Clinical Methods in

OPHTHALMOLOGY

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A Practical Manual for Undergraduates

Second Edition

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Dedicated to

My parents
Mr Karimsab B and Mrs Babujan K
for their blessings

My uncle
Mr Emamsab B
for his encouragement
and

My wife
Dr Shama Taj KR
for her support

Foreword

I have great pleasure in writing the Foreword for *Clinical Methods in Ophthalmology—A Practical Manual for Undergraduates*. My pleasure is multiplied by the fact that Dr Dadapeer has been working with me for several years at Hassan Institute of Medical Sciences, Hassan, Karnataka, India. He has a keen interest in teaching medical students. He has the ability in gauging the pulse of the students and also their needs and requirements.

Only few other branches of medicine have seen such dramatic changes in the last decade as ophthalmology. Even though tremendous strides have been made in the practice of this specialty, a sense of proportion has to be assigned to the subject. Stress should be on the basics and common day-to-day problems, so that newer ophthalmologists can deliver good services to the patients.

In this era of information explosion, a student has to study a lot of materials. At present, most of the books are either too voluminous in the guise of being comprehensive with material not easily assimilated by the students or they are too simplistic in their contents and approach, which fail to impart sufficient knowledge and confidence among the students. I hope that this book by Dr Dadapeer K will serve to fill up this lacuna in the undergraduate teaching materials.

He has discussed many topics in this book with a clinical orientation. He has not only made it a comprehensive text on the subject but also topics important from examination and practical stand point are dealt with precise and piecemeal fashion. The contents are carefully crafted to meet the undergraduate curriculum. Important points are highlighted and are supported by an array of neat photographs and depictive illustrations. Emphasis has been on Ophthalmic Examination Methods, Case Proforma and Diagnostic Tools. Ophthalmic lenses have been elaborately outlined. The drugs used in ophthalmology have been aptly described. The chapter 'An Approach to a Patient with Red Eye' is an attractive feature of the book. This will make the book useful for general practitioners as well.

The hallmarks of the book are its simple understandable language, lucid description of facts and emphasis on practical diagnosis and management.

I wish all the success to this utility-oriented book, which will definitely prove to be a boon for students and practitioners.

Ravikumar BC
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Department of Dermatology
Formerly Director
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Hassan, Karnataka, India

Foreword

"There is no alternative to a proper history taking and thorough clinical examination."

I am very much pleased to have the opportunity to write the Foreword of this book. The ultimate goal of a medical student should be to become a good clinician by the end of his undergraduate studies. This book is unique and gives the students a comprehensive concept of clinical methodology and helps them to acquire complete knowledge about the subject. Dr Dadapeer K takes the student through a journey in a clear and concise method with multiple illustrations and thoughtful explanations towards the achievement of acquiring high-quality clinic acumen.

He was a very good enthusiastic student during his undergraduate and postgraduate days and showed keen interest in learning, sharing the knowledge with his fellow students and teaching the junior students.

The book is a complete clinical manual for the undergraduate medical students by covering both the theoretical details and clinical aspects supported by conceptual illustrations, which help in better understanding of the clinical methodology. He has taken tremendous effort to present a systematic approach to the clinical aspects of disease process.

The book will be an adjunct to the many other textbooks for the postgraduate medical students and provides an excellent source of learning and reference.

I hope that this book will be a valuable addition to the library of any establishment involved in the teaching of the medical students and thereby helps in substantial contribution to the health care system by providing a good clinician to the society and mankind.

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Preface to the Second Edition

I thank all the teachers and students, for accepting and making the first edition of *Clinical Methods in Ophthalmology—A Practical Manual for Undergraduates* one of the popular books.

In the second edition of the book, all chapters have been edited and re-written including new definitions, new concepts, and new photographs have been added. A new chapter on Community Ophthalmology has been added.

With the above modifications, I hereby present to you the second edition of the book. I hope that the book will continue as a useful guide for the medical students during their course in ophthalmology. I have made all the efforts to check for the accuracy of the matter and to correct the mistakes, if any. I will be happy to receive constructive comments, which will help in betterment of the book.

Dadapeer K

Preface to the First Edition

This book is basically written for the needs of undergraduate medical students. I have observed that the undergraduate medical students often find it difficult to understand clinical ophthalmology in spite of knowing theory part of it. The book aims to present clinical ophthalmology in a simplified, yet in a comprehensive manner with a lot of clinical photographs. Few chapters are discussed in more detail to provide complete information of the topic and this will be beneficial to the postgraduate students and residents in ophthalmology also. The book has the following key features thus making it, an easy-to-use guide for the students:

- History taking with clinically structured questionnaire for each case
- Detailed case discussion with explanation of clinical problems
- Comprehensive coverage with emphasis on clinical application.

While writing this book, I have gone through many books, enquired students regarding their common doubts and problems, recollected what my teachers had taught me and then I have presented all of them in a concise manner. I hope that the book will be a useful guide for the medical students during their course in ophthalmology. Efforts have been made to check for the accuracy of the matter and to correct the mistakes, if any. I will be happy to receive constructive comments, which will help in betterment of the book.

Dadapeer K

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I am grateful to the positive feedback and Foreword written by Dr Ravikumar BC, Former Director, Hassan Institute of Medical Sciences.

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