dividing the vascular from the avascular retina.

*Stage 2.* The line structure of stage 1 acquires a volume to form a *ridge* with height and width.

*Stage 3.* It is characterised by a *ridge with extraretinal fibrovascular proliferation* into the vitreous. This stage is further subdivided into mild, moderate and severe, depending on the amount of fibrovascular proliferation.

*Stage 4a.* It includes *subtotal retinal detachment not involving the macula*. It occurs as a result of exudation from incompetent blood vessels or traction from the fibrous (cicatricial) tissue.

*Stage 4b.* It includes *subtotal retinal detachment involving the macula*.



*Stage 5.* It is marked by *total retinal detachment* which is always *funnel-shaped*.

#### Retinal area (zones) of involvement in ROP

The retina is divided into 3 zones.

The centre of the retinal map for ROP is the optic disc not the macula as in other retinal charts.

**Zone I.** A circle drawn on the posterior pole, with the optic disc as the centre and twice the disc macula distance as the radius, constitutes zone I.

Any ROP in this zone is usually very severe because of a large peripheral area of avascular retina.

**Zone II.** A circle is drawn with the optic disc as the centre and disc to nasal ora serrata as the radius. The area between zone I and this boundary constitutes zone II.

**Zone III.** The temporal arc of retina left beyond the radius of zone II is zone III.

*Extent of involvement* is denoted by the clock hours of retinal involvement in the particular zone

*Plus disease* refers to presence of tortuous dilated vessels at posterior pole with any stage of ROP.

Associated with it is the engorgement and dilatation of iris vessels, which result in poor pharmacological dilatation of pupil

Plus diseases signifies a tendency to progression.

*Pre threshold disease* is defined as ROP in:

Zone I, any stage, or

Zone II, stage 2 with plus component, or

Zone II or III, stage 3 with plus component but not reaching threshold clock hours.

Pre threshold ROP needs very close observation as it can rapidly progress to threshold, which needs prompt treatment.

*Threshold disease* refers to stage 3 plus disease involving 5 continuous or 8 discontinuous clock hours. This stage needs laser or cryotherapy in less than 72 hours.

#### **Differential diagnosis**

Advanced retrolental fibroplasia needs to be differentiated from other causes of leukocoria

#### **Screening and management**

Treatment of well-established disease is unsatisfactory.

*Prophylaxis* is thus very important.

To prevent ROP, the premature newborns should not be placed in incubator with an O<sub>2</sub> concentration of more than 30 percent and efforts should be made to avoid infection and attacks of apnoea

Further, a regular screening is very important.

All premature babies born at less than or equal to 32 weeks of gestational age and those weighing 1500g or less should be screened for ROP.

The first examination by indirect ophthalmoscopy should be done between 6 and 7 weeks post-natal age or 34 weeks post-conceptual age (whichever is earlier).

The further line of action will depend upon the overall status of the eye as below:

I. **Mature retina** is labelled when the vessels have reached within one disc diameter of both nasal and temporal ora-serrate. Infants with mature retina does not require further follow-up.

II. **Immature retina** is labelled when the vessels are short of one disc diameter of the nasal or temporal ora but ROP is not developed yet. Such infants require further follow-up weekly.

### III. **Retinopathy of prematurity**

When ROP is detected following measures should be taken:

*Stage 1 and 2.* Since spontaneous regression of disease occurs in 80 to 90% of cases, so only a weekly examination is recommended.

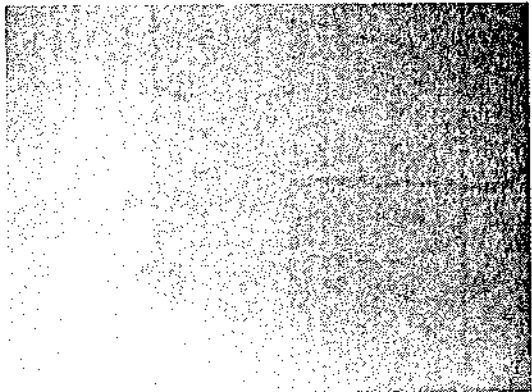
*Stage 3,* threshold disease should be treated by cryo or laser to prevent progression and to achieve regression.

*Stage 4a.* Scleral buckling is recommended in addition to cryo or laser therapy.

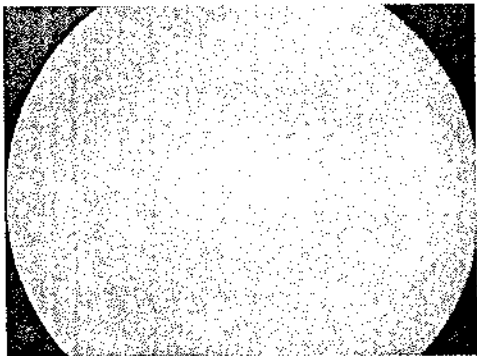
*Stage 4b and 5.* Vitrectomy needs to be carried out in this stage.

**Prognosis** is poor in stage 4b and 5.

13. *Stage 1 – demarcation line;*  
14. *Stage 2 – ridge;*  
15. *Stage 3 – ridge;*  
16. *Stage 4 – ridge;*  
17. *Stage 5 – ridge;*  
18. *Stage 6 – ridge;*  
19. *Stage 7 – ridge;*  
20. *Stage 8 – ridge;*  
21. *Stage 9 – ridge;*  
22. *Stage 10 – ridge;*  
23. *Stage 11 – ridge;*  
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98. *Stage 86 – ridge;*  
99. *Stage 87 – ridge;*  
100. *Stage 88 – ridge;*  
101. *Stage 89 – ridge;*  
102. *Stage 90 – ridge;*  
103. *Stage 91 – ridge;*  
104. *Stage 92 – ridge;*  
105. *Stage 93 – ridge;*  
106. *Stage 94 – ridge;*  
107. *Stage 95 – ridge;*  
108. *Stage 96 – ridge;*  
109. *Stage 97 – ridge;*  
110. *Stage 98 – ridge;*  
111. *Stage 99 – ridge;*  
112. *Stage 100 – ridge;*



(A) Stage 1 – demarcation line;




(B) stage 2 – ridge;

VALUE ADDED COURSERETINOPATHY OF PREMATUREITY**4. List of Students Enrolled JAN - 2019 – APR -2019**

SL.NO	University Reg.No.	NAME OF THE STUDENTS	SIGNATURE
1	U18MB251	AASHLESHA DHARKAR	Aashleshadharkar
2	U18MB252	ABINAYAVARTHINI N	Abinayavarthini
3	U18MB253	ADARSH KUMAR	Adarsh Kumar
4	U18MB254	AISWARYA PREMRAJ	Aishwarya
5	U18MB255	AKSHAYA .R	Akshaya .r
6	U18MB256	ALOK PANDA	Alok-panda
7	U18MB257	AMULYA N GOWDA	Amulya n Gowda
8	U18MB258	ANINDA CHAKRABORTY	Aninda Chakraborty
9	U18MB259	ANJALI SADHWANI	Anjali Sadhwani
10	U18MB260	ANKU KUMAR	Anku Kumar
11	U18MB261	ANNIE WELLY	Annie Welly
12	U18MB262	ANTONY ROHAN	Antony Rohan
13	U18MB263	ANUPAMA	Anupama
14	U18MB264	AQSA QURESHI	Aqsa Qureshi
15	U18MB265	ARSHAD AMIN	Arshad amin
16	U18MB266	ASHIQUE RIFANA M	Ashique Rifana M
17	U18MB267	ASHWIN R	Ashwin R
18	U18MB268	ASHWINI.N	Ashwini .n
19	U18MB269	ASMIT KESHAV	Asmit Keshav
20	U18MB270	AVIRAL TYAGI	Aviral Tyagi

21	U18MB271	AYUSH JAISWAL	Ayush Jaiswal
22	U18MB272	BANDHAM SANKEERTHANA	Bandham Sankeertana
23	U18MB273	BORIS NAMBAM	Boris Nambam
24	U18MB274	BUCHHAMMAGARI SOURABH REDDY	Buchhammagari Sourabh Reddy
25	U18MB275	CHARAN VARMA C.A	Charan Varma C.A
26	U18MB276	CHARU SAI	Charu Sai
27	U18MB277	CHINKA SARAN SAI	Chinka Saran Sai
28	U18MB278	CUTPIECEWALA ALIASGAR MOHAMMED	Cutpiecewala Aliasgar Mohammed
29	U18MB279	DATTATREYA BHATTACHARJEE	Dattatreyya Bhattacharjee
30	U18MB280	DEBOPRIYA DEY	Debopriya Dey

  
**Dr. R. Shobana, DNB,**  
**(SR - OPHTHAL)**  
**RESOURCE PERSON**

**Prof. D. Baba, M.S,**  
**(PROF & HOD)**  
**COORDINATOR**  
**PROFESSOR & HOD**  
 DEPARTMENT OF OPTHALMOLOGY,  
 SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL SCIENCES  
 PUDUCHERRY-605 002.



SRI LAKSHMI NARAYANA INSTITUTE OF HIGHER EDUCATION  
AND RESEARCH

Annexure - IV

RETINOPATHY OF PREMATURITY

MULTIPLE CHOICE QUESTIONS

Course Code: OPH11

I. ANSWER ALL THE QUESTIONS

1. Which disease occurs in premature babies?
  - a. Retinal detachments
  - b. Retinopathy of prematurity
  - c. Macular hole
  - d. Macular degeneration
  
2. Which among the following is risk factor ROP except:
  - a. Low exposure to carbon dioxide
  - b. Overnight
  - c. Prematurity
  - d. Smoking
  
3. Which babies are to be screened for ROP
  - a. 40wks
  - b. Before 31 wks
  - c. 33 wks
  - d. Birth with > 3kgs
  
4. Number of zones in grading in ROP
  - a. 5
  - b. 3
  - c. 6
  - d. 1



5. Zone I corresponds to radius \_\_\_\_\_ distance from disc to macula.
- a. Twice
  - b. Thrice
  - c. Once
  - d. Four times
6. Zone III indicates
- a. Temporal crescent
  - b. Nasal crescent
7. Extra retinal fibrovascular tissue everponos to
- a. Stage I
  - b. Stage II
  - c. Stage III
  - d. Stage IV
8. VLBW infants treated for ROP can daily
- a. Myopia
  - b. Hypermetropia
  - c. Astigmatism
  - d. Presbyopia
9. Screening of ROP is done with
- a. +90D
  - b. Direct ophthalmoscope
  - c. Slit lamp
  - d. Indirect ophthalmoscope



SRI LAKSHMI NARAYANA INSTITUTE OF HIGHER EDUCATION  
AND RESEARCH

10. ROP is treated using

- a. Cryo/laser photocopier
- b. Antibiotic
- c. Analgesics
- d. Lubricant





Sri Lakshmi Narayana Institute of Medical Sciences



Value Added Course

This is to certify that AASHLESHA DHARKAR (U18MB251) has actively participated in the Value Added Course on RETINOPATHY OF PREMATURITY held during JAN 2019 TO APR 2019 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

Dr. R. Shobana  
Senior Resident - Ophthal  
RESOURCE PERSON

Prof. D. Baba, M.S.  
Prof & HOD - Ophthal  
COORDINATOR



Sri Lakshmi Narayana Institute of Medical Sciences



சென்னை

This is to certify that ABINAYAVARTHINI N (U18MB252) has actively participated in the Value Added Course on RETINOPATHY OF PREMATUREITY held during JUNE 2019 TO OCT 2019 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

Dr. R. Shobana  
Senior Resident - Ophthal  
RESOURCE PERSON

Prof. D. Baba, M.S,  
Prof & HOD - Ophthal  
COORDINATOR

## Student Feedback Form

Course Name: **RETINOPATHY OF PREMATURITY**

Subject Code: **OPH11**

Name of Student: \_\_\_\_\_ Roll No.: \_\_\_\_\_

We are constantly looking to improve our classes and deliver the best training to you. Your evaluations, comments and suggestions will help us to improve our performance

Sl. NO	Particulars	1	2	3	4	5
1	Objective of the course is clear					✓
2	Course contents met with your expectations					✓
3	Lecturer sequence was well planned					✓
4	Lectures were clear and easy to understand					✓
5	Teaching aids were effective					✓
6	Instructors encourage interaction and were helpful					✓
7	The level of the course					✓
8	Overall rating of the course	1	2	3	4	5

\* Rating: 5 – Outstanding; 4 - Excellent; 3 – Good; 2 – Satisfactory; 1 - Not-Satisfactory

Suggestions if any:

  
Signature

Date:

Annexure 5

Date : 30/4/2019

From  
Prof.D.Baba, MS,  
Professor and Head,  
Ophthalmology,  
Sri Lakshmi Narayana Institute Of Medical Sciences  
Bharath Institute of Higher Education and Research,  
Chennai.

Through Proper Channel

To  
The Dean,  
Sri Lakshmi Narayana Institute Of Medical Sciences  
Bharath Institute of Higher Education and Research,  
Chennai.

**Sub: Completion of value-added course: RETINOPATHY OF PREMATUREITY**

Dear Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: **RETINOPATHY OF PREMATUREITY** for 30 students in JAN-APR 2019. We solicit your kind action to send certificates for the participants, that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regards



Prof.D.Baba, MS  
HOD ,Ophthalmology

**Encl: Certificates**

**Photographs**

