

දුරකථන ) 0112669192 , 0112675011  
தொலைபேசி ) 0112698507 , 0112694033  
Telephone ) 0112675449 , 0112675280

ෆැක්ස් ) 0112693866  
பெக்ஸ் ) 0112693869  
Fax ) 0112692913

විද්‍යුත් තැපෑල ) postmaster@health.gov.lk  
மின்னஞ்சல் முகவரி )  
e-mail )

වෙබ් අඩවිය ) www.health.gov.lk  
இணையத்தளம் )  
website )



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சுவசிரிபாய  
SUWASIRIPAYA

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சுகாதார அமைச்சு  
Ministry of Health

මගේ අංකය )  
எனது இல )  
My No. ) CF/EXD/05/2024

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உமது இல )  
Your No. : )

දිනය )  
திகதி ) 25/03/2024  
Date )

General Circular letter No:- 02-51 / 2024

Provincial Health Secretaries,  
Deputy Director General - Sri Lanka National Hospital,  
Director - National Hospital, Kandy,  
All Hospital Directors under the Line Ministry,  
Provincial Directors of Health Services,  
Regional Directors of Health Services and,  
Heads of Institutions,

**Second Efficiency Bar Examination for Ophthalmic Technologists (MT-06) belonging to the Paramedical Service who are Grade II in the Ministry of Health -2024 (First Term)**

It is hereby notified that the Efficiency bar Examination which should be passed by Ophthalmic Technologists belonging to the Paramedical service who are Grade II with in three years from the date of promotion to Grade II will be held on 18.05.2024 and 19.05.2024 respectively in the medium of Sinhala, Tamil and English. (Subject Related Written question paper will be conducted in English medium only)  
The venue and the time of the examination will be mentioned in the admission card.

**02. Qualifications**

The officers who have been promoted to Ophthalmic Technologist Grade II, are eligible to apply for this examination.

**N.B. Take necessary actions to send applications of the officers only who has been promoted to grade II 22/04/2024 and already received the appointment letters. (It is mandatory to attach a certified copy of Grade II appointment letter along with the application.)**

**03. Applications**

Applications prepared by the candidates as per specimen appended to this letter should be sent under Registered cover to reach the Director (Examinations) No.385, "Suwasiripaya" Ven. Baddegama Wimalawansa Thero Mawatha, Colombo 10, on or before 22/04/2024 through their Heads of Institutions. The name of the examination applied for should be mentioned as "Second Efficiency Bar Examination for Ophthalmic Technologists in Grade II -2024 (First Term)" on the top left corner of the envelop. It is mandatory that the subject officer in charge of the personal files and the head of the institution certify that all the information provided in each application is correct that the applicant meets the required qualifications to appear for this efficiency bar examination head of division. One self-addressed envelope (Candidates can write their official or private address) in the size of 9" x 4" inches, affixed with stamps to the value of Rs. 110.00 should be sent along with the application. Applications received after the closing date, incomplete or inaccurate will be rejected without notice.

**Note:** The application should be prepared using an A4 paper based on the specimen form of application so as to accommodate from 01 to 04 on the first page and from 05 to 09 on the second page. Applications which do not conform to above will be rejected without any information.

**04. Examination fees:-**

- i. Candidates who sit the examination for the first time need not pay examination fees. However, in every subsequent sitting they should affix stamps to the value of Rs. 25/= per subject in the stamps cage provided for in the application and cancel same by placing their signature and the date.
- ii. The fees once paid will not be refunded or transferred to other examinations under any circumstances.

**05. Admission to the Examination:-**

- I Candidates whose applications have been accepted will be issued with Admission Cards. They should duly complete and submit same to the Supervisor at the Examination centre. Otherwise, they will not be allowed to sit the examination.
- II Candidates should prove their identity to the Supervisor at the examination hall. For this purpose one of the following documents will be accepted.
  - (a) National Identity Card
  - (b) A formal Identity Card issued by the Ministry of Health or a relevant Institution
  - (c) Valid Driving License
  - (d) Valid Passport

**06. Scheme of the Examination:-**

This examination consists of two parts, **Departmental Examination** and **Efficiency Bar Examination**. The Departmental Examination consists of three parts viz: Written, Viva Voce and Practical test and the Efficiency Bar Examination consists of two parts Office Administration & Establishments Code and Financial Regulations. Marks of 100 have been assigned for each part and candidates should score minimum of 40 marks for each part to pass in the examination. They can complete the examination in one sitting or in several.

**07. Syllabus**

**07.1 Departmental Examination**

**07.1.1 Subject Related Written**

This paper consists of 8 essay type questions and any 05 questions should be answered. Duration is 03 hours. To pass the examination, minimum 40 marks should be obtained. Total marks is 100.

**Optometry**

- Laws that govern reflection and refraction
- Types of lenses
- Draw and label prism
- Meaning of the snellen fraction
- Modifications of 6 meter chart for other distances
- Relate snellen fraction to visual tasks
- Theory of retinoscopye

- Use of the streak retinoscope
- The optical cross
- Custom in Prescription writing
- Prentice's rule: Lense prism relationship
- Distance and vergence change, concept, lens addition thick, lens back vertex distance
- Labelling of prisms
- Eye as an optical instrument
- The different kinds of refractive error
- Clinical signs and symptoms of :Myopia, Hypermetropia and Astigmatism presbiopia
- Relate these conditions to age
- Describe the physiological reaction of the visual system to these
- Draw and label the interval of Sturm
- Subjective refracton 5 Steps
- Prescribing for visual defects
- Case example
- Management of the low vision patient
- The 2 causes of visual problems in anisometropia and rule of thumb in dealing with it
- Describe " meridional magnification  
meridional anisometropia
- Calculate induced prism as-a result of anisometropia and suggest solution.
- Rule of thumb for lens induced prism
  - 2 Vertical
  - 3 base in
  - 4 base out
- Pseudophakia
  - Reading corrections
  - astigmatism
- Biometry - A scan
  - B scan
  - Contact lens manufacturing
  - Uses
  - Complications and maintenance

### Visual Fields

- Know technique for confrontation
- Tangent Screen
- Goldmann Perimetry
- Humphry field analyzer
- Characteristic Field effects on
- Glaucoma
- Papillitis
- Papilloedema
- Nutritional Amblyopia
- Retinitis Pigmentosa
- Pituitary pressure on the optic chiasm
- Posterior neurological defect

## Pharmacology

- Know the drugs commonly used in ophthalmic diagnosis, their action, dosage, duration, precautions
- Know the drugs commonly used in Glaucoma, action dosage precautions
- Know the Ophthalmic drugs on the government hospital inventory and their usage
- Compare the sympathetic and parasympathetic nervous system as to the actions of the organ they stimulate
- Name the chemical transmitters in these systems and how their action is stopped
- Know the ocular side effects of these commonly used systemic drugs

## Orthoptics

- Extra ocular muscle actions
- Testing ocular movements
- The cover test cover, uncover test in manifest squints
- Types of convergence 1, 2, 3
- Convergence and accommodation relationship measurements gradient method
- Classification of ET and XT
- Cover test latent squint
- Latent squint exophoria
- Management of phorias
- How to perform tests used to investigate squints
  - Bagolini striated lenses
  - Worth lights
  - Stereotests
  - Major amblyoscope
- Grades of binocular vision
- How to check the visual acuity in small children and infants
  - Good vision in both eyes
  - Poor vision in one eye
- Types of amblyopia
- Treatment of types of amblyopia
- Investigation of content ET with:
  - NRC,
  - ARC,
  - Suppression
- Relate intermittent squints to ACA ratio
- Management of Intermittent squint
  - 1. Convergence excess ET
  - 2. Fully accommodative ET
- Sherrington's law
- Hering's law
- Parlytic Sequence
- Testing ocular movement in paralytic squints
  - Cover test
  - BSV
  - Hess

### 07.1.2 Subject Related Practical Test

Practical Test is related to the subject area on which the subject Related written question paper is based on. Duration based on the test. Total marks is 100

### 07.1.3 Subject Related Viva Test

The oral test on is based on the subject area and the problems faced when on duty. Syllabus relevant to the subject related written question paper is relevant to this test also. Duration is 15 minutes. Total marks is 100

## 07.02 Efficiency Bar Examination

### 07.2.1 Establishments Code

This question paper is based on the chapters of the Establishments Code. This paper consists of 07 essay type questions. Out of that any 04 questions should be answered. Duration for this paper is 02 hours and total marks is 100. Will be given

❖ Establishments Code will be based on following chapters

- Chapter XV - Travel abroad for study Training or on duty.
- Chapter XVI - Holiday Travel
- Chapter XXIII - Special concessions and conditions regarding officers suffering from special type of illnesses.
- Chapter XXIV - Salary loans/Advances
- Chapter XXV - Connections to trade union Members
- Chapter XXVII - Channel of Communication
- Chapter XXVIII - Administrative Procedure
- Chapter XXX - Right of Government over its officers
- Chapter XXXIII - Legal advice and legal actions
- Chapter XLVII - General Conduct and discipline
- Chapter XLVIII - Disciplinary Procedure

### 07.2.2 Financial Regulations

Duration is 02 hours. The question paper consists of 07 essay type questions and candidates are required to answer any 04 question out of them.

Financial Regulation will be based on following chapters.

#### (1) Chapter VI

Custody of Public Finances etc.

Imprest and Bank Accounts – Security of Public Finances, Board of Survey, Bank Draft, Bank Accounts. (F.R. 315 – F.R. 396)

#### (2) Chapter XIII

Supply works and services: - Supplies/ Purchasing system, Stores Verifications Storage System, Contracts Deviation from tender procedure (F.R. 708 – F.R. 775)

**08. To follow the Regulations Related to Examination Procedure**

Candidates are warned against copying or attempting to copy from the script of another candidate or from any book or paper or notes whatsoever. No candidate should attempt to look at the script of another candidate and should not help any candidate either help another candidate or obtain help from another candidate or person. Further mobile phones & the similar electronic equipment's should not be used. Any candidate who disregards this rule is liable to punishment.

**09.** Please bring the contents of this circular to the notice of all relevant officers in your division/ specialized campaign/Institution. The Information is also available in the website- [www.health.gov.lk](http://www.health.gov.lk)

Web path : [www.health.gov.lk](http://www.health.gov.lk) → Staff Access → Administration → Examination → Circulars

**n. b - Sinhala medium notification on examination will be effected if any contradictory is arisen in the examination notification published in Tamil and English mediums.**

*Chamika H Gamage*

Chamika H Gamage

Deputy Director General (Admin) II

For Secretary

**Chamika H. Gamage**

Deputy Director General (Administration) II

Ministry of Health

"Suwasiripaya"

Colombo 10.



05. (a) Whether you sit for the examination for the first time: -.....  
(b) If so not, have you affixed stamps to the application?

Stamp Cage

**06. Certificate of the candidate:-**

- (i) I do hereby certify that the particulars furnished by me in this application are true and accurate to my knowledge and I need not affix stamps since I sit the Examination for the first time / have affixed stamps to the value of Rs. .... since I repeat the Examination,\* and the stamps affixed by me to the application are genuine and not used before.
- (ii) I agree to abide by the rules and regulations stipulated by the Department of Health for the conduct of this Examination and if I was found ineligible in accordance with the scheme of the Examination I agree with whatever decision taken for the cancellation of my candidature.

.....

.....

Date

Signature of the candidate

**07 Certification of the officer who have handled the personal files**

I certify that this application has been delivered to me before the last date of receipt and that the applicant has correctly completed this application as per the information in the personal file and that he has met the qualifications required to appear for the Grade II Efficiency bar examination and that a copy of this application has been filed in the personal file.

.....

.....

Date

Name and Signature

**08. Certification of Head of Institution:**

I certify that Mr./Mrs./Miss..... serves as a ..... in this institution, and the particulars furnished by him/her in the application are correct in accordance with the particulars available in his/her personal file, and he/she sit the examination for the first time and he/she is eligible to sit for the examination and he/she placed his/her signature in my presence.

.....

.....

Date

Signature of the Head of Institution

(Rubber Stamp)

**09. Certificate of the Head of Decentralized unit / specialized Campaign**

Mr./Mrs./Miss.....serves as a Ophthalmic Technologist Grade II in my Division / Campaign\* and the particulars furnished by him / her\* in the Application are correct in accordance with the particulars available in his / her\* personal file and he / she\* is eligible to sit for the Examination.

.....

.....

Date

Signature of Head of Decentralized Unit /

Specialized campaign

(Frank / Rubber stamp)

\* - Delete words which are inapplicable.