



PAKISTAN OCULOPLASTIC ASSOCIATION 2005-2019



OPHTHALMOLOGICAL SOCIETY OF PAKISTAN



History

A group of 18 doctors from different parts of the country interested in oculoplastics got together on the second day of the Lahore Ophthalmology 5pm, Saturday 17th December, 2005 to form the oculoplastics interest group of the ophthalmological society of Pakistan. It was later transformed in Pakistan Oculoplastic Association (POA).

Aims and Objectives

- a) To unify the Ophthalmologists of Pakistan having interest in Oculoplasty and foreign Ophthalmic Plastic Surgeons having interest in promoting this field in Pakistan.
- b) To regularly organize Oculoplastic Conferences and Live Surgery Workshops which will serve to advance our knowledge and practice of ophthalmic plastic and orbital surgery.
- c) To collaborate with other Oculoplastic Societies outside the Pakistan.
- d) To conduct research on oculoplastic conditions peculiar and more commonly found in Pakistan.
- e) To educate the public in all matters relating to Oculoplastics.
- f) To provide support and appropriate avenues for education in ophthalmic plastic and reconstructive surgery for young budding ophthalmologist sharing interest in Oculoplasty.
- g) To develop guidelines for common oculoplastic procedures.

Message

Prof. Nadeem Hafeez Butt

President

Ophthalmological Society of Pakistan



It is a matter of pride for me to introduce Pakistan Oculoplastics Association as a subspecialty society of Ophthalmological society of Pakistan. I am a founding member of the association and I am very pleased that they are holding their first National Oculoplastic Symposium in collaboration with the Peshawar Eye Con from 22-24th February, 2019. This society started as an interest group in 2005 and has now matured into a bigger society and is playing a very positive role in the development of Oculoplastics among Ophthalmologists of Pakistan. I wish them all the success.

Message

Prof. Muhammad Moin

President
Pakistan Oculoplastics Association



It is a matter of pride and honour to serve as President POA. This is one of the most progressive and vibrant associations of OSP. The society has been built on the shoulders of giants in Oculoplastics. The scientific programmer of every OSP national and regional conference comprises of multiple sessions of Oculoplastics and Orbit. Each time it is the contribution of POA that makes it possible in a befitting manner. Seminars, workshops and lectures throughout the year are in addition to formal conferences. POA publishes regular newsletters and has an attractive and updated website. During the term of current office bearers of POA collaborative research project on exophthalmometry has been started for the first time. First Cadaveric Dissection Course was organized at LGH in 2018. Efforts are being made to start a Level IV Oculoplastics Fellowship by University of Health Sciences. I hope to contribute positively to the improvement of POA with the help and support of all of the members.

Message

Prof. Tayyab Afghani

President Elect

Pakistan Oculoplastics Association



Pakistan Oculoplastics Association has made considerable progress in the last couple of years. It has significantly contributed towards popularizing this otherwise “less lucrative” specialty. This specialty is now recognized by College of Physicians and Surgeons Pakistan for second fellowship in Ophthalmology apart from Pediatric Ophthalmology and Vitreoretina. Greater number of ophthalmologists are adopting this subspecialty as their first line of clinical practice. Over the last couple of years, a number of Oculoplastics workshops and seminars have been held across the country including Multan, Rawalpindi, Lahore, Quetta, and Karachi. This year, the first one-day POA Conference is being held in Peshawar. I take this opportunity to congratulate Prof. Ibrar for his efforts to organize this event.

Message

Dr. Irfan Jeeva

General Secretary
Pakistan Oculoplastics Association



The hallmark of POA is representation from all corners of Pakistan. With detailed and extensive discussions on POA whatsapp group, the mutual learning continues 24/7. Tumor Board meetings are being held regularly in Agha Khan Hospital and are a great source of spread of interdisciplinary knowledge. The present team of POA plans and executes Oculoplastics educational activities throughout the year and it is heartening to know that frequency of such events is increasing. I hope that in the coming Peshawar conference once again eye specialists will have a comprehensive program and thrilling experience.

Message

Col ® Khawaja Khalid Shoaib

Joint Secretary

Pakistan Oculoplastics Association



It is a matter of great prestige and honour for me to write a few lines for the Pakistan Oculoplastics Association that is trending in all national conferences. Pakistan Oculoplastic Association is touching new heights. To feel its presence in every national conference proves its progressive stance. Previously in the last few decades, general ophthalmology had predominance of Cataract and Vitreoretina in its topics. Now with more emphasis on adnexal and orbital disorders the scientific programmes have become more balanced. The academic and research activities that organization is generating are commendable. The scientific level of symposia and sessions are now of international standard. It is satisfying to see hard work of its members in preparing presentations, discussions and debates. Our moto is to eradicate or manage eyelid and orbital disorders in Pakistani patients at international standards. Our aim is to increase the number of members so that POA becomes a popular movement. I would urge members of ophthalmological societies to participate more actively in the programmes of Pakistan Oculoplastic Association.

Message

Prof. Zafar Ul Islam

Founding President
Pakistan Oculoplastics Association



Pakistan Oculoplastics Association began as Oculoplasty Interest Group in 2005. In 2002 Oculoplastic fellows felt the need to form a body to promote this very important but rather ignored branch of Ophthalmology. With preliminary work and planning, the constitution of OIG was approved by central Council of OSP in 2005. I feel honoured to be the founding President and member of OIG, which at that time comprised of only a handful of doctors. However, with the praiseworthy efforts of our colleagues it grew and today it is a well-established organization successfully contributing to Oculoplastic knowledge and technique through workshops, instruction courses, wetlabs, live surgeries and symposia. POA is also recognized by CPSP as a sub- specialty for a second FCPS degree. I hope that with the induction of more young and enthusiastic oculoplastic surgeons it will flourish and benefit patients suffering from oculoplastic disorders in our country.

Message

Prof. Hamid Mahmood Butt

Past President

Pakistan Oculoplastics Association



It is indeed a pleasure and honor to write these few lines on behalf of POA. It is very heartening to note that ophthalmology has attained the highest professional standards. This is from where the subspecialty interest groups gain their need and identity. The POA is a team of committed ophthalmologists who have decided to strive for excellence in patient care and teaching and training of the future oculoplastic surgeons. As a past president of POA, I carried the passion with me and am so very proud to have got the *FCPS Orbit and Oculoplastic* approved as a second Fellowship while I was the Dean, Faculty of Ophthalmology, CPSP.

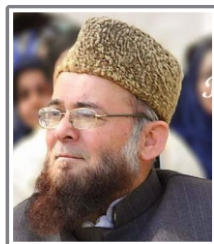
POA is a very robust forum for Continuing Professional Development of the ophthalmic surgeons and I wish them a future full of further professional heights and greater gains. Ameen.

Message

Prof. Imran Akram Sahaf

Past President

Pakistan Oculoplastics Association



Plastic Surgery is the knowledge of tissue behavior used for the benefit of humanity. Oculoplastic surgery is a vast subject dealing with huge number of congenital disease, malignancies, physical and chemical trauma. Over a hundred types of procedures have to be mastered to be an oculoplastic surgeon. The specialty from its infancy is now entering an adolescent stage. Few years back it was not even considered an ocular specialty. Now with the efforts of dedicated professionals more and more young eye surgeons are taking it up with enthusiasm.

I was the president of the Association from 2010 -12. Worthy Prof. Brig Waseem was the General Secretary. Our efforts were centered on creating more and more awareness regarding the importance of oculoplastics and registering more and more eye surgeons. The curriculum for fellowship in oculoplastics was developed and this is being now followed by CPSP and King Edward Medical University for developing their fellowships. Regular sessions were booked in all the conferences to increased knowledge and awareness regarding oculoplastic surgery. Visits by oculoplastic surgeons to regional centers were arranged. Regular workshops and symposia at district level were started. As a result, a lot of surgeons in the periphery started doing minor oculoplastic surgery.

We also decided a code of conduct which is highlighted in the report by the Brig. Waseem. The specialty has progressed in leaps and bounds over the last few years under the able leadership of our successors. I pray that all the efforts to serve humanity bear fruit and the knowledge gained be perpetuated to the coming generation.

Wishing you all the success

Message

Prof. Asad Aslam Khan

Past President
Pakistan Oculoplastics Association



I am very pleased to write a few words for thDedicated sessions on orbit and oculoplasty were held in each conference in Pakistan in my tenure. The first Orbit workshop at Mayo hospital was started. Dr. Sameera Irfan was the General Secretary of the Association with me and she moderated all the workshops throughout the 2 years. She represented POA abroad numerous times including OPAI meeting in India 3 times, APSOPRS in 2014 at ISMICS conference Pune, Oculoplastics workshop in Jalandhar in 2015 and oculoplastics symposium in Patiala, India in 2016.

Work for Oculoplastics Fellowship in King Edward Medical University was started which has now been approved by the syndicate The Association is in the best hands nowadays who are working to their best for uplifting of this sub-specialty in Pakistan.

Message

Prof. Amer Yaqoob

Past President
Pakistan Oculoplastics Association



It gives me immense pleasure to see Pakistan Oculoplastics Association grow into a robust community of highly motivated professionals. It is befitting that POA is holding its 1st national conference in collaboration with Khyber Eyecon. Although POA has been regularly contributing to national and international conferences, holding an independent meeting for the first time is commendable. My felicitations to all the past and present office bearers and members of the association for working hard to achieve this milestone. I wish continuing success to the association in terms of disseminating scientific knowledge, skills and social interaction among its members specifically and all ophthalmologists in general.

Message

Prof. Zahid Kamal Siddqui

Past President

Pakistan Oculoplastics Association



It is a matter of great pleasure that Pakistan Oculoplastic Association is very active in academic activities. As a past president observing the organization progressing is very satisfying. The good thing is that academic and research activities are going hand in hand. It is heartening to see various activities of Pakistan Oculoplastic Association happening throughout the year and through the country. Lids and orbit have been given due importance now in all the regional conferences and the credit goes to the organization. My prayers are for the members of this association who are working hard to make a difference in the understanding of oculoplasty at national level. Continue the struggle and sky is the limit. I hope that POA will continue to enhance its stature nationally and internationally. I wish association a very bright future in improving knowledge of eyelid and orbital diseases in Pakistani eye community.

POA Office Bearers 2018 - 2019



Muhammad Moin
President



Tayyab Afghani
President Elect



Irfan Jeeva
General Secretary



Khawaja Khalid Shoaib
Joint Secretary



Ibrar Hussain
Treasurer



Pakistan Oculoplastics Association Presidents

- | | |
|--|---------|
| 1. Prof. Zafar ul Islam (Founding President) | 2005-07 |
| 2. Prof. Hamid Mahmood Butt | 2008-09 |
| 3. Prof. Imran Akram Sahaf | 2010-11 |
| 4. Prof. Asad Aslam Khan | 2012-13 |
| 5. Prof. Amer Yaqob | 2014-15 |
| 6. Prof. Zahid Kamal Siddiqui | 2016-17 |
| 7. Prof. Muhammad Moin | 2018-19 |

POA General Secretaries



Prof. Muhammad Moin
2005 - 2007



Prof. Tariq Farooq Babar
2008 - 2009



Prof. Brig Waseem
2010 - 2011



Dr. Sameera Irfan
2012 - 2013



Dr. Col. Teyyeb Janjua
2014 - 2015



Prof. Rao Rashad Qamar
2016 - 2018



Prof. Irfan Jeeva
2018 - 2019



Founding Members of POA

1. Prof. Imran Akram Sahaf
2. Prof. Zafar ul Islam
3. Prof. Hamid Mahmood Butt
4. Prof. Nadeem Hafeez Butt
5. Prof. Muhammad Moin
6. Prof. Muhammad Amer Yaqoob
7. Prof. Zahid Kamal Siddiqui
8. Prof. Abdul Hye
9. Dr. Junaid Afzal
10. Dr. Amir Shahzad
11. Dr. Humera Zafar
12. Dr. Muhammad Nawaz Malik
13. Dr. Brig. Muhammad Waseem
14. Dr. Muhammad Aftab Azhar
15. Prof. Muhammad Ramzan
16. Prof. Tariq Farooq Babar
17. Prof. Ibrar Hussain
18. Prof. Mian Muhammad Shafiq
19. Prof. Asad Aslam Khan
20. Prof. Mahmood Saeed
21. Prof. Javed Niazi

Oculoplastics Fellowship by CPSP

The idea was conceived in AFIO around 2007-8 when we were getting frequent blast injury patients during the war on terror. Under the guidance of Prof Hamid Butt, Prof Zahid Kamal, Prof Moin, Prof Zafar-ul Islam and Prof Amer Yaqub worked on designing the curriculum and identify potential trainers and institutions appropriate for training in Oculoplastics and orbital surgery. The specialty was approved by CPSP council in 2014 and the first unit to be recognized for training was AFIO. The first examination for FCPS in Oculoplastics and orbital surgery is planned to be held later this year.

POA Educational Activities

2010 - 2011

With their efforts, the Pakistan Oculoplastic Association, crossed national borders and was represented in the **WOC Congress**, Abudhabi, UAE, 15 – 20th Feb 2012.

General Secretary, Dr. Sameera Irfan, represented Pakistan at **the EYE ADVANCE 2012** Meeting of Bombay Ophthalmological Association where she has was selected as a Faculty Member permanently. She has also been selected as a Life Member of Oculoplastic Association, India (OPAI) and represented Pakistan in the **OPAI Meeting** in Amritsar, 26th October 2012.

The present team decided to take the Oculoplastic Society to new horizons. In this respect, an on-line journal, Journal of Oculoplastic Surgery, Pakistan was started. Initially, it was an on-line journal with a plan to bring a print version which would be recognized by the Pakistan Medical Dental Council. This was concurrent with the other activities like seminars, symposia, workshops, conferences and dissemination of knowledge pertinent to our field.

Office bearers for the on-line journal included Patron: Prof. Muhammad Munir-ul-Haq, Editor-in-Chief: Prof Asad Aslam Khan, Associate Editor

in Chief: Prof Imran Akram Sahaf, Managing Editor: Dr Sameera Irfan, Editorial board included Prof. Hamid Butt, Prof. Muhammad Moin, Dr. Zahid kamal, Prof Zafar-ul-Islam, Brig. Amer Yaqub, and Brig, Mohammad Waseem.

2014 - 2015



OAPI Meeting in Amritsar in 2014



APSORPS Meeting in New Delhi in 2014



2nd Orbital Symposium 7th May 2016

- Venue: King Edward Medical University/COAVS, Lahore
- Theme: Orbital Tumors
- Well attended activity with 12 presenters from Peshawar, Islamabad, Armed forces and Lahore

POA symposium Multan, 29th Sept 2017

- Organized by OSP Multan. Steered by secretary POA Prof RashadQamarRao: 7 presenters from Lahore, Rawalpindi & Karachi

Annual Congress of SAARC Academy of Ophthalmology 18-21 Aug

- Venue: Sheraton Hotel, Karachi
- Symposium:
- Great Debate: *Ptosis repair*
- Instruction course:
 - *Botulinum Toxin for Facial dystonia*
 - *Acute dacryocystitis*
 - *Eyelid reconstruction*

Guest Lecture: OSP Lahore Branch,

Allama Iqbal Medical College, 14th May

- Management of Ocular Surface Neoplasia: President POA

35th Lahore Ophthalmology: PC Hotel, Lahore 1-4 Dec 2016

- Preconference workshop: The challenges in Orbit & Oculoplastic Surgery

- Presentation by 9 speakers from Peshawar, Islamabad, Armed Forces, Lahore and Karachi
 - Live surgery: ptosis repair by Levator Resection
 - Symposium
 - Ocular trauma
 - Great Debate:
 - Eight aspects of Dacryocystorhinostomy debated by 15 presenters
 - Well attended: use of Audience Response System
 - Instruction course:
 - Lid trauma
 - Skills Lab: Instruction course on making flaps/graft
 - Techniques were demonstrated by 3 senior instructors on chicken skin
 - Young ophthalmologists grooming forum
 - Seven young Oculoplastic surgeons presented there work
 - President POA represented the Association at OSP Central Executive Council
- **Retinoblastoma Task Force:** agreed at AGM
 - **Annual Conference of Ophthalmological Society of Pakistan 11-13 Feb 2017 Peshawar**
 - Symposium: **Pearls in Orbital Socket reconstruction surgery**
 - IC: Botox in facial Dystonia
 - Paediatric Ocular/Peri-ocular Trauma

2018 - 2019

36th Lahore Ophthalmology, 8 to 10th December, 2017.

Orbital Oncology Symposium Agha Khan Hospital, 2nd Feb, 2018.

Khyber Eyecon 22-24th February, 2018.

4th Orbital Symposium, Lahore General Hospital, Lahore 12th March, 2018.

Hands On Cadaveric Dissection Course LGH, 31st March 2018.

20th Annual Islamabad Conference, Bhurban 27-29 April, 2018.

2nd Oculoplastic & Orbit Workshop at LGH 9-11 Aug 2018 with international Faculty (Anne Barmettler)

39th Karophth 2nd to 4th August, 2018.

9th Annual Quetta Symposium 28-30th September, 2018

37th Lahore Ophthalmology, 7 to 9th December, 2018.

Board Meetings

Ophthalmic Tumor Board Meetings under supervision of Irfan Jeeva in collaboration with Radiology, Pathology and Oncology departments: Fortnightly at Agha Khan University, Karachi.

Tumor Board Meetings under supervision of Ibrar Hussain in collaboration with Oncology and ENT departments: Monthly IRNUM, Peshawar.

Orbital Registry

Software

Ocular Tumor Registry

1st National POA conference in association with Peshawar Eyecon 22-24 Feb, 19.

Research Activities

A research project titled “Normal Range of Exophthalmometric values in Pakistani Population” has been planned.

Objectives Are:

1. To determine the normal exophthalmometric value for Pakistani population.
2. To calculate mean “Inter-orbital distance” for Pakistani population. Approval of Institutional Review Board has been taken. Practical work of data collection will start after Peshawar Ophthalmological Conference where standardization of principal investigators and equipment is planned.

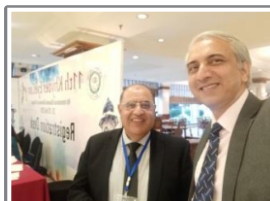
Lahore Ophthalmology, 7th to 9th December, 2017



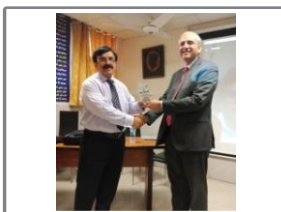
Orbital Oncology Symposium Agha Khan Hospital, 2nd Feb, 2018



Khyber Eyecon 22 - 24 February, 2018



4th Orbital Symposium, Lahore General Hospital, Lahore 12th March 2018



Hands on Cadaveric Dissection Course LGH, 31st March 2018



20th Annual Islamabad Conference, Bhurban 27 - 29 April, 2018





Collaborative Research

“Normal Range of Exophthalmometric values in Pakistani Population”


Objectives

- To determine the normal Exophthalmometric value for Pakistani population.
- To calculate mean “Inter-orbital distance” (IOD) for Pakistani population.

Introduction

Protrusion of eyes with reference to lateral orbital margin of an individual is called “Exophthalmometric Value” (EV). Normal EV depends upon multiple factors including age, gender, race & ethnic background, etc.

Multiple cross sectional studies have been performed in different parts of the world on different ethnic background individuals and variations in EVs noted. Mean EV for Asians is $14.4 \pm 2.5\text{mm}$, for white Americans is 16.5mm , black Americans is 18.5mm , for Sri Lankans is $15.82 \pm 2.73\text{mm}$ and for India it is $15 \pm 6\text{mm}$ in males and $16 \pm 6\text{mm}$ in females⁷. From these studies it is clear that there is no standard uniform normal value for Exophthalmometry. Rather each race and ethnic group should develop its own normative data to calculate EV. In the majority of reports from different ethnic backgrounds, the relative protrusion value between two eyes is not more than 2 mm. Therefore, we agree with other researches that relative ocular protrusion value of up to 2 mm in the absence of other pathological findings may have little clinical significance; on the other hand, an asymmetry of more than 2 mm should be noted during medical check-ups. Meanwhile, while performing Hertel's Exophthalmometry, as a part of this procedure, we will also be calculating the IOD for normal Pakistani population.



Till now to our knowledge, no study has been done in Pakistan to determine normative data of Exophthalmometry and IOD. Therefore, Pakistan Oculoplastic Association (POA) has decided to determine normal EVs for our population.

Rationale of Study

At present no normal EV reference is available for Pakistani population due to which proptosis may be over/under-diagnosed. This study will provide normal reference EV for our own population. The Exophthalmometric Values (EVs) obtained can either serve as a diagnostic basis or be used to monitor the progress of orbital disease via serial measurements¹². Similarly, normal IOD of Pakistani population will be determined in this study which will provide a baseline in various maxillofacial and oculoplastic procedures.



Membership Form



PAKISTAN OCULOPLASTIC ASSOCIATION

Name: _____ Date of Birth: _____

Fathers/Husbands Name: _____

Permanent Home Address: _____

Institution/Place of Work _____

CNIC No: _____ PMDC No. _____

Telephone Hospital: _____ Home: _____

Clinic: _____ Mobile: _____ Email _____

Year of Graduation: _____ Year of Post-Graduation: _____

Post-Graduation Qualifications _____

Qualification in Oculoplastics: _____

Type of Membership Yearly/Life: _____ Membership Fee: 5,000

I hereby solemnly declare that I shall work for the welfare of Pakistan Oculoplastics Association

Enclosed: 1. Payment of Rs 5,000 through cash / crossed cheque/pay order in favour of Treasurer of Oculoplastics Association of Pakistan, 2. Two Passport size Blue background photograph, 3. Attested photocopy of DOMS, MCPS, FCPS, FRCS, MS, MD in Ophthalmology or equivalent and valid PMDC certificate, 4. Copy of CNIC, 5. Fill online form and also send printed and signed form along with above documents to pakocul@gmail.com.

General Secretary POA

Proposed By

Seconded By:

Date: _____

Signature of Applicant