



DEPARTMENT OF OPHTHALMOLOGY
COLLEGE OF MEDICINE & DENTISTRY AT THE HILLS
ABBOTTABAD

Ophthalmology

Logbook

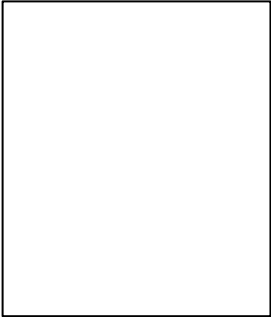
4th Year
MBBS

Year

2025-26



PHOTOGRAPH



Student Name:_____

Father’s Name:_____

Roll /Class No. in 4th year:_____Batch No/:_____

Dates of rotation: _____.

INTRODUCTION

This logbook is an official and integral component of the structured learning program for the 4th Year MBBS Ophthalmology rotation at the College of Medicine and Dentistry at The Hills, Abbottabad. It is designed to provide a clear and structured framework for your clinical learning in this specialized field. Ophthalmology requires the development of unique examination skills and a nuanced understanding of how ocular health reflects systemic disease. This logbook will guide you in systematically acquiring these competencies.

The primary purpose of this logbook is to empower you to **monitor your own learning progress**, actively identify gaps in your clinical skills and knowledge, and take proactive steps to address them. Its secondary, equally important purpose is to clearly define the **minimum level of competence** expected of a 4th Year MBBS student upon successful completion of the Ophthalmology rotation.

STRUCTURE OF THE LOGBOOK

The clinical skills to be achieved during this rotation are organized into two main sections to ensure comprehensive learning:

- 1. **Clinical Assessment and History Taking:** This section focuses on the core skills of obtaining a focused ophthalmologic history (including presenting complaint, ocular history, systemic illnesses, and medication review) and performing a thorough physical examination of the eye. This includes competency in using diagnostic tools and performing essential examinations, such as Visual Acuity testing, Pupillary assessment, Extraocular Muscle movement evaluation, Slit-Lamp Biomicroscopy, Direct Ophthalmoscopy, and Tonometry.
- 2. **Procedural and Operative Skills:** This section outlines the essential hands-on skills you are expected to be exposed to. This includes foundational procedures such as eye wash and irrigation, foreign body removal, staining the cornea (e.g., with Fluorescein), application of eye pads/bands, and assisting in or observing common ocular surgeries and laser procedures.

Additional pages are provided at the end of the logbook to allow for the reassessment or repetition of any competencies, if necessary.

LEVELS OF COMPETENCE

Each listed competency has an expected level of achievement, ranging from basic observation to independent practice. The following list specifies the meaning of each level:

Level	Descriptor	Description
1	Observes	Observes the clinical activity or procedure being performed by a senior colleague or consultant.
2	Assists	Actively assists a senior colleague in performing the clinical activity (e.g., preparing instruments, positioning the patient).
3	Direct Supervision	Performs the entire activity or procedure under the direct, immediate, and in-the-room supervision of a senior.
4	Indirect Supervision	Performs the entire activity independently, but with a senior colleague immediately available for guidance if required (e.g., in the same clinic).

5	Independent	Performs the entire activity correctly and safely without the need for any supervision.
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Note: Shaded boxes in the competency tables indicate levels that are not required for that specific skill. For many ophthalmic procedures in the 4th Year, the expected level of competence will be Level 2 (Assists) or Level 3 (Direct Supervision), as achieving independent practice (Level 5) is not the goal for this core rotation. These are identified by black boxes in the tables.

USING THE LOGBOOK

It is your responsibility to maintain this logbook and present it to your supervising ophthalmologist or clinical trainer for assessment during the rotation. As you achieve a competence level for a specific skill, the supervising faculty member will:

- Tick (✓) the corresponding competency level box.
- Date the assessment.
- Provide their signature.

You are encouraged to regularly review your progress with your supervisors to ensure you are meeting the learning objectives of the rotation in a timely manner.

History taking skills performed

3 rd year Ophthalmology Mini-Cex 1:					
Patient Name		Diagnosis		Date:	
Competencies	EXPECTED LEVEL OF COMPETENCE 1. Below Expectation 2. Adequate 3. Excellent			Teacher to sign & date	
History	Below Expectation	Adequate	Excellent	Sign	Date
Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential diagnosis.					
b). Visual acuity o Distance					
c). Pupil reaction					
d). Clinical examination o Lid					
o Conjunctiva					
o Iris					
o Anterior chamber					
o Pupil					
o Lens					
o Lacrimal sac					
o Ocular media					
Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reaches a logical					
Arrange a focused list of differential					

Good points _____

Suggestion for improvement:- _____

Teacher Signature_____

Date_____

3 rd year Ophthalmology Mini-Cex 2:					
Patient Name		Diagnosis		Date:	
Competencies	EXPECTED LEVEL OF COMPETENCE 1. Below Expectation 2. Adequate 3. Excellent			Teacher to sign & date	
History	Below Expectation	Adequate	Excellent	Sign	Date
Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential					
b). Visual acuity o Distance					
c). Pupil reaction					
d). Clinical examination o Lid					
o Conjunctiva					
o Iris					
o Anterior chamber					
o Pupil					
o Lens					
o Lacrimal sac					
o Ocular media					
Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reaches a logical					
Arrange a focused list of differential					

Good points _____

Suggestion for improvement:- _____

Teacher Signature_____

Date:_____

HISTORY TAKING SKILLS PERFORMED

3 rd year Ophthalmology Mini-Cex 3:					
Patient Name		Diagnosis		Date:	
Competencies	EXPECTED LEVEL OF COMPETENCE 1. Below Expectation 2. Adequate 3. Excellent			Teacher to sign & date	
History	Below Expectation	Adequate	Excellent	Sign	Date
Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential					
b). Visual acuity o Distance					
c). Pupil reaction					
d). Clinical examination o Lid					
o Conjunctiva					
o Iris					
o Anterior chamber					
o Pupil					
o Lens					
o Lacrimal sac					
o Ocular media					
Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reaches a logical					
Arrange a focused list of differential					

Good points _____

Suggestion for improvement:-

Teacher Signature _____

Date _____

HISTORY TAKING SKILLS PERFORMED

4 th year Ophthalmology Mini-Cex 1:					
Patient Name		Diagnosis		Date:	
Competencies	EXPECTED LEVEL OF COMPETENCE 1. Below Expectation 2. Adequate 3. Excellent			Teacher to sign & date	
History	Below Expectation	Adequate	Excellent	Sign	Date
Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential					
b). Visual acuity o Distance					
c). Pupil reaction					
d). Clinical examination o Lid					
o Conjunctiva					
o Iris					
o Anterior chamber					
o Pupil					
o Lens					
o Lacrimal sac					
o Ocular media					
Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reaches a logical					
Arrange a focused list of differential					

Good points _____

Suggestion for improvement:- :-

Teacher Signature_____

Date_____

HISTORY TAKING SKILLS PERFORMED

4 th year Ophthalmology Mini-Cex 2:					
Patient Name		Diagnosis		Date:	
Competencies	EXPECTED LEVEL OF COMPETENCE 1. Below Expectation 2. Adequate 3. Excellent			Teacher to sign & date	
History	Below Expectation	Adequate	Excellent	Sign	Date
Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential					
b). Visual acuity o Distance					
c). Pupil reaction					
d). Clinical examination o Lid					
o Conjunctiva					
o Iris					
o Anterior chamber					
o Pupil					
o Lens					
o Lacrimal sac					
o Ocular media					
Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reaches a logical					
Arrange a focused list of differential					

Good points _____

Suggestion for improvement:- :-

Teacher Signature _____

Date_____

HISTORY TAKING SKILLS PERFORMED

4 th year Ophthalmology Mini-Cex 3:					
Patient Name		Diagnosis		Date:	
Competencies	EXPECTED LEVEL OF COMPETENCE 1. Below Expectation 2. Adequate 3. Excellent			Teacher to sign & date	
History	Below Expectation	Adequate	Excellent	Sign	Date
Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential diagnosis.					
b). Visual acuity o Distance o Near					
c). Pupil reaction					
d). Clinical examination o Lid					
o Conjunctiva					
o Iris					
o Anterior chamber					
o Pupil					
o Lens					
o Lacrimal sac					
o Ocular media					
Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reaches a logical conclusion.					
Arrange a focused list of differential diagnosis					

Good points _____

Suggestion for improvement:- :-

Teacher Signature_____

Date_____

HISTORY TAKING SKILLS PERFORMED

4 th year Ophthalmology Mini-Cex 4:					
Patient Name		Diagnosis		Date:	
Competencies	EXPECTED LEVEL OF COMPETENCE 1. Below Expectation 2. Adequate 3. Excellent			Teacher to sign & date	
History	Below Expectation	Adequate	Excellent	Sign	Date
Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential					
b). Visual acuity o Distance					
c). Pupil reaction					
d). Clinical examination o Lid					
o Conjunctiva					
o Iris					
o Anterior chamber					
o Pupil					
o Lens					
o Lacrimal sac					
o Ocular media					
Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reaches a logical					
Arrange a focused list of differential					

Good points _____

Suggestion for improvement:- :-

Teacher Signature_____

Date_____

Section 2
Procedural skills

DIRECT OBSERVATION OF PROCEDURAL SKILLS (DOPS)								
Competencies	Expected level of competence To be tick when achieved					Certification Teacher to sign & date		
Skills performed	1	2	3	4	5	Sign	Date	
a. Torch								
b. Slit lamp examination								
c. Direct Ophthalmoscopy								
d. Indirect Ophthalmoscopy								
e. Trial lens box								
f. Retinoscopy with plane mirror								
g. Perimetry								
Competencies	Expected level of competence To be tick when achieved					Certification Teacher to sign & date		
Skills performed	1	2	3	4	5	Sign	Date	
a. Eye movements								
b. Cover test								
c. Confrontation visual field								
d. Biometry								
e. B-Scan								
f. Fundus camera								
g. Tension								
○ Digital								
○ Schiottz								
○ Perkins / Goldmann								
h. Corneal staining								
i. Lacrimal sac regurgitation test								
j. Upper lid eversion								
Competencies	Expected level of competence To be tick when achieved					Certification Teacher to sign & date		
Procedural Skills	1	2	3	4	5	Sign	Date	
Removal of sutures								
Removal of foreign body (lid, conjunctiva, cornea)								
Irrigation of lacrimal passages (syrringing)								
Lacrimal probing								
Punctal dilation								

Competencies	Certification Teacher to sign & date		Certification Teacher to sign & date	
Procedural Skills	1	2	Sign	Date
a. Pterygium				
b. Incision and curettage for Meiborian cyst				
c. Cataract surgery				
d. Glaucoma surgery				
e. Squint surgery				
f. Retinal detachment				
g. Dacryocysto rhinostomy				
h. Enucleation				
i. Evisceration				