



# Dr Helena Hurairah MBBS, FRCOphth

Ophthalmic Surgeon (Comprehensive Adult & Paediatric  
Ophthalmology)

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📍 Special Interests: Paediatric Ophthalmology & Strabismus, Myopia Control, Global Ophthalmology, Postgraduate Medical Education

📍 Work Address: Eye Centre, RIPAS Hospital, Jalan Putera Al Muhtadee Billah, Brunei Darussalam, BA1712

## QUALIFICATIONS

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04/09/2000 - 01/07/2006	<b>MBBS (Bachelor of Medicine, Bachelor of Surgery) - Pass</b> King's College London GKT School of Medicine, University of London
02/08/2006 - 05/08/2008	<b>Certificate of Completion of Foundation Training - Pass</b> Trent Foundation School, East Midlands Healthcare Workforce Deanery
23/11/2011	<b>Refraction Certificate - Pass</b> The Royal College of Ophthalmologists, United Kingdom
17/06/2016	<b>FRCOphth (Fellow of The Royal College of Ophthalmologists UK) - Pass</b> The Royal College of Ophthalmologists, United Kingdom
05/08/2009 - 31/07/2018	<b>CCST (Certificate of Completion of Ophthalmology Specialist Training) - Pass</b> London Specialty School of Ophthalmology
31/07/2018 - Present	<b>Entry on The General Medical Council (UK) Specialist Register</b> <a href="#">The General Medical Council (UK)</a> The GMC Specialist Register is a list of doctors who are eligible to take up appointment in any consultant post in the UK NHS.

## PROFESSIONAL MEMBERSHIPS

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- April 2019-present: Associate Regional Secretary & Council Member, Asia Pacific Academy of Ophthalmology
- April 2019-present: President & Founding Member, Brunei Ophthalmology Society
- November 2018-present: Member, International Myopia Institute
- September 2018-present: Council Member, ASEAN Ophthalmology Society
- August 2018-present: Member, The Asia-Pacific Strabismus and Paediatric Ophthalmology Society
- April 2016- present: Fellow, The Royal College of Ophthalmologists (UK)
- 2016-present: International Member, American Academy of Ophthalmology

## EMPLOYMENT HISTORY

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08/10/2018 - Present	<b>Consultant Ophthalmologist</b> Eye Centre, RIPAS Hospital, Brunei Darussalam <ul style="list-style-type: none"><li>• High volume adult cataract surgery (phacoemulsification, small incision cataract surgery and extra capsular cataract extraction)</li><li>• Congenital cataract surgery</li><li>• Strabismus and oculoplastics surgery (adult &amp; paediatric)</li><li>• General adult and paediatric ophthalmology clinics</li><li>• Adult &amp; Paediatric Strabismus ophthalmology clinics</li><li>• Retinopathy of Prematurity screening &amp; treatment</li><li>• Ophthalmologist for the Brunei Flying Medical Service, Ministry of Health Brunei</li></ul>
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- 02/08/2017 - 31/07/2018** **Paediatric Ophthalmology & Strabismus Fellow, Senior Ophthalmology Resident (1 year)**  
St Thomas' Hospital, London, UK.
- Adult strabismus surgery
  - Extra ocular muscle botox injections
  - High volume adult cataract surgery
  - Adult motility clinics
  - Paediatric ophthalmology clinics
  - Paediatric ophthalmology surgery
  - Retinopathy of prematurity screening and treatment (laser and intravitreal anti VEGF agents)
  - Responsible for ophthalmology inpatient consultations at the Evelina Children's Hospital
  - Provision of weekly ophthalmology teaching to Phase 3 medical students
  - Senior ophthalmology resident responsible for new doctors' induction and management of the on call rota
- 02/08/2011 - 01/08/2017** **Ophthalmology Specialist Registrar (6 years)**  
Sussex Eye Hospital, UK (2011) Kingston Hospital, UK (2013) Moorfield's Eye Hospital, London, UK (2014-16) St Thomas' Hospital, London, UK (2016)
- Subspecialty ophthalmic training in oculoplastics, anterior segment, neuro ophthalmology, paediatric ophthalmology and adult strabismus, glaucoma, medical retina and vitreoretinal surgery
- 05/08/2009 - 02/08/2011** **Ophthalmology Senior House Officer (2 years)**  
Maidstone Hospital, Kent, UK
- General specialisation in medical and surgical management of ophthalmic diseases
- 06/08/2008 - 04/08/2009** **Neurology & Neurosurgery Senior House Officer (1 year)**  
Department of Neurology & Neurosurgery, Queen's Hospital, Romford, Essex, UK
- Provision of safe effective care of acutely unwell neurological and neurosurgical inpatients
- 02/08/2006 - 05/08/2008** **Foundation Years 1 & 2 in General Medicine & Surgery (2 years)**  
Nottingham City Hospital, UK and Derbyshire Royal Infirmary, UK
- General medical and surgical internship training

## AWARDS & NOMINATIONS

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- April 2021** **Global Finalist - Study UK Professional Achievement Award 2021**  
British Council  
Nominated as a global finalist by the British Council for the Study UK Professional Achievement Award - a award that recognises UK alumni who have distinguished themselves through exemplary leadership and achievements
- May 2020** **The Commonwealth Points of Light Award (No. 138)**  
Her Majesty's Government, United Kingdom  
Awarded by Her Majesty Queen Elizabeth II as recognition for community contribution during the Covid-19 pandemic in Brunei Darussalam through the design and distribution of child-friendly personal protective equipment
- March 2019** **YASKA Travel Grant**  
Brunei Children Cancer's Foundation  
Travel grant awarded to attend the International Society of Ocular Oncology 2019 Conference held in Los Angeles, USA with the purpose of improving the coordinated care of retinoblastoma patients in Brunei Darussalam
- 2000 - 2006** **Full Academic Medical Scholarship**  
Government of Brunei Darussalam  
Full MBBS scholarship award

## PUBLICATIONS & PRESENTATIONS

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### PUBLICATIONS

#### **Pharmacological interventions in myopia management**

T Fricke, H Hurairah, Y Huang, SM Ho

Community Eye Health Journal. May 2019; 32 (105):21-22

#### **Optical interventions to slow the progression of myopia**

T Fricke, D Tilia, MA Tran, H Hurairah

Community Eye Health Journal. May 2019; 32 (105):19-20

#### **Exploring the optic nerve head; it's variants, anomalies and disorders**

H Hurairah, F Bremner

Diabetic Eye Journal, Issue 5, September 2015

#### **The role of the endothelium in the control of vascular function**

H Hurairah, A Ferro

International Journal of Clinical Practice, 2004 Feb; 58(2):173-83

### PRESENTATIONS (International)

#### **Invited Panel Speaker (Virtual)**

Women in Ophthalmology, Seva Foundation & Orbis International

'Women Leaders in Eye Health' May 2021 Global Webinar Series

#### **Invited Panel Speaker**

Young Ophthalmologists (YO) Global Symposium

The 35th Singapore-Malaysia Joint Meeting in Ophthalmology, January 2020

#### **Invited Speaker: Long Term Sequelae of Laser Treated Retinopathy of Prematurity**

Paediatric Ophthalmology and Strabismus Symposium

The 4th ASEAN Ophthalmology Society Congress, November 2019

### PRESENTATIONS (National)

#### **Invited Speaker: Supervision for Trainees**

'Training The Trainers' Clinical Faculty Development Workshop, September 2020

Organisers: PGATB, Ministry of Health Brunei & Universiti Brunei Darussalam PAPRSB

Institute of Health Sciences

#### **Invited YSEALI Panel Speaker**

'Gender Equality in the Workplace' Symposium, December 2019

Organisers: Young South East Asian Leadership Initiative & U.S. Embassy Brunei

### POSTERS

#### **Late relapse of ophthalmoplegia in an apparently recovered oculomotor nerve palsy**

S Tahir, H Hurairah, J Acheson

British Isles Paediatric Ophthalmology & Strabismus Association 9th AGM, September 2015

#### **Reducing cataract complications; the role of risk stratification systems**

H Hurairah, W Muen

The XXXII Congress of the European Society of Cataract and Refractive Surgeons, London, September 2014

#### **Intraocular pressure management in patients with glaucoma and ocular hypertension following anti VEGF injections**

E Ansari, H Hurairah

10th European Glaucoma Society Congress, Copenhagen, June 2012

European Association for Vision and Eye Research, France, October 2012

#### **Trabeculectomies: do patients think it makes any difference?**

S Jyothi, H Hurairah, S Hindi

1st ARVO Asia, Singapore, June 2011

#### **Non attendance in general ophthalmology clinics**

H Hurairah, M Patel, D Rathore, P Puri

The Midlands Ophthalmological Society AGM, October 2008

#### **Impact of spectral domain OCT in making decisions in wet age related macular**

## degeneration

D Rathore, M Patel, H Hurairah, P Puri

The Midlands Ophthalmological Society AGM, October 2008

## ADMINISTRATIVE SERVICE

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August 2020-Present: Foundation Training Programme Director I, Ministry of Health, Brunei

January 2019-Present: Committee Member, Postgraduate Advisory Training Board, Ministry of Health, Brunei

January 2019-July 2020: Associate Foundation Training Programme Director, Ministry of Health, Brunei

January 2019-Present: Doctors' Leave Coordinator, Eye Centre, RIPAS Hospital, Brunei

November 2018-Present: Clinical Lead, Brunei Special Needs Eye Care Services, Brunei

October 2018-Present: Retinoblastoma Care Coordinator, Eye Centre, RIPAS Hospital, Brunei

October 2018-Present: Clinical Lead, Children's Eye Service, Eye Centre, RIPAS Hospital, Brunei

August-October 2018: Co-Chairperson, Brunei Darussalam World Sight Day 2018 Organisation Committee

## ESTABLISHED SERVICES & PROJECTS

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### **Chairperson, 'Training The Trainers' Clinical Faculty Development Workshop Organising Committee**

The 'Training The Trainers' Clinical Faculty Development 2-day workshop was a collaborative effort between the PGATB of the Ministry of Health and UBD Institute of Health Sciences held from 25-26 September 2020. During this workshop, 70 delegates comprised of senior medical clinicians received training on the key concepts in medical education.

### **Clinical Lead, Brunei Special Needs Eye Care Service**

The Brunei Special Needs Eye Care Service (BRU-SPECS) was established in November 2018 to provide a dedicated, straightforward to access eye care service for children, young people and adults with special educational needs.

### **Myopia Control Service, Children's Eye Department**

Since joining the Ministry of Health in October 2018, I have set up the Myopia Control Service to monitor and treat the growing number of children in Brunei Darussalam with myopia. Myopia has been declared by the World Health Organization as a global epidemic and early intervention is crucial. In 2020, atropine 0.01% was introduced for the first time in Brunei for the paediatric population with confirmed progressive myopia.

### **President & Founding Member, Brunei Ophthalmology Society**

The Brunei Ophthalmology Society was established in April 2019 following the recognition for the need of the establishment of a registered body to unify ophthalmic care providers, allied health professionals and related government and non-government organisations. The society is an affiliated member of the ASEAN Ophthalmology Society and Asia-Pacific Academy of Ophthalmology.

### **Organiser, Oculoplastics & Orbital Reconstructive Surgery Visiting Consultant Surgical Training Workshop**

Held from 6-15 September 2019, the Brunei Eye Centre hosted a visiting oculoplastics surgeon from the United States. A total of 14 patients were received successful surgeries from both RIPAS Hospital and Suri Seri Begawan Hospital. In addition, MOH ophthalmologists received updated training on the medical and surgical management of oculoplastics conditions. This has expanded the current range of procedures offered by the ophthalmology service in Brunei.

### **Joint collaboration with Jerudong International School to create face shields during the COVID-19 pandemic**

I worked together with Jerudong International School, Brunei to create a face shield design for COVID-19 frontliners. More than 150 face shields were distributed around Brunei and the prototype was freely shared internationally. I was awarded the Commonwealth 'Points of Light' award for this project.

## INTERNATIONAL ROLES

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July 2020	<b>ASEAN Region Consultant Grade Examiner</b> Fellowship of The Royal College of Ophthalmologists (FRCOphth) Examinations The Royal College of Ophthalmologists, United Kingdom
May 2019	<b>Peer Reviewer : Interventions to increase time spent outdoors for preventing incidence and progression of myopia in children</b> United Kingdom Editorial Base Cochrane Eyes and Vision
May 2019	<b>Volunteer Faculty Ophthalmologist</b> Santiago, Chile ORBIS International
April 2019	<b>APAO Associate Regional Secretary - Brunei Darussalam Representative</b> Asia-Pacific Academy of Ophthalmology (APAO) APAO is a supranational ophthalmic organization composed of national, territorial, and subspecialty-based ophthalmic societies in the Asia-Pacific region
November 2018	<b>ASEAN Council Member - Brunei Darussalam Representative</b> ASEAN Ophthalmology Society
August 2018	<b>Associate Ophthalmologist</b> Ulanbaatar, Mongolia ORBIS International

## CONTRIBUTION TO TEACHING & TRAINING

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- Teaching Faculty & Invited Speaker, PGATB MOH & UBD IHS 'Teaching The Trainers' Clinical Faculty Development Workshop
- Foundation Training Programme Director I, Postgraduate Advisory & Training Board Member (PGATB), Ministry of Health Brunei
- Elected Advisory Member, Postgraduate Advisory & Training Board Member (PGATB), Ministry of Health Brunei
- Orbis International Associate Ophthalmologist involved in paediatric ophthalmology teaching for ophthalmologists and residents from Mongolia
- Orbis International Volunteer Faculty Ophthalmologist involved in strabismus simulation training for ophthalmology residents from Chile, Peru and Bolivia
- Invited speaker for local and national CME presentations
- Regular teaching for interdepartmental CME talks
- Regular teaching for medical students, junior doctors and ophthalmology trainees
- Invited speaker for career and motivational youth talks

## COURSES & CONFERENCES ATTENDED (last 2 years)

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17/01/2020 - 19/01/2020	<b>The 35th Joint Singapore-Malaysia Meeting in Ophthalmology</b> Singapore National Eye Centre
11/01/2020 - 12/01/2020	<b>Asia Pacific Medical Education Conference 2020</b> National University of Singapore
08/01/2020 - 10/01/2020	<b>'Essential Skills in Medical Education' Course (Organiser: Association of Medical Education Europe)</b> National University of Singapore

07/11/2019 - 09/11/2019	<b>The 4th ASEAN Ophthalmology Congress</b> Siem Reap, Cambodia
11/10/2020 - 15/10/2020	<b>American Academy of Ophthalmology Meeting 2019</b> San Francisco, California
27/03/2019 - 31/03/2019	<b>American Association for Pediatric Ophthalmology &amp; Strabismus Annual Meeting 2019</b> San Diego, California
24/03/2019 - 25/03/2019	<b>19th International Society of Ocular Oncology Biennial Conference</b> Los Angeles, California
20/02/2019 - 23/02/2019	<b>The 5th International Thyroid Eye Disease Symposium</b> Singapore National Eye Centre
08/11/2018 - 10/11/2018	<b>The Vietnam Ophthalmological Society Congress 2018</b> Ho Chi Minh City, Vietnam

## REFEREES

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### **Mr Nayan Joshi, Consultant Ophthalmologist**

Brunei Eye Centre, RIPAS Hospital, Jalan Putera Al-Muhtadee Billah, Bandar Seri Begawan, Brunei Darussalam, BA1712

eyeman3333@gmail.com

### **Professor Chris Hammond, Frost Chair of Ophthalmology**

King's College London, St Thomas' Hospital Campus, 3rd Floor, South Wing, Block D, Westminster Bridge Road, London, SE1 1EH

chris.hammond@kcl.ac.uk

### **Mr Nigel Davies, Consultant Ophthalmologist**

Eye Clinic, St Thomas' Hospital, Westminster Bridge Road, London, SE1 1EH, United Kingdom

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### **Mr Luis Amaya, Consultant Pediatric Ophthalmologist**

Children's Eye Clinic, St Thomas' Hospital, Westminster Bridge Road, London, SE1 1EH, United Kingdom

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