ESASO
a Vision of Collaboration

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Dear Applicant

Since 2008, we at ESASO have been committed to developing a world-class educational programme in ophthalmology. Young ophthalmologists can choose from a number of substantially funded 1-year and 4-weeks fellowships or observerships training programmes at first-rate eye hospitals and research institutions all over the world.

The ESASO Fellowship Programme in particular offers talented and ambitious ophthalmologists the opportunity to extend their medical and research expertise necessary to develop an international career. Topics include cataract surgery, cornea and refractive surgery, glaucoma, as well as medical and surgical retina, among others. It is an invaluable opportunity to learn from the best-in-class and to nurture a network of international contacts.

To provide the best learning experience, ESASO has partnered with first-class teaching hospitals and university departments throughout the world, and continually monitors the quality of the programme. We always strive to develop new connections with leading ophthalmic institutions globally.

We look forward to meeting you. Ask for the application package today!

Yours sincerely

Stanley Chang
Chairman of Ophthalmology
Columbia University, New York

Giuseppe Guarnaccia
Global Executive Director
ESASO, Lugano
ESASO's mission is to provide young colleagues with high-calibre post-graduate education and hands-on training from internationally renowned professionals.
Organisation and Structure

The ESASO Fellowship Committee includes honorary members and members of the faculty of the institutions that offer Fellowship.

The ESASO Fellowship Committee

- **Stanley Chang, Chair**

Members

- Rupert Bourne
- Borja Corósegui
- Giuseppe Guarnaccia
- José L. Güell
- Adrian Koh
- Anat Loewenstein
- Robert Rejdak
- Sandrine Zweifel
- Maurizio Battaglia Parodi, Secretary

- Ramón Medel
- Ursula Schmidt-Erfurth
- Sobha Sivaprasad
- Paulo E. Stanga
- Leonidas Zografos
- Grazia Pertile
- Michele Coppola
- Sam Evans

Each ESASO Fellowship is spent in a specialised world-class teaching hospital or university department that have developed a specific training programme as part of their partnership agreement with ESASO. The individual programme provides the Fellow with all the skills necessary to improve their specialisations autonomously on a highly advanced level.

The 4-week ESASO Visiting Fellowship offers the opportunity to hone their cataract surgical skills at the LV Prasad Eye Institute (LVPEI) in Hyderabad, India.

The 4-week ESASO Observership enables to explore a particular field of ophthalmology further, perhaps prior to applying for a subsequent 1-year fellowship.

The 1-year ESASO Fellowship is open to the most talented participants in the ESASO Activities. It provides the opportunity to acquire hands-on surgical, medical or research expertise at a prestigious affiliate institution in order to lay the groundwork for an international career in ophthalmology.
Anterior Segment Surgery Fellowship

Broaden your expertise in the assessment and contemporary management of (adult) cataract and disorders of cornea and develop an understanding of the principles of refractive surgery.

Essential clinical experience

- 200 corneal disease clinics (participation or assistance)
- 30 corneal transplant operations (participation or assistance)
- Management of the complications of corneal transplantation, including rejection and refractive problems (active participation)
- 25 PRK (active participation)
- 25 LASIK (active participation)
- 100 complete surgical cataract surgeries as Specialist Registrar

Mandatory competence

- Clinical evaluation of the patient undergoing corneal transplantation leading to the development, after discussion with the patient, of a suitable management plan
- Management and primary repair of penetrating eye injury, including those affecting the anterior segment
- Management of contact lens related disorders
- Management of infective keratitis, including biopsy/sampling (for cytology, histology, microbiology) and the development of an appropriate antimicrobial strategy, and in particular the management of herpetic keratitis
- Acute management of severe chemical burns involving the anterior segment
- Management of inflammatory diseases of the cornea, especially regarding corneal melt
- Management of corneal dystrophies and of keratoconus
- Surgical management of the refractive disorders
- Management of unexpected refractive outcomes of refractive surgery
- To draw up a management plan leading to a target post op refraction after discussion with the patient; this should include at least a theoretical knowledge of astigmatic management during cataract surgery.

Tutor and Centre

José L. Güell
Instituto de Microcirugía Ocular (IMO)
Barcelona, Spain
• Biometry (keratometry & axial length determination) to indicate IOL power leading to target post op refraction
• Routine phacoemulsification, to include capsulorhexis and placement of PC IOL (including foldable lenses), using a variety of contemporary forms of anaesthesia
• Management of difficult cataract cases. This should include cases with hard nuclei (by phacoemulsification and/or ECCE), small pupils, previous vitrectomy and/or trauma, high myopia, pseudoexfoliation, and mature and hypermature lenses.
• Management of intraoperative complications (including vitreous loss by anterior vitrectomy and wound leak by suturing)
• Implantation of other IOL types (e.g. AC in complicated cases, secondary AC and PC IOLs)
• Management of post op complications, including raised pressure, endophthalmitis, macular oedema and posterior capsular opacification (by laser capsulotomy)
• Management of cataract in the presence of glaucoma (e.g. phacotrabeculectomy)
• Management of cataract in the presence of retinal disease (e.g. ARMD; and especially in the presence of diabetic retinopathy)
• Management of adverse refractive outcomes of cataract surgery

Desirable clinical experience

• Combined corneal transplantation, cataract extraction and lens implantation
• Management of acute corneal perforation by transplantation or tissue glues
• Fitting of contact lenses
• Endothelial specular microscopy
• Corneal pachymetry, topography and aberrometry
• Management of the complications of severe chemical injuries to the anterior segment
• Limbal cell transplantation and conjunctival autografting
• Amniotic membrane grafting
• Intracorneal rings; phakic IOLs
• Techniques and organisation of eye-banking
• Management of the dislocated crystalline lens
• Sclerally sutured IOLs and IOL exchange
• Piggy-back IOLs
• Anterior segment revision (including use of anterior vitrector)
• Multifocal IOLs
• Toric IOLs
• Intracapsular cataract surgery

Research

A specific research programme will be discussed and developed with the selected candidate.
Glaucoma Fellowship

Professionalise your expertise in the assessment and contemporary management of ocular hypertension and primary and secondary glaucoma in adults.

Essential clinical experience

- 200 glaucoma clinics (attendance)
- 100 procedures (surgical or laser) for glaucoma (performance)

Mandatory competence

- Clinical evaluation of the retinal nerve fibre layer by slit lamp biomicroscopy
- Appropriate selection and interpretation of visual fields
- Drawing up of an individual management plan leading to a target IOP
- Pharmacological treatment of IOP
- Trabeculectomy, bleb management and laser suture lysis
- Management of the complications of trabeculectomy, including flat anterior chamber
- Management of glaucoma in the presence of cataract
- Cycloablation (including cyclodiode laser) for refractory glaucoma
- Laser trabeculoplasty and selective laser trabeculoplasty
- Management of acute angle closure glaucoma, including medical and laser treatment

Desirable clinical experience

- Management of malignant glaucoma
- Management of malignant glaucoma
- Use of antimetabolites in trabeculectomy
- Use of drainage tubes/stents in complex glaucoma surgery
- Non-penetrating glaucoma surgery

Research

A specific research programme will be discussed and developed with the selected candidate.
Essential clinical experience

- 200 oculoplastic clinics (attendance)
- 200 oculoplastic surgical procedures (assistance)
- Presentation of at least one talk in both SECPOO (Sociedad Española de cirugía plástica oftálmica y orbitaria) and ESOPRS (European Society of Ophthalmic plastic and reconstructive surgery) annual meetings
- Publication of at least 1 article in the field

Mandatory competence

- Clinical evaluation of non-surgical aesthetic patients
- Clinical evaluation and medical management of oculoplastic emergency patients
- Clinical interpretation of orbital CT scans, MRI and other radiological tests in oculoplastics

Desirable clinical experience

To have a sound working knowledge, by exposure to:
- Management of IOFB and dropped nucleus
- Management of PVR
- Management of traumatic retinal detachment
- Management of intraocular tumours, to include radiotherapy and local resection

Research

A specific research programme will be discussed and developed with the selected candidate.
Acquire demonstrable and certified expertise in the diagnosis and management of the medical disorders of the retina.

**Essential clinical experience**

- 50 laser treatments for retinal diseases (under supervision)
- 150 OCT examinations (under supervision)
- 30 fluorescein/indocyanine green angiography (under supervision)
- 20 microperimetry (under supervision)
- 20 ultrasound examinations (under supervision)
- Ability to interpret electroretinography

**Mandatory competence**

- Clinical diagnosis:
  - age-related macular degeneration
  - diabetic retinopathy
  - retinal vein occlusions
  - degenerative myopia
  - chorioretinal dystrophies
  - chorioretinal inflammatory disorders
  - other retinal vascular disorders
  - other retinal degenerative disorders
  - Choroidal and retinal tumors and masquerading disorders
- Instrumental diagnosis of chorioretinal disorders
- Treatment of chorioretinal disorders

**Desirable clinical experience**

Sound working knowledge, by exposure to:

- Management of all age-related macular degeneration forms
- Management of diabetic retinopathy forms
- Management of degenerative and hereditary chorioretinal disorders

**Research**

A specific research programme will be discussed and developed with the selected candidate.

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**Tutors and Centres**

- **Sobha Sivaprasad**  
  Moorfields Eye Hospital London, UK
- **Anat Loewenstein**  
  Tel Aviv Medical Center & Sackler Faculty of Medicine  
  Tel Aviv University, Israel
- **Sandrine Zweifel**  
  University Hospital  
  Zurich, Switzerland
- **Robert Rejadak**  
  Medical University  
  Lublin, Poland
Surgical Retina Fellowship

Essential clinical experience

- 100 posterior segment laser treatments
- 150 retinal operations (as primary or assistant surgeon). These procedures should include scleral buckling, 20G vitrectomy and small incision vitrectomy.
- 100 B scan ultrasound and OCT (under supervision)

Mandatory competence

- Clinical evaluation and treatment of rhegmatogenous retinal detachment
- Clinical evaluation and treatment of macular pucker
- Clinical evaluation and treatment of macular oedema
- Clinical evaluation and treatment of suspected intraocular tumour
- Management of endophthalmitis by intraocular fluid biopsy, planning an appropriate pharmaceutical therapeutic strategy, and the administration of intraocular drug therapy
- Management of retinal breaks by laser photocoagulation and cryotherapy
- Ability and willingness to develop treatments and management plans in continuous discussion with the patient

Desirable clinical experience

To have a sound working knowledge, by exposure to:
- Management of IOFB and dropped nucleus
- Management of PVR
- Management of traumatic retinal detachment
- Management of intraocular tumours, to include radiotherapy and local resection

Research

A specific research programme will be discussed and developed with the selected candidate.

Professionalise your expertise and treatment of surgical disorders of the retina.

Tutors and Centres

- Borja Corcóstegui
  Instituto de Microcirugia Ocular (IMO)
  Barcelona, Spain

- Ursula Schmidt-Erfurth
  Allgemeines Krankenhaus Universitätskliniken Vienna, Austria

- Anat Loewenstein
  Tel Aviv Medical Center & Sackler Faculty of Medicine
  Tel Aviv University, Israel

- Michele Coppola
  Ospedale San Gerardo Monza, Italy

- Grazia Pertile
  Ospedale Sacro Cuore Don Calabria Verona, Italy
Clinical Research in Medical Retina Fellowship

Participate in translational research projects funded by the industry, and perform clinical duties within dedicated laser, surgical and medical retina, diabetic and paediatric retinal outpatient clinics.

Essential clinical experience

- 2 years postgraduate training in Ophthalmology with previous experience of laser
- Experience with clinical research
- Commitment to continued development and training in experimental techniques and analysis

Mandatory competence

- Analysis and interpretation of study results
- Drafting research reports, participating in drafting scientific conference contributions (posters/talks) and publications
- Microsoft Office/PC Skills: Word, Excel, Access, Outlook, internet
- Excellent organisational and communication skills
- Ability to work to tight deadlines
- Satisfactory health screening

Desirable clinical experience

- Recent GCP training
- MRC Ophthalmology
- Research Experience
- Scientific Publications
- Experience of working in an NHS setting
- Leadership Skills
- Experience of Audit

Research

A specific research programme will be discussed and developed with the selected candidate.

Tutor and Centre

Paulo E. Stanga
Manchester Royal Eye Hospital
Manchester, UK

Adrian Koh
Camden Medical Centre
Singapore, Asia
Clinical Fellow Paediatric Ophthalmology, Neuro-ophthalmology and Strabismus Fellowship

The aim of this fellowship is to prepare the Fellow for Consultant practice as an Ophthalmologist with a special interest in Paediatric Ophthalmology, Strabismus and Neuro-ophthalmology.

Objectives of the Fellowship

- Competency in assessment and management of both routine and complicated Paediatric Ophthalmology, Strabismus and Neuro-ophthalmology conditions
- Competency in management of retinopathy of prematurity
- Competency in surgical management of strabismus
- Competency in use of botulinum toxin in dystonia and strabismus
- Ability to plan and manage a sub-specialty service
- Gain understanding of the evidence-base of paediatric ophthalmology, strabismus and neuro-ophthalmology management

The opportunity for adult cataract surgery is also available

Duties of the Fellow

The Ophthalmology Fellow will be employed by the Royal Devon and Exeter Foundation trust for a period of one year, renewable by mutual agreement. Ophthalmic Fellows employed by the Trust take part in the on call rota to make it EWTD compliant.
Observership

Subspecialities

• Cataract – IOL implantation
• Glaucoma
• Medical Retina – New anti-VEGF and steroids
• Surgical Retina – Mini-invasive vitrectomy
• Oculoplastic
• Cornea

Advantages for participants

• In-depth theoretical and practical experience with an ophthalmic subspecialty
• Expert guidance and supervision by a tutor surgeon
• The ESASO Observership can form the basis of a future application for a 1-year fellowship

Programme Structure

• Full-time, intensive 1-month observership
• Takes place at ESASO-affiliated institutions internationally

Admission

Application process
In each module the participant with the best grades is offered the opportunity to pursue an observership in the same subspeciality. If this participant declines the observership the participant with the second-highest grades will be eligible, and so on.

ESASO provides a grant of up to €1,000 for each ESASO Observership. The grant is paid as a lump sum at the end of the programme.
4 Weeks Visiting Fellowship

To acquire demonstrable and certified hands-on cataract surgical skills

Subspecialities

- Cataract surgery

Advantages for participants

- Opportunity for young ophthalmologists to gain hands-on training
- Each fellow is assigned to a tutor surgeon to provide expert guidance and supervision
- Perform a minimum of 24 cataract surgeries with IOL implantation
- Video recording and analysis of all surgeries
- Books, journals, video material and interactive sessions available

Programme Structure

Four-week programme held at the LV Prasad Eye Institute (LVPEI) in Hyderabad, India

- Week 1 – the fellow assists surgeons in the operating room and performs practice surgery on animal eyes in the wetlabs
- Week 2 & 3 – the fellow assists with pre-operative and post-operative care and begins to perform live surgery under expert supervision
- Week 4 – the fellow performs surgery independently and handles outpatient care

Admission

Application process
Applicants must have completed one ESASO module, here preferably in cataract surgery, to be eligible to attend this programme.

Economic Support
ESASO will support successful applicants with a grant. (1000 EURO)
1-year ESASO Fellowship
How do I apply?

An individual Tutor and his team will support the Fellow. Depending on the institution, the fellow will spend approximately 20% of the time with his own Tutor, while members of the team are virtually always available.

Time Schedule
• 1-year ESASO Fellowships normally start in October/November of the current year. However, individual arrangements with the respective Institution are possible.

Application Process
A complete application form must be sent to the ESASO Head Office in Lugano. Applications should be submitted by online registration on the ESASO webpage. All applicants are required to have completed their residency training in ophthalmology.

Applications must include the following:
• Fellowship Application Form
• curriculum vitae
• three letters of recommendation from persons familiar with the applicant’s clinical and/or research competence
• copy of degree in medicine
• copy of specialization in ophthalmology
• copy of the passport or ID Card
• publications (submit complete list)
• surgical experience (submit complete list)

Only complete applications can be considered. Each application is reviewed by the Fellowships Committee. If all the requirements have been satisfied, the candidate is eligible for the programme. ESASO will invite selected applicants to an interview to Lugano, Switzerland (every year in June). Following the interviews, the final selection of the successful candidates will be made. All applicants will be informed by email about the decision on their application.

Fellow’s responsibilities
• valid international health insurance (illness)
• valid international occupational hazard insurance (it depends on the international centres)
• signing a declaration exonerating ESASO of all liability
• signing a letter of acceptance of the Fellowship and all the commitments

Working hours (daily schedule)
The timetable, daily schedule and holidays are arranged with the Fellowship supervisor.

Costs
The grants are all-inclusive. This means that all costs (travel arrangements, accommodation, transportation, etc.) shall be at the fellow’s expense.

Accommodation
The Fellow is expected to arrange his own accommodation (if requested, ESASO head office can help the Fellow find a suitable accommodation).

Visa
The Fellow should make his own visa application. The Institution can provide a letter of invitation to accompany the application and ESASO can assist the Fellow if required.

Economic Support
ESASO provides grants of up to €25,000 for the ESASO Fellowships, depending on the sponsor. The educational grants are paid directly to the Fellow in monthly instalments.
“My name is Alqahtani Abdullah. I am 36 years old and I come from Saudi Arabia. I am currently working for health science at King Saud University for health science and King Abdulaziz medical city as Consultant in surgical retina & ocular oncology.

The first time I heard about ESASO School was in 2009, from my professor Alain Quadric in Paris Lariboisiere hospital. I did 5 modules of the ESASO School because of the high level lectures presented by international famous professors, in Lugano which is such a beautiful city.

I was attracted by the specialty of Vitro-Retinal Surgery. This attraction progressed to be my next future dream, so I applied for the ESASO Fellowship because I want to get my subspecialty with one of the international professors. I chose Saint-Augustinus Hospital in Antwerp. During my fellowship with Dr Carl Claes and his excellent team, I learnt a lot from him in many aspects, starting from dealing with the high exposure work to admiring the perfection in most difficult cases. Of course, I will never forget the great friends that I met during the modules which is the enjoyable part of the ESASO network.

Finally, I believe that ESASO school is like a story of success that gives example and solutions to dreamers.”
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