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FELLOW OF ASSOCIATION OF  
SCHOOLS & COLLEGES OF OPTOMETRY

**2019**

## **Fellowship Certification Guide**

**Contact Lenses**

An initiative of



**ASCO**  
I N D I A

Association of Schools and Colleges  
of Optometry



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## Welcome

Association of Schools and Colleges of Optometry (ASCO) welcomes optometrists to enrol in the Fellowship program in Contact Lenses. This guide provides information on the enrolment process, eligibility, examination and maintenance of the Fellowship.

## What is FASCO?

A fellow of the Association of Schools and Colleges of Optometry is one who has demonstrated advanced competency in a chosen speciality. The fellowship process is mentored by a specialist peer in the chosen field. The process encourages continuous learning and culminates in an evaluation that clearly demonstrates advanced skill, deeper understanding of concepts and competency in the chosen speciality.

## FASCO Process Overview

### Eligibility and Enrolment :

- Candidates must be optometrists who are associate members of ASCO (AMASCO) (application form Appendix A)
- International candidates must be optometrists or the equivalents thereof in a country other than India and should also be AMASCOs prior to registering for their fellowship
- The first step is to complete the Fellowship Process Application (Appendix B)
- Once your application is accepted, your enrollment period begins
- Once enrolled you have up to 3 years (from the date of enrolment) to complete the fellowship process. Candidates may enroll for additional enrolment periods. Fees paid in the initial enrolment periods do not carry over to subsequent re-enrolment request.
- Timeline – It is the responsibility of the candidate to follow the Fellowship Timeline (Appendix C) and submit all materials prior to or on the deadline date.

### Fess total Rs. 20,000/-

- Associate member of ASCO (AMASCO) - Life membership - Rs. 5000/-
- Fellowship Application fee – Rs 10000/-
- Examination fess – Rs 5000/- (to be paid just before the MCE exam and oral interview)
- Total: Rs. 20,000/-

## **Phase 1 – Guided Study**

The Guided Study phase of the Fellowship process is designed to facilitate study through completion of two personal contact programs with mentor, Open Book Questions and Case Reports. The goal is to provide you with the opportunity to expand your knowledge base and to discuss the rationale for treatment of different types of visual disorders in Contact Lenses.

- Upon successful registration for fellowship each candidate will be assigned a mentor.
- Each candidate will also be given access to the ASCO web portal to access presentations (access details appendix D).
- The 1st personal contact programme with mentor will be conducted at the beginning of the fellowship process for a period of 4-5 days - dates and venue chosen by the mentor. Cost of stay and travel to be borne by the candidate. This contact programme will initiate the candidate into the fellowship process by way of didactic lectures and hands on training.
- The 2nd contact programme for a period of 4-5 days will be conducted towards the end of the 1st year of fellowship registration - dates and venue chosen by the mentor. Cost of stay and travel to be borne by the candidate. This programme will include discussions, problem solving, didactic lectures and hands on training.
- The candidate will be required to complete 6 open book assignments and 3 case presentations.
- See Format, Submission, and Review guidelines for OBQs and case reports in section 6

## **Phase 2 - Final Exam**

The final phase in the Fellowship process includes Multiple Choice Examination (MCE) and Oral interview. Examination fee (Rs. 5000/-) has to be paid prior to sitting for the exam.

### **ELIGIBILITY**

- The candidate will be required to accumulate 50 credit points to be eligible to sit for the MCE and oral interview
- The credit point break up is as follows
  - Open book assignments = 15 credit points
  - Case presentations = 15 credit points
  - ASCO verified portal = 10 credit points
  - (Each presentation has credit points based on the level of learning)
- Conference/workshop/COE = 10 credit points  
(The number of conferences/workshops/COEs attended during the period of fellowship registration)

### **FINAL EXAM**

- The multiple choice examination (MCE) = 30 marks.
- The oral interview = 20 marks.
- Minimum of 25 marks has to be scored (MCE and oral interview) to be conferred the fellowship.

### **Phase 3 – Maintenance of Certification**

Fellows must provide the following to the Asco office prior to the expiration of Certification: A minimum of seventy-five (75) total continuing education hours averaged over a 5-year period (15 hours/year); current Curriculum Vitae. There is no recertification fee for those who have maintained continuous Certification every five years. For those who allowed their Certification to lapse at the end of five years, there is a recertification fee of Rs. 5000/-

### **Learning objectives and Study outline**

The Fellowship process is designed to help you expand your knowledge base in all aspects of Contact Lenses. Advanced competency is expected in the following principles and procedures for the chosen specialty. The first phase of your fellowship process will help you obtain and articulate a deeper understanding of these concepts. The examination phase will further explore your understanding of these issues.



## Syllabus – Contact lenses

### A. CL Optics

#### 1) SCL

- a) Hydrogel versus silicone hydrogel
- b) Water content
- c) Types of manufacturing
- d) Diffraction gratings
- e) Peripheral curves, curvature change, SAG and relationship with curvature

#### 2) SCL toric

- a) Different types of stabilization, how it affects optics
- b) Optics of toric lenses

#### 3) RGP lenses

- a) Multicurve
- b) SAG
- c) Bifocals
- d) Translating bifocals
- e) Stereopsis

#### 4) Silicone hydrogel & Myopia control lenses

### B. RGP:

#### 1) Fitting of RGP, topography, advanced lenses for K'conns

## **C. Modern Care & Maintenance systems**

- 1) **Composition**
- 2) **Difference between Sihy and SCL systems**
- 3) **Which is better and why**

## **D. Presbyopic correction**

## **E. Myopia control lenses**

## **F. Scleral lenses**

## Contact lens concepts to Consider

- A. CL optics and how it affects the visual performance of the lens
- B. How the optics of different types of lenses are different: example: SiHy versus hydrogel versus RGP. Also how different designs affect: Spherical versus SCL toric.
- C. Care systems and after care knowledge: different types of systems, advantages and disadvantages of all. Composition of all care systems and how they interact with lenses
- D. Myopia control choices that is present today. How they work.
- E. How lenses are selected based on topography, interpretation of topography through different equipments and the compatibility of each with the other and comparison of different maps
- F. Cause of Keratoconus and the corneal stromal structure.
- G. Presbyopic lenses and how they correct presbyopia. Optics and the effect on stereopsis and on suppression
- H. Optics of myopia control lenses and Ortho K lenses. Concept of ortho K
- I. Scleral lenses and how they can be used effectively in different cases

### Appendix E – Recommended Study material

## Open book questions

1. Explain the different equipments that are used to measure corneal topography, how you compare the results from one to the other when a patient comes with two different maps over a period of 2 months. What are the uses of the different types of corneal topography maps, how do they help the practitioner in follow up and assessment of the corneal condition. How each one is useful? Explain with an example how the different maps in the same patient gives differs information about the cornea and how it can be used.
2. There are various SCL toric lenses available in the market. What are the ones that are presently available, what mode of stabilization do they use. With an example explain why one type of lens will work better than the other in your case presented.
3. There are different care systems available in the market today. Why are some comfortable for hydrogels and some for SiHy. Which ones work better for hydrogels and why som work well for SiHy. What is the composition and the preservative and how they interact with hydrogels and Sihy to increase the comfort factor.
4. Comfort is the main reason for CL drop outs which is proven by different studies. Pick 4 studies which are latest which address the issue of SCL comfort. Review these 4 studies and explain the results and conclusions that these articles have published.

5. The role of C3R in K'conns is increasing in India. How does C3R work in Keratoconus. Does it work in all Keratoconus patients. If yes why, if No why? Explain with two cases where C3R will work and one where it will NOT. In both cases explain the role of RGP lenses or any other type of correction that you feel will work best. Also explain the role of Sceral lenses in K'conns.
6. Myopia control lenses are in the market outside India. What are the lenses that are commercially available? What is the optics of theses lenses and how do they work in controlling myopia.

## Case Study

Before preparing your case reports, thoroughly read Format, Submission, and Review Guidelines for Open Book Questions (OBQs) and Case Reports Section 6.

### A. Case Report Topics:

1. Keratoconus: A case where RGP lenses did not work and Rose K lenses had to be used. How did topography help in the fitting of this case.
2. Solution toxicity or solution intolerance/hypersensitivity reaction: The report must include the findings of a thorough assessment of the patient records as to what the patient was using earlier or for a long time. How the patient reported symptoms, how the condition was addressed and did the patient go back to SCL.
3. Scleral lens fitting or Presbyopic lenses: the complete work up of the case with one follow up and the reason for selection of that particular type of lens. Complete history with why patient motivated to go in for this particular type of correction

## Format. Submission, and Review guidelines for OBQs and case reports

### OBQs

- i. Each response should be no less than one page and no more than five pages, double spaced.
- ii. At top of first page, type OBQ #\_\_ and type the question in its entirety.

### Case Reports

- i. No more than 15 pages, double spaced.
- ii. At top of first page, list the Type of Case (Refractive error, Aphakia, Keratoconus, Post PK etc)

**Copies of forms, letters, and reports may be scanned and sent separately as Adobe (.pdf) files. When including a copy of a form, letter, or report on your letterhead, delete or black out any information that identifies you.**

- Write in a clear and concise manner and proofread your materials carefully. Remember to use the spell check.
- Use standard optometric terminology. Reviewers may not understand your clinical “shorthand” or conventions.
- Photocopies of CL work-ups, chart/file notes are not acceptable.
- Each OBQ and Case Report must be submitted as a separate file. Files submitted which contain more than one OBQ or Case Report will not be processed.

## Mentors

The mentor, a specialist peer in contact lens, will review every submission of the mentee and will write back with comments and observations. In addition mentor will organize two one-week contact programs during the Fellowship process - one at the beginning of the fellowship and the second towards the end of the fellowship process. The mentor need not be located in the same place as mentee. Travel and other related costs will be borne by the mentee.

From the choice of mentors provided, candidates are free to select three and list them order of preference.

### Contact Lenses

- Mentor 1 \_\_\_\_\_
- Mentor 2 \_\_\_\_\_
- Mentor 3 \_\_\_\_\_

### Appendix F – list of mentors with contact details





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## APPENDIX – A

Associate member of Association of Schools and Colleges of Optometry (AMASCO)

### APPLICATION FORM

Name: \_\_\_\_\_

Education: \_\_\_\_\_

Degree	Year	College/University
_____	_____	_____

Official address: \_\_\_\_\_

\_\_\_\_\_

Email ID: \_\_\_\_\_

Phone/Mobile no.: \_\_\_\_\_

Residential address: \_\_\_\_\_

\_\_\_\_\_

Personal email id: \_\_\_\_\_

Personal Phone/mobile: \_\_\_\_\_

\_\_\_\_\_

Professional Status:

Employed \_\_\_\_\_

Self-employed \_\_\_\_\_

Optometry Faculty \_\_\_\_\_



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I understand that ASCO-India is both an educational and professional organization dedicated to the advancement of Optometry in India. I understand that the Associate membership of ASCO is available to those optometrists providing services in the area of general eye care and also optometric specialties. I confirm that I am involved in optometric care. I assert that I conduct my practice in a professional manner in accordance with the Code of Conduct of ASCO. I acknowledge ASCO's exclusive right to decide whether or not the above and/or other information qualify me for Associate Membership.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## **Fees:**

**AMASCO fee Rs.5000/-**

### **Mode of Payment:**

Through DD in favour of "Association of Schools & Colleges of Optometry" & sent to address below:

**Ms. Chandra Lotlikar.**

**Admin Department.**

**Association of Schools & Colleges of Optometry - ASCO**

**Lawrence & Mayo House**

**274, Dr. D.N. Road, Fort,**

**Mumbai , 40000.**

**Tel.: 022 22077440 / 1827/8801 Extn.: 210**

Or

**NEFT (bank details given below)**

**ACCOUNT NAME:- ASSOCIATION OF SCHOOLS & COLLEGES OF OPTOMETRY**

**BANK NAME:- BANK OF INDIA**

**ADDRESS:- MUMBAI (MAIN) BRANCH ,MUMBAI, MAHARASHTRA – 400 023**

**TYPE OF ACCOUNTS :- SAVING**

**A/C NO.: 000110110007390**

**IFSC NO.: BKID0000001**

**SWIFT CODE NO.: BKIDINBBBMB**

You are requested to kindly intimate us via e-mail on "seccmd@lawrenceandmayo.co.in" as soon as the payment is released from your end.

**APPENDIX B**  
**Fellowship of ASCO (FASCO)**

**APPLICATION FORM**

Name: \_\_\_\_\_

Age/Sex: \_\_\_\_\_

Highest educational qualification: \_\_\_\_\_

Contact address: \_\_\_\_\_

Contact no: \_\_\_\_\_

My preferred fellowship specialty (Please tick one)

(i) Contact lenses

(ii) Vision Therapy

(iii) Clinical Optometry

(iv) Low Vision Care

**Fees:**

Application and registration fees – Rs 10000/-

Examination fess – Rs 5000/- (to be paid just before the MCQs exam and oral interview)

**Total: Rs. 15,000/-**



### **Mode of Payment:**

Through DD in favour of “Association of Schools & Colleges of Optometry” & sent to the address below:

**Ms. Chandra Lotlikar.**

**Admin Department.**

**Association of Schools & Colleges of Optometry - ASCO**

**Lawrence & Mayo House**

**274, Dr. D.N. Road, Fort,**

**Mumbai , 40000.**

**Tel.: 022 22077440 / 1827/8801 Extn.: 210**

**Or**

**NEFT (bank details given below)**

**ACCOUNT NAME:- ASSOCIATION OF SCHOOLS & COLLEGES OF OPTOMETRY**

**BANK NAME:- BANK OF INDIA**

**ADDRESS: MUMBAI (MAIN) BRANCH ,MUMBAI, MAHARASHTRA – 400 023**

**TYPE OF ACCOUNTS : SAVING**

**A/C NO.: 000110110007390**

**IFSC NO.: BKID0000001**

**SWIFT CODE NO.: BKIDINBBMB**

### **Consent:**

“I understand that acceptance of this application for the Fellowship Program begins my 3 year enrollment period. I hereby warrant that I am currently in good standing in the state/country in which I practice and that I am A CURRENT Associate Member of ASCO-India [AMASCO] in good standing. I grant permission to ASCO-India to communicate with my mentor in order to provide him or her with information about my progress in the Fellowship process. I acknowledge that it is the exclusive right of ASCO-India to evaluate any and all materials submitted or gathered in the course of the Fellowship process. I further acknowledge that it is the exclusive right of FASCO-ASCO to decide whether this information meets the entry qualifications for Fellowship”.

**Signature:**

**Date:**

**Place:**

### **Check list:**

- Filled in FASCO application form
- AMASCO membership proof
- Latest CV
- Degree/Diploma certificate copy

Post the above along with proof of payment of application fee to the postal address mentioned and intimate the same with a scanned copy to [seccmd@lawrenceandmayo.co.in](mailto:seccmd@lawrenceandmayo.co.in), [parvathiv@asco-india.org](mailto:parvathiv@asco-india.org) and [anitha2001arvind@gmail.com](mailto:anitha2001arvind@gmail.com)

## APPENDIX C

### Fellowship process timeframe for 2019/2020

**Important please note:** Answers to the three open book questions (OBQs), and 3 case reports must be uploaded/sent electronically to \_\_\_\_\_  
The normal review may take two weeks per assignment/case report. If the mentor requests more information (revisions/corrections on the assignment) then additional 2 weeks may be required for review. Please plan your submissions accordingly.

**Should you wish to complete the fellowship within a year, following is the timeframe.**

**March/April 2019 - Call for registrations towards fellowship**

**31st May 2019 - Registration for 2018/19 fellowship closes**

**June 2019 - Allocation of mentors and verified portal access given to each candidate**

**July/Aug 2019 – Induction to the programme over Skype and 1st contact programme**

**November 2019 – all Open book questions due ( All assignments need to be reviewed and approved by the mentor )**

**January 2020 – Case reports due**

**Revision policy:** if the mentor seeks revisions/corrections in your submissions you will need to reply with the corrections no later than 2 weeks from the date mail received from mentor

**February 2020** – All 6 OBQs and 3 case reports must be submitted

Note: in order to be eligible to take the multiple choice questions (MCQs) written exam and viva voce, a candidate must have successfully completed all the open book questions and case reports. Once completed, you will be notified about your eligibility.

- **March/April 2020** – 50 credit points must be accumulated to be eligible to sit for FASCO exams and viva
- **May 2020** – Announcement of eligible candidates for fellowship exam, Announcement of date and venue for the written examination and viva

## **APPENDIX D**

### **ASCO web portal access instruction**

**A web link will be provided to all registered candidates of the fellowship programme of ASCO to access the ASCO verified web portal.**



## **APPENDIX E**

**Recommended Study Material**  
**For CONTACT LENSES**

**Research articles and suggested journals would be shared with the candidates by the mentors during the course of their fellowship**

### **Reference Textbooks**

1. IACLE Modules 1 to 10
2. Contact lenses – Antony.J.Philips
3. Contact lens practice – Ruben & Guillon
4. Color Atlas of Contact Lens – Montague Rubem
5. Contact Lens – The CLAO guide
6. Manual of contact lens prescribing & fitting – Milton.M.Hom
7. Clinical manual of specialized CL prescribing – Terry.R.Scheid
8. Manual of Gas Permeable contact lens – Edward.S.Bennet, Milton.M.Hom – 2nd edition
9. Clinical Contact lens Practice – Edward.S.Bennet, Barry.A.Weissman
10. Textbook of Contact Lenses – V.K.Dada – 4th edition

## APPENDIX F

### List of Mentors for CONTACT LENSES

**Name:** Ms Lakshmi Shinde

Affiliation: CEO, Optometry Council of India (OCI)

City: Bangalore

Email id: lak.shinde@gmail.com

**Name:** Mr Srikanth Dumpati B.Optom

Affiliation: Consultant optometrist at Bausch and Lomb contact lens centre, LVPEI

City: Hyderabad

Email id: d.sri.optom@gmail.com

**Name:** Mr Prasad Sawant M.Optom, FLVPEI, FIACLE, FBCLA, FAAO

Affiliation: Managing Director and Optometrist "Sawant Optometry Clinic"

City: Mumbai

Email id: sawantoc@gmail.com

**Name:** Mr Nilesh Thite M.Optom, FIACLE, FBCLA, FAAO

Affiliation: Director of educational programs, IACLE

City: Pune

Email id: Nilesh\_thite@yahoo.com

**Name:** Mr Ajay Shinde M.Optom, FIACLE

Affiliation: Director of educational programs, IACLE

City: Pune

Email id: Nilesh\_thite@yahoo.com



# Facilitate. Educate. Upgrade.

## Contact:

**Anitha Arvind - FASCO Coordinator**

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**Aditya Goyal - President**

adityagoyal@hotmail.com | +91 97984 30033

w: [www.asco-india.org](http://www.asco-india.org) | p: 022-22012358

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