



9:00am

Registration, tea and coffee

9:30am

Welcome and introduction

Miss Evelyn Mensah, President, Ophthalmology Section, Royal Society of Medicine

Mr Christopher Way, University Hospitals Sussex NHS Foundation

Ms Sharita Jhummun, Optometrist, Digital Ophthalmology Programme Manager, North West London Acute Provider Group and Chair, London Ophthalmology Network (LON)

Ms Resitha Airey, Co-Founder, London Ophthalmology Network (LON)

Morning: Academic programme

Chair: Mr Christopher Way and Dr Christos Iosifidis, Ophthalmology SpR, Manchester University NHS Foundation Trust

9:45am

Oral presentations – Session 1

10:45am

Tea and coffee break

11:00am

Oral presentations – Session 2

12:15pm

Lunch

Poster viewing

Afternoon: Practical programme

1:15pm

Parallel wet-lab workshops - please review workshops in the event description. The RSM will then contact you separately to confirm your specific workstation selection.

Workshop 1: Surgical Rotational Workshops

Workshop 2: Retinal Laser QUILT - Simulation only

Workshop 3: Rotational Interactive Workstations

Please note that participants registered on for this workshop will be contacted to finalise their workstation choices.

3:00pm

Tea and coffee break



Closing session

Chair: Miss Evelyn Mensah

3:15pm

Modern medicine

Dr Rossby Awadzi, MBChB, MSc, BSc (Hons), Doctor, GP Registrar, Clinical Research Fellow, NHSE Sickle Cell and Thalassaemia Clinical Fellow & NHS CEP

3:45pm

Questions and answers

4:00pm

Oral presentation prize winner 2025 Submission

Dr Arun Thirunavukarasu, NIHR Academic Clinical Fellow in Ophthalmology

Submission: Semi-automated identification of glaucoma patients with blindness that are unregistered for a certificate of visual impairment

4:15pm

Shared prize-giving

4:25pm

Closing remarks

4:30pm

Drinks reception



Workshop 1: Surgical Rotational Workstations

(1 – 7 For Residents only)

(8 – For Residents and Medical Students)

Seminar Suite

Number	Workshop Title	Trainer	Workshop description
1	Surgical Simulator	Rabia Bourkiza Consultant Ophthalmologist, Vitreoretinal Surgery, Medical Retina and Cataract surgery, College Tutor, Central Middlesex Hospital Gemma Edwards Haag Streit	<p>ST2 and above. This hands-on session provides trainees with the opportunity to develop and refine core cataract surgical skills using the Eyesi Surgical Simulator. Participants will practise key techniques including microscope handling, instrument coordination, capsulorhexis creation, probe handling and management of common surgical scenarios in a safe, simulated environment. The session is designed to support skill development, confidence building and progression in cataract surgery.</p> <p>A series of hands-on surgical workshops will be available for residents to support skill development and upskilling across key ophthalmic procedures. These sessions will include phacoemulsification techniques (including iris hooks, basic phacoemulsification, small pupil management, and IOL insertion) and glaucoma procedures. In addition, residents will receive practical training in intravitreal injection techniques for the treatment of retinal conditions.</p>
2	Intraocular Lens Insertion	Rahila Zakir Consultant Ophthalmologist Vitreoretinal Surgery, Clinical Director, Western Eye Hospital	
3	Phacoemulsification - Iris Hooks	Niaz Islam Consultant Ophthalmologist Medical Retina and Cataract Surgery, Moorfields Eye Hospital	
4	Basic Phacoemulsification Techniques	Sheena George Consultant Ophthalmologist, Hillingdon Hospitals NHS Foundation Trust	
5	Small Pupil Techniques	Avinash Gurbaxani Consultant Ophthalmologist Moorfields Eye Hospital, Co Chair London Ophthalmic Network (LON)	
6	Glaucoma Trabeculectomy Training	Faisal Ahmed Consultant Ophthalmologist, Glaucoma and Cataract surgery, Western Eye Hospital	
7	Intravitreal training	Nigel Davies	



		<p>Consultant Ophthalmologist, Medical Retina Guys and St Thomas's NHS Trust</p> <p>Daren Hanumuthadu Consultant Ophthalmologist Medical Retina, Royal Free Hospital</p>	
8	<p>Introduction to Orbital Biopsy</p> <p>(For Residents and Medical Students)</p>	<p>Mr Mohsan Malik, Research Fellow at Kings College London</p>	<p>Participants will have an introduction to principles of orbital biopsy, its indications, and procedural steps.</p> <p>Hands-on introductory session covering the fundamentals of orbital biopsy via the upper skin crease approach. Delegates will explore relevant orbital anatomy, clinical indications for biopsy, and the principles underpinning safe surgical access to the orbit. Using anatomical models and demonstration, participants will be introduced to key steps of the procedure, including skin crease incision planning, dissection planes, tissue handling, and wound closure. The session will also cover patient selection, pre-operative assessment, specimen handling, and recognition of potential complications.</p>



Workshop 2: Retinal Laser QUILT - simulation only

(For Residents and Medical Students only)

Naim Dangoor Auditorium

Workshop Title	Trainers	Workshop description
Retinal Laser QUILT- simulation only	<p>Professor Peter Scanlon Consultant Ophthalmologist, Gloucestershire Hospitals NHS Foundation Trust</p> <p>Evelyn Mensah Consultant Ophthalmologist, Central Middlesex Hospital, President Ophthalmology Section of the Royal Society of Medicine</p> <p>Li Yan Technical Lead QUILT Course, Gloucestershire Hospitals NHS Foundation Trust</p>	<p>QUILT stands for Quality Improvement in Laser Treatment.</p> <p>It is a downloadable installation tool used to support training in safe retinal laser treatment. Candidates will be sent a link to download the QUILT software onto their laptops in advance of the course. Once downloaded, candidates must not start the course. Instead, candidates must bring their laptops to the workshop session where they will be trained on how to deliver safe laser for a variety of medical retina conditions.</p> <p>For each retinal condition, there will be a series of diagnostic images such as a colour fundus photo, optical coherence tomography (OCT) scan +/- fundus fluorescein angiogram (FFA). Whilst using QUILT on their laptops, candidates will be trained to choose the laser machine, fundus contact lens and laser parameters (spot size, duration, starting power etc).</p>



Workshop 3: Rotational Interactive Workstations

(For All - RSM will contact delegates to choose 4 workstations)

Wheatley room

Workstation Number	Workshop Title	Trainers	Workshop description
1	Journey into Ophthalmology: A Golden Guide to ST1 Portfolio & Application Success	Ashhad Noor ST2 Trainee Imperial College NHS Trust Mohammad Saleki ST2 Trainee East Lancashire NHS Trust	This interactive session provides a practical roadmap for those looking to maximise their ophthalmology portfolio in preparation for ST1 applications, catering to all stages from medical student through to FY3+. Participants will receive honest, actionable advice across the key portfolio domains assessed in the ophthalmology application process, and will have the opportunity to bring specific questions about their own portfolios and applications for an open Q&A.
2	Intravitreal injection Training	Bhavin Maru Lead Nurse Ophthalmology Western Eye Hospital Co Chair London Ophthalmology Network (LON)	Delegates will learn the principles of safe and effective intravitreal injection techniques, including preparation, patient counselling, aseptic technique, injection site selection, and complication management. Trainers will demonstrate live and provide hands-on practice using simulation models.
3	Intravitreal injection Training	Arevik Ghulakhszian Medical Retina Consultant Central Middlesex Hospital Antoniya Garvanska Nurse Specialist Central Middlesex Hospital Zena Suleyman Nurse Specialist Central Middlesex Hospital	Delegates will learn the principles of safe and effective intravitreal injection techniques, including preparation, patient counselling, aseptic technique, injection site selection, and complication management. Trainers will demonstrate live and provide hands-on practice using simulation models.
4	Direct Ophthalmoscope Simulation	Haag-Streit Brian Bussey Dr Hinal Kumar Foundation year 2	This interactive simulation session is designed to help develop confidence and competence in the use of the direct ophthalmoscope. Participants will gain a better understanding of common ocular pathologies through realistic simulated examination scenarios, supporting improved diagnostic skills and clinical interpretation in a safe learning environment.



5	RetinoLogik Virtual Reality: The Future of Digital Assessment	Christian Oster General Manager Kestrel Ophthalmics Richard Lumley Trainer Kestrel Ophthalmics Sonal Amin Optometrist Central Middlesex Hospital Clinical Lead, City University	This session will introduce RetinoLogik as a digital tool to support retinal disease management and clinical decision-making. We will explore its core functions, clinical applications, and integration into ophthalmology workflows.
6	Meet your new orthoptist?	Liz Tomlin Head Orthoptist Guys and St Thomas NHS Foundation Trust	Comparing the NEOS system with standard clinical assessment. Results show virtual reality (VR) offers accurate gaze measurements and improved detection of saccadic abnormalities but has limitations in strabismus assessment and overall clinical use. The session will highlight how VR can complement orthoptic practice and its potential role in future clinical settings.
7	Experiential Learning Activities	Louise Gow Head of eye health Optometry and low vision at RNIB	This session aims to increase understanding and empathy of sight loss through realistic, scenario-based practical tasks and discussions. This will serve also to enable the attendees to reflect on the accessibility of their service, clinical and professional approach and also understand how sight loss might affect their patient's life overall.
8	Assistive technology update	Amanda Boucher RNIB	An opportunity to try Meta Rayban and learn about the latest in tech options. The session will boost your knowledge of technology for visual enhancement and sensory substitution.
9	Gonioscopy Training	Usha Halai Divisional Lead Optometrist Moorfields North West London John Emson Trainer Altomed	Hands on training in the use of gonioscopy to assess the anterior chamber angle. Delegates will practice lens handling, angle interpretation, and learn to identify key clinical features relevant for glaucoma diagnosis and treatment decisions.



10	SeeAbility Eyecare Aware	Malvi Patel Special Schools Eyecare Service Clinical Lead	SeeAbility are a national charity advocating for better eye care for people with learning disabilities- a group who are 10x more likely to experience sight loss. SeeAbility have been delivering eye care in special schools across London for over a decade. What began as a small research project has now developed into government commitment to a nationally commissioned service, expanding to reach special schools and colleges across England. This presentation will explore how comprehensive eye examinations, on-site spectacle dispensing, and personalised reports are adapted for children and young people with learning disabilities and/or autism. We will focus on effective communication strategies, functional vision assessment, innovative testing strategies and techniques and effective reporting to optimise outcomes for this cohort.
11	Selective Laser Trabeculoplasty (SLT)	Marketa Cilkova Principal Optometrist Moorfields Eye Hospital	A demonstration of the SLT procedure for glaucoma management, including patient selection, laser settings, treatment delivery, and follow-up protocols. Participants will gain insight into the latest evidence supporting SLT as a first-line therapy.
12	Punctum plugs	Gemma Doku Optometrist Central Middlesex Hospital Charlotte Hopkins Senior Training lead Kestrel Ophthalmics	This session will focus on the diagnosis of dry eye disease and the use of punctal plugs as a treatment option. Delegates will practice insertion techniques, understand patient selection, and review outcomes and troubleshooting for common challenges.
13	Lacrimal syringing	Dhannie Ramcharan Lead Ophthalmology Nurse and Advanced Nurse Practitioner Central Middlesex Hospital Elena Neata Nurse Specialist Central Middlesex Hospital	This session will provide an overview of lacrimal syringing as a diagnostic and therapeutic procedure in ophthalmology. We will cover indications, contraindications, technique, and interpretation of results, with emphasis on safe and effective practice. Attendees will gain confidence in performing the procedure and understanding its role in patient management.
14	Goldmann and Slit Lamp Examination	Aneeta Kumar Ophthalmology ST4 Registrar Central Middlesex Hospital	This practical workstation will focus on refining slit lamp examination techniques, including Goldmann tonometry. Delegates will review best practice in anterior segment assessment, intraocular pressure measurement to enhance diagnostic accuracy.