



Helgi Davíð Björnsson

Dry labs

in the **Nordic Congress** of **Ophthalmology 2018**

HELGI DAVÍÐ BJÖRNSSON

This August hundreds of ophthalmologists from all the Scandinavian countries and beyond gathered in Oslo for the biannual Nordic Congress of Ophthalmology. We were fortunate to have a part of the program dedicated for young ophthalmologists (i.e. residents or specialists with less than 5 years of experience, abbreviated as YO) like in the previous congresses in Aarhus and Stockholm. Inspired by the cataract dry labs in the SOE congress in Barcelona last year, we decided to introduce dry labs for the YOs participating in the congress. We also decided to take this one step further and offer not only dry labs for cataract surgery but also dry labs in basic surgical techniques in oculoplastics, as well as introduction into trabeculectomy and strabismus surgery. With generous support from Théa, Medstim, Geuder and Johnson & Johnson as well as invaluable help from Karin



Strabismus surgery being practiced by 2 students simultaneously

Sandvand, Caroline Schmitt, Ellen Børnick, James Macpherson, Helena Buch Hesgaard, Paul Tomlins, Alex Shortt and others; we were able to offer more than 100 seats without any additional cost to YO participants. The labs were very well intended, and the feedback was overwhelmingly positive. Our main mission was to show that you can make a big difference in the beginning of your surgical career by using dry labs and we hope that ophthalmology departments across the North will offer this kind of training opportunities to future generations of ophthalmic surgeons. The models we used in the dry labs can be found on <http://simulatedocularsurgery.com> and they do not contain any animal parts so they may be brought into the operating theater for those who do not have access to training microscopes. I have no financial interests and other models are available, but I have no personal experience with those.

Helgi Davíð Björnsson
 Head of the YO organizing committee
 for NOK2018



■ With training microscopes, it is possible to practice cataract and glaucoma surgery

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