From the Secretary's desk

TNOA News

Official NEWSLETTER OF TNOA

Wishing you endless joy. Health & Wealth in the years to come.

Happy New Year

Dr. T. Nirmal Fredrick
Hony. General Secretary
Tamilnadu Ophthalmic Association
Inaugural Function of Darshan 2014

Lighting the Kutthuvilakku by Justice Hegde

DR.C.P. Gupta Award to Dr. Praveen Kumar

Cap. Subramaniam Award to Dr. Azeem Kumar Kandar

COA Award To Dr. Gayathri Murugan

Dr. Ramamurthy takes over from Dr. Madhivanan Natarajan

Life Time Achievement Award to Dr. Baskara Rajan

Life Time Achievement Award to Dr. Radhakrishnan
<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Position</th>
<th>Name</th>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>President Elect</td>
<td>Dr. D. Ramamurthy</td>
<td>President</td>
<td>Dr. Madhivanan Natarajan</td>
<td>IMM Past President</td>
<td>Dr. Premraj</td>
</tr>
<tr>
<td>Vice President</td>
<td>Dr. K. Vasanthan</td>
<td>Hon. General Secretary</td>
<td>Dr. T. Nirmal Fredrick</td>
<td>Hon. Treasurer</td>
<td>Dr. V. Thangavelu</td>
</tr>
<tr>
<td>Editor Journal of TNOA</td>
<td>Dr. Kalpana Narendran</td>
<td>Chairman ARC</td>
<td>Dr. V. Siddharthanan</td>
<td>Joint Secretary</td>
<td>Dr. M. Raj Mohan</td>
</tr>
<tr>
<td>Joint Treasurer</td>
<td>Dr. K. Rajasekar</td>
<td>Organising Secretary 2015</td>
<td>Dr. Kim Ramasamy</td>
<td>Member Managing Committee</td>
<td>Dr. Mohan Rajan</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr. Anandababu</td>
<td></td>
<td>Dr. Kalpana Suresh</td>
<td></td>
<td>Dr. Rajeswari</td>
</tr>
<tr>
<td></td>
<td>Dr. Samarapuri</td>
<td></td>
<td>Dr. Srish Kumar</td>
<td></td>
<td>Dr. V.R. Vijayaraghavan</td>
</tr>
</tbody>
</table>

TNOA Managing committee 2014-15
My dear friends,

As we stand at the threshold of a new year & near the half way mark of our term in office, a moment of stock taking is warranted.

This year my team started officially with a memorable conference at Coimbatore. Subsequently we have taken significant steps to regularise the accounts of TNOA. An Internet forum dedicated to the exchange of ideas among the membership is functioning well. I would encourage more of you to get involved & use this easy medium to keep in touch with your colleagues.

The journals have been published as scheduled with consistent quality. We had a well attended CME at Vellore in October & planning one more in May 2015. The mid year meet of TNOA will be held at Ooty on 28-29 March, 2015. It will be a unique opportunity to interact, update & have a good time too. The showpiece annual conference is scheduled at Madurai & I am certain the organizing team there will give us another memorable experience.

Let us welcome the year ahead, with hope & aspirations for further progress.

My very best wishes to each & everyone of you, your family & your team a wonderful & productive 2015.

Sincere regards,
D. Ramamurthy,
President - TNOA.
Dear Senior members, Friends

Greetings from TNOA. As the year is coming to a close, we would like to share with you a brief activity report and hope that you will continue to lend us your generous support in the coming year too.

Tamilnadu Ophthalmic Association added 108 new members this year raising the membership total to 1986. We hope to reach 2000 members in a couple of months.

CME Credit hours for MCI Registration: We have now registered TNOA with Tamilnadu Medical council for organising CME/Conferences. The 62nd Annual conference of TNOA was awarded 6 credit hours by the Tamil Nadu Medical council.

NOA Newsletter is published quarterly by the Hony. Secretary Dr. Nirmal Fredrick. Communications of all the offices of TNOA are sent to the members through the newsletter. The objective behind our Newsletter of TNOA is to work as a connecting link between all the eminent members of our society. I request all the affiliate Ophthalmic Societies to send their quarterly activity report, all achievements, of their member to the TNOA Secretariat so that it is shared by everyone. Also, members can share their scientific observation or work by sending them to the secretariat.

The Journal of TNOA is published quarterly. The Editorial team lead by Dr. Kalpana Narendran is doing a commendable job with a well-designed, colourful journal with scientific content relevant to all sections of ophthalmic community. The old journals of TNOA has now been uploaded in our TNOA website for your perusal.

Academic and Research Committee of TNOA led by Dr. V. Siddharthan, organized CMEs in Salem, Karur, Dharmapuri and Chromepet. ARC also conducted an AHA certified BLS training programme in association with advanced simulation center of SRM university for Ophthalmologists to deal with Emergency situations in their Practice.

In 2015, TNOA members can look forward to the mid year meet of TNOA is proposed to be held at Ooty on 28-29 March, 2015 and the annual conference of TNOA scheduled to be held from 24-26th July 2015 at Velammal Medical College and Research centre, Madurai.

It’s Time for change at the Managing Committee and Elections to the TNOA office bearers will be held during the 63rd Annual conference of TNOA at Madurai. Please await the notification in February 2015 for the same and visit www.tnoa.info to download the Nomination forms.

We are exploring new partnerships with Ophthalmic societies of Kerala, Karnataka, Telengana and Andhra to rejuvenate the concept of Southern Regional Ophthalmic conference to expand our outreach and increase TNOA visibility. The office bearers of TNOA and other societies have decided to meet in February 2015 to take this initiative forward.

We look forward to your continuous support and as we usher in 2015, I wish like to wish all TNOA members a happy, healthy, and productive New Year.

Dr. T. Nirmal Fredrick,
Hony. General Secretary. TNOA
62nd Annual Conference of TNOA DARSHAN 2014

On behalf of TNOA, I would like to thank the organizing Chairman Dr. Pounraj, organizing secretary of Dr. Kalpana Narendran and their team for the excellent conduct of the 62nd Annual conference of TNOA DARSHAN 2014 at Coimbatore.

TNOA AWARDS 2014

TNOA Lifetime achievement Awards were bestowed upon Prof. Dr. G. BASKARA RAJAN of Madurai and Prof. Dr. N. Radhakrishnan, of Coimbatore.
TNOA Dr. Joseph Gnanadickam Oration Award for the year 2014 was awarded to Dr. Namitha Bhuvaneswari, Chennai.
Dr. G. Venkatasamy Community Ophthalmology Oration Award for the year 2014 was presented to Dr. B.K. Jain, Chitrakoot, Madhya Pradesh
Salem Ophthalmic Association - SN Alumni - Dr. S. S. Badrinath - MEDAL OF HONOUR - 2014 was presented to Dr. J. K. Reddy, Coimbatore.

DARSHAN 2014 TNOA conference Scientific Award Winners

<table>
<thead>
<tr>
<th>NAME of the Award</th>
<th>NAME</th>
<th>Name of the Paper</th>
</tr>
</thead>
<tbody>
<tr>
<td>TNOA - PROF. C.P. GUPTA AWARD</td>
<td>Dr. Piyush Gupta</td>
<td>FP 215 Refractive Surgery SIMULTANEOUS WAVEFRONT GUIDED PRK WITH ACCELERATED C3R A NOVEL APPROACH IN MANAGEMENT OF KERATOCONUS</td>
</tr>
<tr>
<td>TNOA CAPTAIN SUBRAMANIAM AWARD FOR THE BEST VIDEO</td>
<td>Dr. Atheek Shaik</td>
<td>VT 23. - TWIN TROUBLE - ARTISAN PHAKIC IOL AND CATARACT</td>
</tr>
<tr>
<td>TNOA COIMBATORE OPHTHALMIC ASSOCIATION BEST POSTER AWARD</td>
<td>Dr. Shabana Bharath</td>
<td>FP77 Glaucoma TRABECULECTOMY WITH SCLERAL PATCH GRAFT FOR ADVANCED GLAUCOME IN EHLER DANLOS SYNDROME</td>
</tr>
<tr>
<td>TNOA PROF. E.T. SELVAM QUIZ winner</td>
<td>Dr. Ashish Ahuja</td>
<td></td>
</tr>
<tr>
<td>TNOA TOPS AWARD for best paper in Retina Session</td>
<td>Dr. Rameez Hussain</td>
<td>RETINA FP9 CORELATION BETWEEN PREOPERATIVE INDICES &amp; POST OPERATIVE ANATOMICAL OUTCOME IN MACULAR HOLE SURGERY</td>
</tr>
<tr>
<td>TNOA DR. M.N. AWARD for the best paper in Cataract Session</td>
<td>Dr. Haripriya Aravind</td>
<td>CATARACT FP 118. ARAVIND PSEUDOEXFOLIATION STURY (APEX): INTRAOPERATIVE, IMMEDIATE &amp; 2 YEARS POST OPERATIVE RESULTS</td>
</tr>
</tbody>
</table>
Dear Colleagues,

On behalf of Madurai Ophthalmic Association, it is with heartfelt pleasure that we welcome you to 'Madurayil Koodal', the 63rd Annual Conference of the Tamilnadu Ophthalmic Association. It will be held at Velammal Medical College Hospital & Research Institute, Tuticorin Ring Road, Near Chinthamani Tollgate, Anuppanadi, Madurai from 24th to 26th of July, 2015.

Known as Athens of the East, Madurai is a place of great historical and cultural importance. The city attracts millions of pilgrims and tourists alike to its beautiful temples and rich culture which has been carefully preserved over centuries.

It is our pride and privilege to host such an esteemed gathering of our colleagues at Madurai. This is going to be an excellent opportunity for all of us to meet with ophthalmologists of international and national repute, share information, knowledge and skills in effective management of various eye ailments.

I take this opportunity to thank the TNOA for granting us the privilege to host its 63rd annual meeting and we ensure you interesting, interactive and enlightening scientific sessions.

once again, I welcome you all to this excellent platform and wish you a productive time here.

With Regards

Dr. R. Kim
Organising Secretary
'Madurayil Koodal'
63rd Annual Conference of TNOA
TNOA - Local Organizing Committee

Patrons: Dr. Audikesavan
Dr. P. Namperumalsamy
Dr. Thiagarajan
Dr. R. Parimala Devi
Dr. R. Sundararajan
Dr. V.K. Kanniappan

Chairman Dr. T.S. Chandrasekaran
Vice-Chairmen Dr. P. Thiagarajan
Dr. R.D. Ravindran
Dr. G. Baskararajan

Organising Secretary Dr. R. Kim
Treasurer Dr. R. Krishnadas
Scientific Committee Chair Dr. S.R. Rathinam
Scientific Committee Member Dr. T. Badhrinarayanan
Dr. George V Puthuran
Dr. Anand Rajendran
Dr. Lalitha Prajna
Dr. Haripriya Aravind

Entertainment Dr. Vijay Anand, Dr. V.P. Ravichandran
Reception & Registration Committee Dr. S. Muthuramalingam
Dr. Manju Pillai, Dr. Sathya Ashok
Spouses Dr. Geetha Parthiban, Dr. R. Sharmila
Dr. Vidya, Dr. Dheepha
Trade & Souvenir Dr. S. Srinivasan, Dr. N.V. Prajna
Dr. Naresh Babu Kannan, Dr. Aravind.S
Transport Dr. T. Thirumalai Kumar
Dr. Karthik Kumar, Dr. R. Vivekanand
Inauguration & Hall Arrangements Dr. N. Sirish Kumar, Dr. V.P. Ravichandran
Dr. S.V. Chandrakumar, Dr. Usha Kim
Food & Beverages Dr. S. Pratab Anbunathan, Dr. Manoranjana Das
Dr. Arun Kumar, Dr. P.S. Vivek
Dear District Ophthalmic Association Representative, TNOA has instituted an award to the "Most Active District Ophthalmic Association". The award will be presented during the Annual Conference of the TNOA. Send the details of your CMEs / Board Meetings / get togethers to Hony. Secretary, TNOA.

Member log in @ TNOA WEBSITE

Please register on our website www.tnoa.info. After you sign up, a username and password will be assigned to you after due verification by the secretary and sent to your email id. You can use these to log on the 'Members log in'

31st May 2015 is the last date for submission to

- Prof. C.P. Gupta Best Paper Award
- Capt. Subramanian Best Video Award
- Coimbatore Ophthalmic Association Best Poster award
- Prof. E T Selvam Quiz competition

For all Free Paper sessions, information / Instructions: visit www.tnoa.info

- Last date for sending your amendments to Constitution & Bylaws.
- Last date to send Achievements of Individuals & Institutes
- Last date for request to include your subject in Agenda titled - Any other matter at the Annual General Body Meeting of TNOA

TNOA ELECTIONS

- Last date for sending your Nomination for the post of
  Vice President, Hony. Secretary, Hony. Treasurer,
  Joint secretary, Joint Treasurer, Chairman ARC, Editor,
  Journal of TNOA, 7 members of Managing Committee.
- Kindly download the nomination form in our website
  www.tnoa.info from 1st April 2015.

For further details contact

Dr. Nirmal Fredrick, Hony. Secretary, TNOA
E-mail : nirmalfred@hotmail.com, tnoasecretary@hotmail.com Mobile No : 98407 46062
TNOA AWARDS 2015

Prof. C.P. Gupta Best Paper Award:

1. Only Members of TNOA are eligible to participate.
2. The person presenting the paper should be below 40 years of age at the time of presentation of the paper.
3. At least 90 days before the conference he/she should have enrolled as a Life Member of the TNOA.
4. Entries should reach the Secretary, TNOA on or before 31st May 2015.
5. Proof of Age and Membership of TNOA should be sent along with the abstract and text of the paper entered for the competition.
6. A declaration that this paper has not been presented in any conference earlier, should be given by the participant.
7. Violation of rule 6 above, if proved will attract disqualification of the entry.
8. The paper may be the work of either one or a group of persons. If it is that of a group, the first author should be below 40 years and should be a life member of the TNOA.
9. The same person may be considered for the award in the subsequent years too even if he/she has won the award earlier, provided a different paper is presented subsequently.

Prof. E.T. Selvam Endowment Quiz Award:

1. Prof. E.T. Selvam Endowment Quiz Award for the best team in Ophthalmic Quiz, to be given annually and conducted during the TNOA conference.
2. Only post graduate students of ophthalmology from Institution in Tamil Nadu and Pondicherry are allowed to participate.
3. Each team will consist of TWO members, representing the Institution and both of the team members must be members of the TNOA. Both must have enrolled as Life Members at least on or before 31st May 2015.
4. Conducting the quiz is the responsibility of the Chairman Scientific Committee of the respective conference or anyone officially assigned the duty by the chairman.
5. All members and delegates must be informed about the quiz programme during the first call for the conference.
6. Participants must register well in advance for the quiz.
7. The quiz must be a clinically oriented quiz and should include: Historical aspects, clinical findings diagnosis, visual section / salient features etc, and will cover the following sections: conjunctiva and cornea, glaucoma, uvea, lens, squint, neuro ophthalmology, orbit, miscellaneous.
Cap. Subramaniam Best Video Award:

1. Only members of TNOA are eligible to participate.
2. At least 90 days before the conference he / she should have enrolled as a Life Members of the TNOA.
3. Entries should reach the Secretary on or before 31st May 2015.
4. Proof of membership of TNOA should be sent along with the abstract and text of the video film entered for the competition.
5. A declaration that this film has not been shown or won an award earlier anywhere should be enclosed.
6. Violation of rule 5 above, if proved will attract disqualification of the entry.
7. The video compact disc should be submitted to the secretary of the TNOA on the first day of the Conference.
8. TNOA will maintain a record of the video films that participated in the competition each year.

Coimbatore Ophthalmic Association Best Poster Award:

1. Only members of TNOA are eligible to participate.
2. At least 90 days before the conference he / she should have enrolled as a Life Member of the TNOA.
3. Entries should reach on or before 31st May 2015.
4. Proof of membership of TNOA should be sent along with the abstract of the poster entered for the competition.
5. A declaration that this poster has not been presented in any conference earlier, should be given by the participant.
6. Violation of rule 5 above, if proved will attract disqualification of the entry.
7. The poster may be the work of either one or a group of persons.
8. The same person may be considered for the award in the subsequent years too even if he / she has won the award earlier, provided a different poster is presented subsequently.
9. An exclusive session for the presentation and evaluation of the posters competing for the Coimbatore Ophthalmic Association Best Poster award will be held.

Last date for Submission 31st May 2015
Dr. B. Sridhar,  
Eye Surgeon, IMA NHB Secretary, SubhaSavukya Hospital  
#13, Chidambaram Asari Layout, Soodamanipuram, Karaikudi  630003.

Once upon a time a doctor used to sit alone in a chair over a table with his / her stethoscope, thermometer and torch light. At most, there will be an assistant to assist him / her in the practice. Patients will stand politely, tell their complaints and get a prescription that was mostly a mixture or tablets. He was worshipped like God. His words were final. He was counselled even for family matters. In this set up, the doctor was in direct touch with the patients. He was the patient’s family friend, and guide. There was no room for mutual suspicion and distrust.

Later, hospitals came in to vogue. Nurses were entrusted the job of giving injections and dressings. The only time the patient could talk to a doctor was when he was first examined, and later during the rounds. At least, the doctor patted the patient on the back and told him not to worry. The patient was convinced. When medical mishaps took place, people used to blame the fate and accepted the tragedy with silence. In our younger days, we have read a story of a patient, who was critically ill, and he was treated by a doctor who never told a lie. Patient’s wife requests the doctor to tell the patient he was going to be alright. For the sake of the crying lady, doctor tells his patient that he was going to live, against his own will. For the pleasant surprise of everybody, the man survives. Such was the faith people had in our integrity.

What is the current scenario? Mega set ups have sprung up. People don’t know the name of their doctors. There is a separate breed of employees called PROs or HR people who take up the job of talking to the patients and relatives. Doctors jump from hospital to hospital and have very little time to leisurely talk to the patients. The grievances build up, and when a tragedy strikes, emotions burst out, often ending in attacking the doctors. Where does the fault lie? Have we lost our image? Have people become suspicious of our actions? Have we ceased to be demi Gods?

There is a famous saying “More time you spend with the patient explaining things, the less time you shall spend in the courts”.

We should realize that patients are well informed through internet, media and books. They have knowledgeable friends who can advise them on many things. Under such circumstances, the best approach is “transparency”. The odds should be explained in clear terms. And, when tragedy strikes, we should have courage to call the relatives and explain. If the media wants an explanation, we should not shirk back your explanation to the media, will tell them indirectly, that you have nothing to hide. Many a times in my experience, the media has given favourable reports, when explained to by the concerned doctor himself.

Let us go through an imaginary situation when a patient enters your room:

1. Make him sit comfortably and ask preliminary queries as to his / her name, family, occupation, where he / she lives, who told him / her about your hospital etc.
2. Ensure absolute privacy assure him / her that our conversations are very confidential.
3. Listen to his complaints paying full attention. Avoid mobile talk / typing in the laptop / reading letters etc, while the patient confides in you. Make him feel he is the VIP for the moment. Ask relevant queries.
4. If he is a young guy, ask the parent what is their worry? Do they have any specific doubt? (1, 2, 3 & 4 will show you that many times, the history itself gives the probable diagnosis)
5. When you decide to investigate, explain why you want those tests done and get their consent. For some reason, they refuse tests, get it in writing from them.
6. When the results are available, please spend some times explaining the relevant findings and the treatment required. Patients like their doctors tell them what is wrong with them, rather than a nurse or HR do it.

7. If you plan a surgery, explain the salient points, percentage of recovery, besides assuring him he is in the best hands.

8. In many hospitals, there are separate people to talk to the patients about cost involved, duration of stay, availability of insurance etc... But, I personally believe patient likes to hear it from the horse’s mouth, that is you. Don’t hesitate to give small concessions. You will earn more through the good will generated through such gestures.

9. Try to get to know the relatives personally. Knowing their names will help in a moment of crisis.

10. Good or bad news, have the courage to break it yourself. Have you seen the happiness on the faces of relatives when you break the news of a new born? They often give your name to the new born !

I can hear some of you grunt that you are a very busy doc, and you have professionals to handle issues which are not part of treatment.

Let me tell you that with proper time management, we can do it ourselves.

Back to basics is my idea of the topic, where by “being your own spokes person”, we can get back some of the lost glory of our profession. It takes you closer to your patient, he trusts you and often an unpleasant situation is a avoided.

Congratulations Dr. T. S.SURENDRAN, for Lifetime achievement award

Dr. T. S.Surendran, Vice Chairman, Sankara Nethralaya was awarded the lifetime achievement award from Strabismus and pediatric ophthalmological society of India.
ETHICAL PRACTICE AND INTEGRITY ARE THE NEED OF THE HOUR
IT IS YOUR OWN DESTINY HANDLE IT YOURSELF
HOW TO MANAGE YOUR OVERHEAD EXPENSES

Dr. V. Madhavan,
Finance Secretary, IMA TNSB, Eye Surgeon, Erode

The modern day practice of one consultant or a small scale hospital even in a semi urban area has become a very high capital investment affair. The doctor is besotted with numerous non medical issues to look into Income tax, labour law, fire services, consumer protection, CEA and professional tax among the others. Then there are issues relating to instrument maintenance, AMC and of course ever present loan repayment schedule. No time / money for investment, only depreciation of assets!! In this scenario controlling the overhead expenses becomes imperative.

"A penny saved is a penny earned". In the competitive world of practice, with corporate flooding the market with advertisements, marketing and FMCG showroom like reception environment and décor, we cannot compete with them nor can we completely ignore this style of functioning. We have to be very choosy with a cost effective front office which is the first line of contact with the patients.

• Staff’s salary is the most common financial burden for us. We have to pick a right candidate for the right job and train them ourselves so that we adjust them to our pay structure, not too extravagant not too stingy either. We should have right number of staff, not too many which would put a hole in our pockets.
• Electricity charges, being what they are, with commercial rate that we have to pay, one must control the consumption of power and switch off unwanted appliances. One way to exercise control over the consumption is to resort to solar powers, a “Go Green” initiative. Buy only equipments which are mandatory for the practice. After all we have to pay back the loan which becomes a big burden. Fancy gadgets, bought on a spur of the moment decision, will cost us heavily in the future.
• Scout around for the right bank, with interest rate advantage, for procuring bank loans. Read the fine prints before signing.
• Additional source of supplementary income in the form of in house pharmacy, labs and optical shops for ophthalmologists can add butter to our practice.
• But amidst all this mind bobbling scenarios, do not forget Insurance and IMA’s helping arms PPLSSS, FSS, AIOS FBS and NHB membership.
• Then again take care to balance both the appreciating financial investments and depreciating instrument purchase expenses.

Winter CME of TNOA at Vellore

The winter CME of TNOA was organized in Vellore on 23rd November 2014 Vellore District Ophthalmic Association at Hotel GRT, Vellore. President Dr. D. Ramamurthy and Vice President Dr. K. Vasantha inaugurated the CME. Over 75 delegates attended the CME which focussed on Learning Phaco from the Master Phaco surgeons and challenging videos from the youngsters. Faculty included senior teachers and phaco surgeons from reputed institutes & hospitals. TNOA congratulates VDOA President Dr. Rani Porselvi, Secretary Dr. Mohammed Sayee and all the Ophthalmologists of Vellore District for organizing the Successful Winter CME. (photos on the last page)
Dr. Debashish President Elect AIOS honoured by President Dr. Ramamurthy

Dr. G.Venkatasamy Community Ophthalmology Oration Award to Dr. B.K. Jain

Dr. Joseph Ganandickam Oration Award to Dr. Namitha Bhuvaneswari

Inaugural address by Justice Santhosh Hegde

Presidential Address by Dr. Ramamurthy

Special Honour to Dr. Namperumal Samy

Inaugural address by Justice Santhosh Hegde

Dr. Debasish President Elect AIOS honoured by President Dr. Ramamurthy

President honouring the chief guest

Vote of Thanks by Organizing Secretary Dr. Kalpana Narendran
Winter CME of TNOA at Vellore

Delegates

TNOA President Dr. D. Ramamurthy and Vice President Dr. K. Vasantha Inaugurated the CME

FACULTY

Dr. SMITHA
Dr. SAYEE
Dr. RANI
Dr. SRIRAM
Dr. SATHISH
Dr. MANOJ
Dr. ATHEEK
Dr. SIDDHARTHAN
Dr. RAMAMURTHY
Dr. D. RAMESH