

Appendix 1: Photographs *and Descriptions* of the Four Clinical-Skills Workshops at the COS Medical School Symposium

Station 1: Intravitreal Injections



Description: Demonstration and guided wet-lab practice on a model eye of intravitreal injection. This workshop was aimed to provide insight on retina sub-specialty practice through common office procedures utilized to treat and manage retinal pathology, such as diabetic retinopathy.

Station 2: Lenses *in ophthalmology*



Description: Demonstrated various lenses such as 90 D, 60 D, 20 D, YAG capsulotomy lens, and gonioscopy laser lens. Understanding of the various lenses in ophthalmology is commonly not appreciated until residency where there is exposure to various subspecialty practices. For example, the 20 D lens is primarily used for indirect ophthalmoscopy, a common clinical exam in retina offices and in emergency clinics.

Station 3: Neuro-Ophthalmology



Description: Demonstration and explanation of Ishihara test for colour deficiency as well as various prisms. These skills are important for diagnosing optic neuritis, for example, a common presentation in emergency clinics.

Station 4: Approach to Glaucoma



Description: Interactive session going through common cases and use of tonopen for measuring intraocular pressure. This workshop aimed to provide an approach to glaucoma, where attendees gained an understanding for initial diagnosis and management.