

SA Ophthalmology Journal

The official journal of the Ophthalmological Society of South Africa



WHY YOU SHOULD CARE MORE ABOUT BORING ETHICS LECTURES THAN YOU THINK

Mr I van Niekerk

TONOMETRY: TOUCH AND GO

Dr N Welsh

33 YEARS OF PRIVATE PRACTICE

Dr D Maritz

OPHTHALMOLOGY IN SWAZILAND: A POST-RESIDENCY/FELLOWSHIP EXPERIENCE

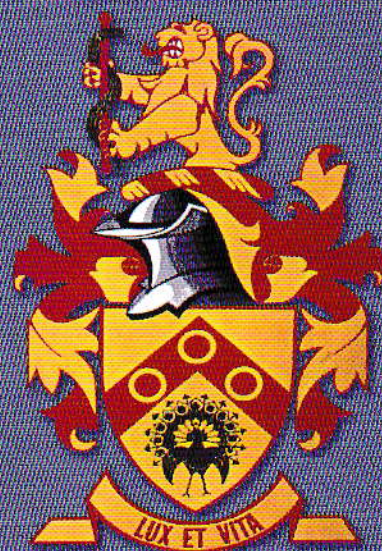
Dr T Kerr

45TH ANNUAL OSSA CONGRESS ABSTRACTS – PART 3



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CLIVE'S CORNER

Ophthalmology and the Internet

Part 3:
YouTube videos

There was a case recently heard by the HPCSA: a GP was doing breast enlargements and one of his cases turned septic. Part of his defence was that he had learned how to do the procedure by watching YouTube videos. Eyebrows were raised and eyeballs were rolled up at this remark as if it was totally ridiculous. **But watching videos is one of the best ways to learn anything, surgery included.**

YouTube is owned by Google. It is by far the most popular video uploading and viewing site in the world with millions of videos being uploaded and viewed every day. This part of the World Wide Web has done more for learning and education than any other part of the Internet.

Obviously, to benefit from YouTube, you will need a fast reliable Internet connection. My 8 mbps ADSL connection is quite adequate to download most videos because most videos can be watched in low resolution (e.g. 240p). To watch in higher resolution (e.g. 720p or HD) a faster connection would be better. An uncapped contract with your service provider is ideal. You don't want to have to worry about how many Gigs you have downloaded and that you may overstep your limit.

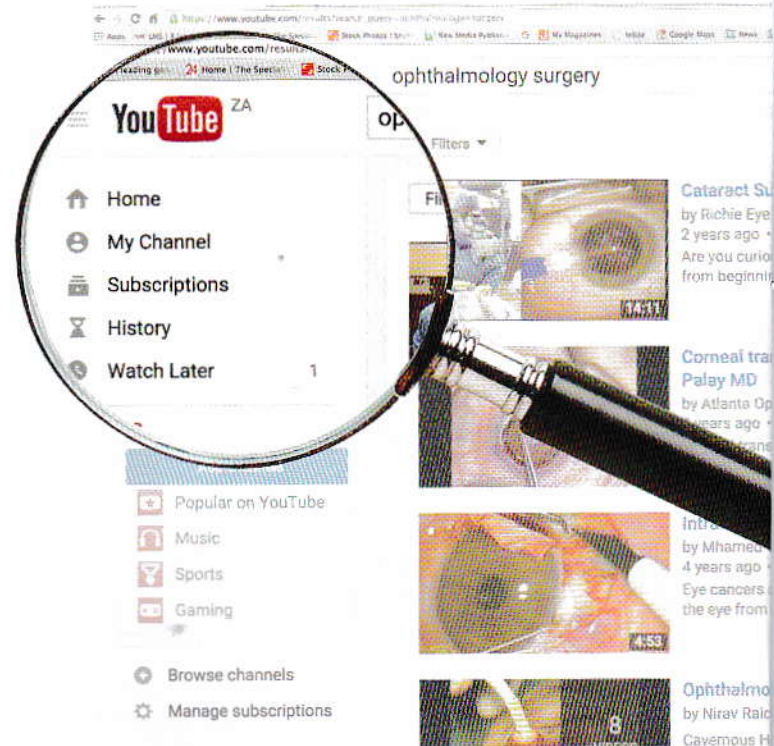
A great tip is to increase the speed of the video. There is a little cog-wheel icon that controls the settings. Click on it and one of the settings will be playback speed. Change the speed to 2x. This will allow you to watch a 30 minute video in 15 minutes; a great time-saver!

Here's a great idea for you to do one Sunday afternoon. Go to YouTube, enter 'ophthalmology' in the search field, and spend a few hours watching ophthalmology videos of all types and sizes. You will find hundreds of videos on every sub-topic in ophthalmology. You will find surgical tips and techniques for every type of operation.

To get you started, here are some of my favourite ophthalmology videos.

1 There was a programme on National Geographic recently about the Orbis Flying Eye Hospital. For those of you who missed it, enter the search terms: **'orbis flying eye hospital'** into the YouTube search engine. Then watch the **'Staff Ophthalmologist Recruitment Video'**. Make sure your wife/husband watches this one with you because you may just decide to volunteer for such a trip after watching this video!

2 For more on helping the less fortunate, a great video is entitled: **'Infinite Vision – Dr Govindappa Venkataswamy.'** This is a 35 minute video (17 minutes if watched at double speed) about



the Aravind Eye Hospital that Dr Venkataswamy founded in India. You can also just enter the search terms: **'aravind eye hospital'**.

3 Want a crash revision course in retina? Dr Darrell Baskin has made a video in July 2014 on retinal issues facing the ophthalmology resident (registrar). It is a very basic video, certainly **not** aimed at retinal specialists.

But for general ophthalmologists who don't do retinal work it is good revision. It is nearly an hour long (half an hour if watched at double speed). Search for the terms: **'crash course in retina darrell baskin'**. I learned quite a few things from watching this video. For example: **Patients with central serous chorioretinopathy should be checked out for sleep apnoea.**

4 Want to improve or revise your knowledge on retinal imaging? **Darrell Baskin** has also made a 45-minute video in January 2014 entitled: **Retina: Imaging and ERG.** Again, very basic and aimed at registrars but good for general ophthalmologists too. It goes over the basics of fluorescein angiography, autofluorescence, indocyanine green, electroretinography and OCT.

5 **Strabismus basic revision video.** In November 2014 **Dr Paul Bolin** uploaded a 30-minute video revising the basics of strabismus. Search for: **'Strabismus – crash! USMLE step 2&3.'**



Dr Venkataswamy, founder of the Aravind Eye Hospital in India

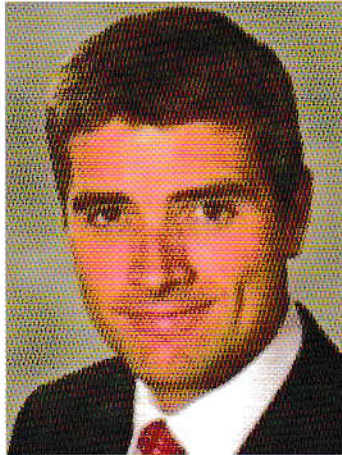
Continued on page 38

6 Uveitis basic revision video. In December 2014 **Dr Paul Bolin** uploaded this 40-minute video. Search for: **'Uveitis – crash USLME step 2&3.'**

7 Interested in eye evolution and comparative anatomy? Nova published a 45-minute video on YouTube in March 2014 entitled: **'Evolution – How Eyes Evolved – Nova.'** If you have not got 45 minutes for this subject, then watch this 5-minute video: **'The Evolution of the Human Eye by Joshua Harvey.'**

8 Dr Tim Root is probably the **best ophthalmology teacher** in the world. His lectures and videos are extremely creative and enjoyable. He uses models, props and demonstrations to simplify complex concepts and ideas. Search for **Tim Root ophthalmology videos** and you will see a large number of topics that he covers. My favourite one is entitled: **'The Exploding Eye Lecture'** which is about ocular trauma. His videos are very basic and mostly directed at medical students, ophthalmic technicians and nurses, but all are very entertaining.

9 Surgical technique for anterior segment surgeons. The other day a patient asked me where I rank on the World Ophthalmologist Ranking list! I politely told him that I did not know of such a list but that I ranked number one on the local list that was drawn up by my mother. Imagine if we surgeons were ranked like golfers and tennis players! Now if there were such a ranking, I think **the top place for anterior segment eye surgeon would go to Dr Steven Safran from New Jersey, USA.** So learn from the best and search for **'Dr Steven Safran Ophthalmology Videos'** on



Dr Tim Root, the world's greatest ophthalmology teacher (according to Clive's Corner)



Dr Steven Safran, world's greatest anterior segment surgeon (according to Clive's Corner)



Dr Ike Ahmed from Canada, great ophthalmology surgeon and teacher

YouTube. You will find about 100 videos that he has uploaded. My favourite one is entitled: **'IOL Exchange for in-the-bag Acrysof UGH Syndrome'** which he published in May this year and is 7 minutes long.

10 Glaucoma surgery. Ike Ahmed is another great anterior segment surgeon and teacher. Have a look at the many videos he has published on YouTube. If you are interested in **MIGS (minimally invasive glaucoma surgery)** then check out his latest video on this subject: **'Ike Ahmed AGS Surgery Day lecture 2015'** which is half an hour long. I wish I could grow my hair as long as Ike's!!

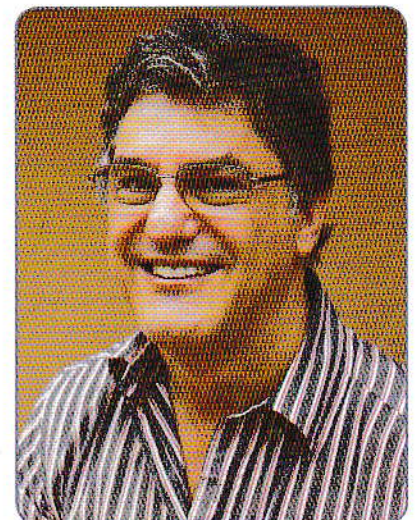
11 Do you believe in Demodex? Watch this video: **'Demodex Blepharitis – Is it for Real?'** It was published in July 2013 by **Jerry Tan and Por Yong Ming** and already has over 300 000 views (that's a very large number for an ophthalmology video!). **One of the main learning points for me from this video is that Ivermectin 1% cream is better than tea tree oil for killing Demodex.**

12 A great TED talk on binocular vision and stereopsis has been uploaded in February 2012 by **Dr Susan Barry.** The late **Oliver Sacks** called her **'Stereo Sue'** in his book called **'The Mind's Eye.'** The video is entitled: **'Fixing My Gaze'** and is all about how she regained stereopsis as an adult. She also has a book on this subject and there is a review of this book in the Winter 2014 issue of this journal.

13 Dr Howard Gimbel is the father of ophthalmology video-making. He has been making excellent videos for years starting in the late eighties. Some of his classics are the making of the continuous curvilinear capsulorhexis, divide and conquer, and other early phaco techniques. A more recent video that I can recommend is **'Paediatric Cataract Surgery by Howard Gimbel'** which was uploaded in May 2011 and is about 20 minutes long.

14 And finally: 'She Don't Need No Femto Laser.' This tongue-in-cheek one minute video by **Dr Tom Oetting** demonstrates **a first year ophthalmology resident easily making a CCC without a femto laser!**

If you have a favourite ophthalmology video please email me at clivenovis@mweb.co.za



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