

AUPO MedEd Task Force Core Knowledge and Skills Competencies

Core Skills:	Recognition of Red Flag Physical Findings	Knowledge Base
<p>8-point physical examination, including</p> <p>-Visual Acuity: Properly record near card and pinhole</p> <p>--Pupil Assessment</p> <p>--Alignment Assessment (Hirshberg)</p> <p>--Extraocular muscle ductions</p> <p>-Confrontation Visual Fields</p> <p>--Penlight Assessment of</p> <ul style="list-style-type: none"> - Lids - Conjunctiva/ sclera - Cornea - Anterior chamber depth estimation - Assessment of clarity of media <p>-Funduscopy</p> <ul style="list-style-type: none"> - Disc (cup, color, contour, margins, vessels) - Retina in adults/ cooperative children -Red Reflex in infants/ children <p>-Instillation of drops</p> <p>-Lid eversion</p> <p>-Removal of superficial foreign bodies</p> <ul style="list-style-type: none"> - conjunctiva - cornea <p>- Ocular Irrigation</p>	<p>-Orbit: cellulitis (septal/ preseptal); proptosis</p> <p>-Extraocular Muscles: 3rd, 4th, 6th nerve palsies; gross mal-alignment; amblyopia</p> <p>-Globes: gross rupture (or possibility of same)</p> <p>-Pupils: relative afferent pupillary defect, anisocoria, light/ near dissociation, leukocoria</p> <p>-Confrontation Visual Fields: gross defects</p> <p>-Lids: ptosis, lid lag/ stare, swelling, masses</p> <p>-Conjunctiva: tarsal/ forniceal foreign body; hemorrhage; severe hyper-purulent conjunctivitis (gonococcal), or conjunctivitis with lymphadenopathy (epidemic kerato-conjunctivitis)</p> <p>-Cornea: abrasions, infectious ulcers (bacterial or viral), foreign body</p> <p>-Anterior chamber: shallow chamber, angle closure</p> <p>-Fundus: normal anatomy vs. abnormal (using elements in column 1); disc edema Hollenhorst plaque; glaucomatous cupping; macular degenerative changes</p>	<p>-Never prescribing topic anesthetics or steroids</p> <p>-Ocular adverse effects of systemic medications</p> <ul style="list-style-type: none"> -Oral/ topical/ injected/ inhaled steroids -Topiramate -Amiodarone -Aminoquinolones -Adrenergic/ anticholinergics capable of inciting angle closure (narrow angles concept) <p>-Red Flag Symptoms</p> <ul style="list-style-type: none"> -Eye pain -Diplopia -Flashes, floaters, curtains -Sudden visual loss <p>-Ocular conditions associated with mortality</p> <ul style="list-style-type: none"> -Orbital cellulitis -Human Immunodeficiency virus -Retinoblastoma -Tumors <p>-Ocular conditions associated with acute morbidity/loss of function</p> <ul style="list-style-type: none"> -Trauma (chemical, blunt, sharp) -Giant cell arteritis -Retinal detachment (red flag symptoms: flashes, floaters, curtains) -Wet macular degeneration -Acute angle closure -Central retinal artery occlusion -Amaurosis fugax, & red flag symptoms of unilateral/ bilateral visual disturbances (sudden permanent, sudden transient) -Hemianopsia -Herpetic disease (both simplex and zoster) -Bacterial ulcers -Contact lens mishaps <p>-Ocular conditions associated with chronic morbidity</p> <ul style="list-style-type: none"> -Juvenile rheumatoid arthritis (iritis, scleral melts) -Graves disease -Diabetes mellitus -Hypertension -Cataract -Open angle glaucoma --Amblyopia -Macular degeneration