

## ICO e-source

This document is a guide to useful texts, websites etc. It is not comprehensive but contains texts and websites which cover the areas to be studied to acquire the knowledge to pass the examination.

This was produced by Marcus Posner, Freddie Beer and Luke Clifford.

### Contents:

1. Syllabuses
2. Suggested BOOKS
3. Self Test and Mock Questions
4. Reference Manuals
5. Free access (Downloadable) books
6. Free-access websites
7. Other useful websites
8. Ophthalmology Podcasts
9. Educational Courses
10. How you can help!!

### 1. Syllabuses

Please visit [www.icoph.org](http://www.icoph.org)

#### Basic science syllabus

<http://www.icoph.org/resources/349/ICO-Exams-Instructions-for-Candidates-and-Syllabus-Basic-Sciences.html>

#### Optics and refraction syllabus

<http://www.icoph.org/resources/350/ICO-Exams-Instructions-for-Candidates-and-Syllabus-Theoretical-Optics--Refraction.html>

## **Clinical sciences syllabus**

<http://www.icoph.org/resources/351/ICO-Exams-Instructions-for-Candidates-and-Syllabus-Clinical-Sciences.html>

## **2. Suggested BOOKS & other publications (not comprehensive!)**

### **Basic and Clinical Science Course (BCSC): 2016-2017.**

American Academy of Ophthalmology, e-book and print. The 13-volume BCSC is a foundation for residents and a source of up-to-date clinical knowledge for practitioners. Revised annually, the BCSC covers everything from basic anatomy, optics, and pathology to such specialised topics as retina, glaucoma, and cataract.

<http://store.aao.org/clinical-education/product-line/basic-and-clinical-science-course-bcsc.html>

### **Color Atlas and Synopsis of Clinical Ophthalmology – Wills Eye Institute – 2<sup>nd</sup> revised edition.**

Lippincott Williams and Wilkins.

The aim of this 7-book series is to provide an up-to-date clinical overview of the major areas of ophthalmology for students, residents, and practitioners in all the healthcare professions.

### **Kanski's Clinical Ophthalmology: a systematic approach. 8th revised edition.**

Bowling B.

ISBN 0702055727

### **The Ophthalmology Examinations Review. 2<sup>nd</sup> edition.**

Tien Yin Wong, Liew G, Cheung N.

ISBN 9814304417

### **Basic Sciences for Ophthalmology. 1<sup>st</sup> edition.**

Bye L, Modi N, Stanford M.

ISBN 0199584990

### **The Eye: Basic Sciences in Practice. 4<sup>th</sup> edition.**

Forrester JV, Dick AD, McMenamin PG, Roberts F, Pearlman E.

ISBN 0702055549

### **Ophthalmology Examination Techniques- questions and answers.**

Broadway D, Tufail A, Khaw PT.

ISBN 0750625007

### **Essential Medical Ophthalmology- a problem orientated approach.**

Ferris JD.

ISBN 0750649372

### **Atlas of Clinical Ophthalmology. 2<sup>nd</sup> edition.**

Basak SK.  
ISBN 9350903253

**Wills Eye Review of Ophthalmology.**

Shah CP, Fenton GL, Shelsta HN.  
ISBN 9780781789745

**Clinical Ophthalmology - A Self Assessment Companion.**

Kanski JJ, Kubicka-Trzaska A.  
ISBN 9780750675383

**Clinical Ophthalmology – Medical and surgical approach.**

Saxena S.  
ISBN 9350250047

**Oxford Handbook of Ophthalmology. Third revised edition.** Denniston A,

Murray P.  
ISBN 9780199679980

**Moorfields Manual of Ophthalmology. Second edition.**

Jackson TL.  
ISBN 9781907816888

**Pediatric Ophthalmology and Strabismus. Fourth revised edition.**

Hoyt CS, Taylor D.  
ISBN: 9780702046919

**Pediatric Ophthalmology and Strabismus. 3rd revised edition.**

Wright K, Strube Yi Ning J.  
ISBN 9780199857012

**The Hospital for Sick Children's Atlas of Pediatric Ophthalmology and Strabismus.**

Levin AV, Wilson TW.  
ISBN 9780781743099

**Pediatric Clinical Ophthalmology: A Color Handbook.**

Olitsky SE, Nelson LB.  
ISBN 9781840761511

**Walsh and Hoyt's Clinical Neuro-ophthalmology: The Essentials. Third edition.**

Miller NR, Newman NJ, Biousse V, Kerrison JB.  
ISBN 1451194471

**Neuro-ophthalmology Review Manual. 7<sup>th</sup> edition.**

Kline LB, Foroozan R.  
ISBN 1617110795

**Atlas of Neuro-Ophthalmology.**

Karna S, Padmaja S, Ambika S, Menon S, Choudhari NS.  
ISBN 9781904798330

**Uveitis. 2<sup>nd</sup> Edition.**

Jones N,P.  
ISBN 9781907816185

**Ophthalmic Pathology.**

Sehu KW, Lee WR.  
ISBN 9780727917799. Available as Google eBook

**Essentials of Ophthalmic Oncology.**

Singh AD, Damato BE, Pe'er J, Murphree AL, Perry J.  
Chinese edition ISBN: 978-7-5323-9348-0  
English edition ISBN 9781556429177

**Pocket Guide to Ocular Oncology and Pathology.**

Bergstrom.C, Hubbard BC, Wells JR, Singh AD.  
ISBN 9783642289118

**Colour Atlas of Ophthalmic Plastic Surgery. 3rd edition.**

Tyers AG, Collin JRO.  
ISBN: 0750688602

**Clinical Optics. 3rd Edition.**

[Elkington](#) AR, Frank HJ, [Greaney](#) MJ.  
ISBN: 9780632049899

**Medical Statistics Made Easy. 3rd edition.**

Harris M. and Taylor G.  
ISBN 1907904034

**A Handbook of Clinical Trials in Ophthalmology.**

Gupta AK, Aggarwal VK, Goel N.  
ISBN 9350907747

### 3. Self Test and Mock Questions

**OphthoQuestions™**

This is a comprehensive question bank available for a subscription fee.

<https://www.ophthoquestions.com/>

**Eyedocs.co.uk**

Online ophthalmology community including question bank for a subscription fee and exam discussion forum.

<https://www.eyedocs.co.uk>

**MCQs for FRCOphth and ICO Basic Sciences Examinations.**

Trikha S, de Silva S, Mehta H, Keightley S.

ISBN 1846195462

**Ophthalmology Fact Fixer:240 MCQs with Explanatory Answers.**

Chua C, Voon L, Goel S.

ISBN 9781857759082

**EMQs And MCQs for the FRCOphth Part 2.**

Chiam P.

ISBN 1447806611

**MRCOphth.com.**

Free question bank and discussion forum

<http://www.mrcophth.com>

#### 4. Reference Manuals

**Duane's Clinical Ophthalmology 2009 (also on C.D.)**

Tasman W, Jaeger ER.

ISBN 9781605477329

**Principles and Practice of Ophthalmology. 3<sup>rd</sup> Edition.**

Albert DM and Jakobiec FA.

ISBN 9781416000167

**Ophthalmology.**

Yanoff M, Duker JS.

ISBN 9780323043328

**Cornea. 3<sup>rd</sup> revised edition.**

Krachmer JH, Mannis MJ, Holland EJ.

ISBN 9780323063876

**Clinical Neuro-ophthalmology: A Practical Guide.**

Schiefer U, Wilhelm H, Hart W, Hoyt WF, Hart W.

ISBN 9783540327066

#### 5. Free access (Downloadable) books

**Atlas of ophthalmology:** Machemer, Michelson and Naumann.

A superb atlas of clinical photographs mostly with brief clinical descriptions. Partially translated into Chinese, German, Arabic, Spanish, Portuguese, Russian, Japanese.

[www.atlasophthalmology.com](http://www.atlasophthalmology.com)

**Ophthalmic Hyperguides:**

<http://www.healio.com/ophthalmology/education-lab/>

### **Neurology – online textbook.**

<http://neurologyonline.yassermetwally.com/>

### **Rosenbaum & Santiago's (excellent!) text on Strabismus via Google**

[http://books.google.com/books?id=6jqOihYJvCoC&source=gbs\\_navlinks\\_s](http://books.google.com/books?id=6jqOihYJvCoC&source=gbs_navlinks_s)

### **Ophthalmology books and manuals (via orbis).**

Numerous text books available to download. Examples include;

- a. Binocular Vision and Ocular Motility. Von Noorden G & Campos E.
- b. Surgical management of Strabismus. Helveston EM.
- c. Strabismus: a decision making approach. Von Noorden G & Helveston.

[http://www.cybersight.org/bins/content\\_page.asp?cid=1-1808](http://www.cybersight.org/bins/content_page.asp?cid=1-1808)

### **Introduction to ophthalmology textbook.**

[www.opthobook.com](http://www.opthobook.com)

### **Canadian Neuro-ophthalmology Group E-textbook.**

<http://www.neuroophthalmology.ca/textbook>

### **Diabetic Retinopathy for the Comprehensive Ophthalmologist.**

<http://www.drcobook.com/>

## **6. Free-access websites**

### **The AAO 'ONE' Network**

The AAO offer access to the 'ONE' teaching facility (partly free for very low GNIPC countries). Access via their website:-

<http://www.aaopt.org/clinical-education>

### **Digital reference of Ophthalmology.**

Annotated photographs of a variety of disorders from Columbia University

<http://dro.hs.columbia.edu/index.htm>

### **Wills Eye Knowledge Portal.**

[www.willseyeonline.org](http://www.willseyeonline.org)

### **Recent literature – latest journal articles.**

<http://www.opthalmics.co.uk/>

### **Eyetube**

An ophthalmic surgical resource created to educate ophthalmologists through videos.

<http://eyetube.net/>

### **Online resources of ophthalmology.**

Includes ejournal of ophthalmology, anatomy and an excellent 'useful websites' section.

<http://www.eophtha.com/>

**Success in MRCOphth by CN Chua:**

Includes electronic books, videos and ophthalmic images and questions.

<http://www.mrcophth.com>

**Medscape Education – ophthalmology.**

<http://www.medscape.com/ophthalmology>

**Articles by named authors on a wide variety of topics, continually updated.**

<http://www.emedicine.com/ophthalmology/index.shtml>

**Digital Journal of Ophthalmology.**

[www.djo.harvard.edu](http://www.djo.harvard.edu)

**Atlas of Ophthalmology.**

<http://www.atlasophthalmology.com/>

**Richard Caesar - Online oculoplastics video tutorials.**

<http://oculoplastics.info>

**The Robert Bendheim Digital Atlas of Ophthalmology.**

[http://www.nyee.edu/page\\_deliv.html?page\\_no=50](http://www.nyee.edu/page_deliv.html?page_no=50)

**Clinical Atlas of Ophthalmology**

<http://www.sarawakeyecare.com/atlas.htm>

**The Neuro-ophthalmology Virtual Education Library.**

<http://novel.utah.edu/>

**Neurological examination.**

<http://www.neuroexam.com/neuroexam/>

**An online educational resource for health care professionals who are required to examine the optic nerve.**

<http://www.optic-disc.org/>

**Eye simulator/Virtual patient simulator.**

<http://cim.ucdavis.edu/EyeRelease/Interface/TopFrame.htm>

**Unattributed articles on numerous topics**

[http://en.wikipedia.org/wiki/List\\_of\\_eye\\_diseases\\_and\\_disorders](http://en.wikipedia.org/wiki/List_of_eye_diseases_and_disorders)

**Online access to books & educational material via Orbis.**

[http://telemedicine.orbis.org/bins/content\\_page.asp?cid=1](http://telemedicine.orbis.org/bins/content_page.asp?cid=1)

**Large number of links to educational and other ophthalmology websites.**  
<http://www.medicine.uiowa.edu/eye/education/>

**EyeWiki, the Eye Encyclopedia written by Eye physicians and Surgeons.**  
[http://eyewiki.aao.org/Main\\_Page](http://eyewiki.aao.org/Main_Page)

**Atlas of Ophthalmology Facebook page.**  
To allow interactive communication according to selected cases.  
<http://www.facebook.com/AtlasOphthalmology>

**Diabetic Retinopathy Screening Training.**  
<http://www.drscertificate.org/Links.asp>

**Retina Revealed Case Study Website.**  
<http://www.retinarevealed.com/1home.aspx>

**A useful basic guide to Ophthalmic practice in instructional and quiz modes.**  
<http://www.kellogg.umich.edu/theeyeshaveit/>

**A useful guide to gonioscopy with excellent video examples of clinical cases.**  
<http://www.gonioscopy.org/>

**Root Atlas. Collection of educational videos.**  
<http://www.rootatlas.com>

**Syndrome Eponyms**  
<http://www.whonamedit.com>

**OMIM Online.**  
A catalogue of human genes and genetic disorders.  
<http://www.ncbi.nlm.nih.gov/sites/entrez?db=omim>

**Retinoblastoma International.**  
Provides online information to parents, family as well as medical education in the management of retinoblastoma for health care professionals.  
<http://www.retinoblastoma.net/>

**Ocular Pathology over 1000cases!**  
<http://cogancollection.nei.nih.gov/>

**Embryo images.**  
Normal and abnormal mammalian development.  
[https://syllabus.med.unc.edu/courseware/embryo\\_images/](https://syllabus.med.unc.edu/courseware/embryo_images/)

**Eye News.**  
Articles and a very useful calendar of events in the UK & worldwide.



<http://www.eyenews.uk.com/>

**Cochrane Library.**

Systematic reviews of the effects of healthcare interventions.

<http://www.cochrane.org/>

**Pubmed.Database.**

For Author/Subject.Online database of biomedical journal citations and abstracts created by the U.S. National Library of Medicine.

Some free full articles, many others through libraries/universities.

<http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed>

**Vision 2020.**

Global initiative for the elimination of avoidable blindness.

Multilingual.

<http://www.v2020.org/>

**Help with all aspects of IOL calculations.**

<http://doctor-hill.com/>

**Benign Essential Blepharospasm Research Foundation.**

<http://www.blepharospasm.org/>

## 7. Other useful websites

**Website for researchers, physicians and students to contact others in their field.**

<http://www.medicamail.com>

**OAI-PMH (the Open Archives Initiative Protocol for Metadata Harvesting)**

<http://www.oaister.org/>

**Ethics- basic Principles**

<http://priory.com/ethics.htm>

**A useful guide to risk management** (advice and downloadable forms).

An American view.

<http://www.omic.com>

**Academic books to buy and sell.**

<http://www.academicbooktrade.co.uk/>

**Abe Books – second hand books.**

[www.abebooks.co.uk](http://www.abebooks.co.uk)

**Inexpensive quality ophthalmology texts, published in India.**

[www.jaypeebrothers.com](http://www.jaypeebrothers.com)

**Useful and inexpensive books.**

<http://www.atozinophthalmology.com/>

## **8. Ophthalmology Podcasts**

**Ophthalmology Innovation Podcast**

<https://player.fm/series/ophthalmology-innovation-podcast>

**Medscape Ophthalmology Podcast**

<https://player.fm/series/medscape-ophthalmology-podcast>

**Eye Chat**

<https://itunes.apple.com/gb/podcast/eye-chat/id312369188?mt=2>

## **9. Educational Courses**

**London MSc Clinical Ophthalmology.**

<http://www.ucl.ac.uk/prospective-students/graduate/taught/subject-areas/ophthalmology>

**London, England.**

<https://www.rcophth.ac.uk/events-and-courses/>

**London, England**

<http://www.moorfields.nhs.uk/content/courses>

**UK-wide**

<http://www.mrcophth.com/eyecourses1.html>

**World**

**International Council of Ophthalmology.**

[http://www.icoph.org/refocusing\\_education/educational\\_programs.html](http://www.icoph.org/refocusing_education/educational_programs.html)

**American Academy of Ophthalmology.**

<http://www.aao.org/meetings/>

**MIT Courses**

<http://ocw.mit.edu/OcwWeb/Health-Sciences-and-Technology/index.htm>

**Jeddah, Saudi Arabia.**

‘Comprehensive Review in Ophthalmology’.

A preparatory five day course for Final FRCS Examination at the Magrabi Eye & Ear Hospital Jeddah.

Course Director: Dr. Ayman Elghonemy, CME Director. Contact Mrs S Rafanan +966 2 636 5000 Ext 506, Mob. +966 536 676 486. Email: [cme@magrabi.com.sa](mailto:cme@magrabi.com.sa)

[www.mvupgo.com](http://www.mvupgo.com) - This is the official website of Muthusamy Virtual University of Post Graduate Ophthalmology founded by Professor Muthusamy Palanisamy. They conduct free online courses.

**The link for training via Lifeline Express.**

<http://www.lxenglish.com/index.php>

It is a Chinese website and includes information on the ICO exam, forums, grand rounds in Hong Kong and Beijing, etc.

## **10. How you can help**

We would like to turn this list into a form of Wiki with a lot of content submitted by readers, particularly readers who are ICO Examination candidates or those who have recently passed the exam.

If you have found any courses, books or websites particularly helpful let us know! We particularly need inexpensive courses anywhere in the world but particularly in Asia, Africa and the Americas and books & websites in non-English languages.

E.mail: [nquilter@icoph.org](mailto:nquilter@icoph.org)