

AMSF Travel Scholarship Reflection

Recipient: Dhiren Deepak Dhanji

**Location: Moorfield Eye Hospital,
City Road, London, UK**



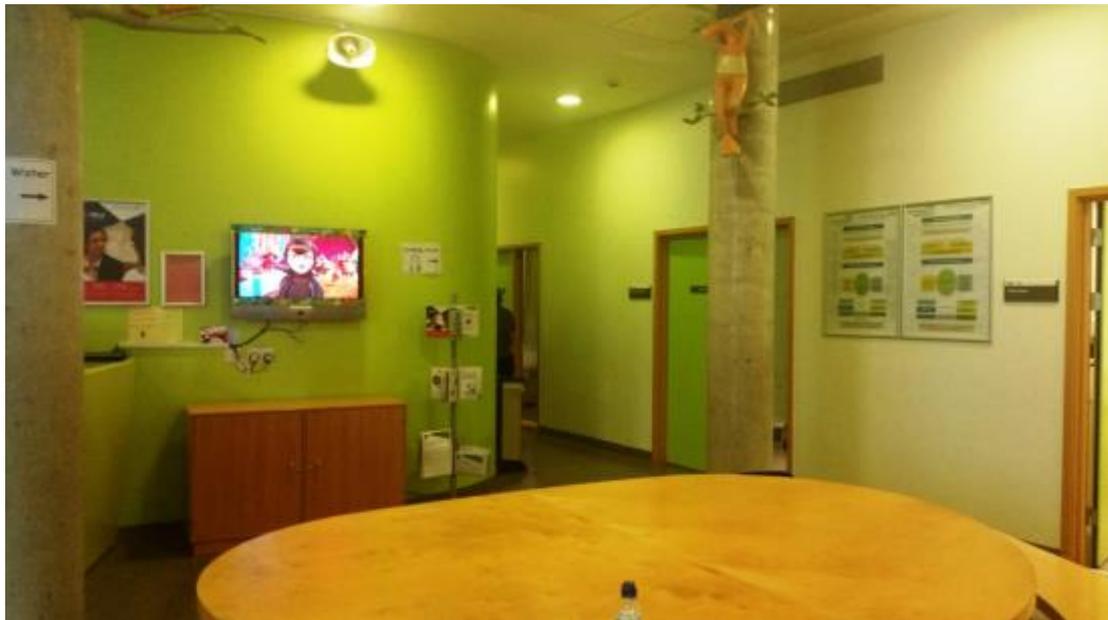
From the 8th of May to the 2nd of June 2017 I undertook an Ophthalmology elective at Moorfields Eye hospital. In the amazing setting of London, I arrived at this Ophthalmology specialist hospital and started one of the most academically and professionally enriching experiences of my medical career so far. Moorfields Eye Hospital holds the prestigious title of being the world's oldest eye hospital with a wide range of Ophthalmology subspecialties and world-leading specialists. The central hospital where I undertook my elective is located on City Road, but various other branches are established throughout London and even to the far reaches of Dubai. It has a large history of taking on Australians and the consultants and fellows were engaging and friendly. This was the perfect setting to learn and immerse myself in Ophthalmology.



Moorfields Eye Hospital

As a student observer in Moorfield Eye Hospital I attended many sub-specialty outpatient clinics, operating theatres, student and staff teaching sessions, investigation departments, the ocular prosthesis department, multi-disciplinary meetings and visited outreach hospitals. I was also able to appreciate the large research focused component of Moorfields and view the charitable activities that were undertaken to raise money for the Friends of Moorfields charity. My timetable was created by the Postgraduate Education Department and was diversified by asking consultants for permission to attend various clinics.

The range of subspecialty clinics I attended included: general eye clinics, glaucoma, adnexal, corneal, neuro-ophthalmology, medical retina, retinal genetics, uveitis, surgical retina, ocular oncology and paediatric ophthalmology. Here I spent one-on-one time with either consultants or fellows being approached with a wide range of cases, refining both my clinical skills and my knowledge base. I was able to develop fundamental clinical skills with equipment including the use of a slit lamp, direct ophthalmoscopy and indirect ophthalmoscopy with Volk Lens. I learnt how to best interact with the visually disabled in a professional manner, paying particular attention to both the current clinical situation but also addressing how it effects their day to day life. I also appreciated the diversity of conditions ranging from the common to the rare, giving me the opportunity to have a first-hand experience with most major ophthalmological conditions.



Moorfields Paediatric Ophthalmology Clinics

When not attending clinics, I spent a large portion of time in operating theatres viewing a range of operations in the above subspecialties with particular highlights being an enucleation, evisceration, orbital decompression, trabeculectomy, keratoprosthesis and retinal surgery. This was my first well-rounded experience in an Ophthalmological theatre, with consultants who regularly engaged me in their operations detailing what was occurring and important anatomical and physiological knowledge. I had never seen a large range of procedures and therefore appreciated being in theatres with many well-known specialists including Mr Geoffrey Rose (Adnexal), Mr Amit Arora (Ocular Oncology) Miss Deborah Kamal (Glaucoma) and Mr Mark Wilkins (Cornea). There is a stark contrast between Ophthalmological surgery and other forms of surgery, namely its microscopic and intricate nature. This is not exclusive to Ophthalmology but it is still quite spectacular- a vitreoretinal surgeon is able to peel off a 4 micron epiretinal membrane utilising a laparoscopic technique through the eyeball. I had the opportunity to assess the required dexterity by practicing inserting intraocular lens into a filling device.

Other than theatre and clinic, there were a wide range of opportunities to further enrich the professional and academic experience. There was a lot of opportunity for attending teaching sessions led by consultants and fellows with regular sessions every morning prior to clinics and theatre as well as throughout the day. Attendance here helped me develop my knowledge base but at times exemplified the amount I didn't know. It illustrated the depth and breadth of Ophthalmology as a speciality and piqued my intellectual curiosity in the area. Whilst at Moorfields, I enjoyed meeting new staff and other students from University College London, Barts, and The London School of Medicine and Dentistry. The teaching fellows kindly involved me in their teaching sessions with other university students allowing me to develop my skills further. Other than teaching sessions, indirect exposure to the National Health Scheme (NHS) allowed me to make comparisons to our current Public Hospital system in Australia. Further, visits to Moorfields satellite hospitals such as Ealing and St George's Hospital were worthwhile, providing a new dynamic and patient subgroup.

Moorfields Eye Hospital is directly connected to the Institute of Ophthalmology which many of the consultants are directly involved in. A diverse range of research projects were ongoing during my short time at Moorfields, with patients being recruited during clinic. It was quite inspiring to be in an area at the pinnacle of the research front, particularly research into my younger brother's eye condition: cone dystrophy. I was privileged to spend time in Mr Andrew Webster's Clinic, a specialist retinal genetic clinic where I was able to discuss the latest innovative ideas surrounding cone dystrophy. It has inspired me to pursue my own research in future into cone dystrophy and other inherited retinal conditions where treatment is relatively ineffective.

I felt my experience at Moorfields was enriching in both personal and professional domains. I am inspired and now confident that I would like to pursue Ophthalmology as my medical career path. At Moorfields, I was able to understand the breadth of impact treatment can have on patients, ranging from a simple removal of a cataract in order to correct vision to the urgent treatment of orbital cellulitis to prevent death. I also had a lot of professional advice, particularly from fellows and consultants, in regards to practice in Ophthalmology. In both theatre and clinics, I appreciated the large diversity of age and race which I felt was indirectly enriching professionally but also enticed me to the specialty. Further, the balance in diversity in regards to the hospitals multidisciplinary teams and patient's age, sex and race were quite appealing. I also appreciate the scope for research, particularly being inspired to research cone dystrophy.



I would like to thank and acknowledge the Adelaide Medical Student Foundation for enabling me to complete this elective. I am now very passionate about this area of medicine and feel I have grown professionally through this experience.