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Favorite Video: Cataract With PXF and Zonular Laxity, by Ahmed Assaf, MD (pg 48)

Reason: The video provides excellent soup-to-nuts tips on zonular pathology, one of the most common and challenging conditions. Zonular pathology also greatly influences the complications to be faced in the future. Dr. Assaf's tips are comprehensive, the surgery is masterful, and the video is clear and well constructed.



TANNER FERGUSON, MD

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*YoungMD Connect is a mentorship and educational platform from BMC, the parent company of CRST

Favorite Video: How Jocko Willink's 'The 4 Laws of Combat' and '5 Mindsets for Victory' Help Me as an Eye Surgeon and CEO, by Shannon Wong, MD (pg 68)

Reason: Dr. Wong's fantastic case highlights the importance of critical thinking in surgery and thinking on your feet. The creativity is excellent. The Jocko Willink tie-in is a nice addition and a unique message.



MARK KONTOS, MD

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Favorite Video: How Jocko Willink's 'The 4 Laws of Combat' and '5 Mindsets for Victory' Help Me as an Eye Surgeon and CEO, by Shannon Wong, MD (pg 68)

Reason: I chose Dr. Wong's video as the overall winner because of his creative use of another medium to emphasize a process in surgical technique and planning.



J. MORGAN MICHELETTI, MD

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Favorite Video: Bread-and-Butter Cataract Surgery, by Cristos Ifantides, MD (pg 54)

Reason: There were numerous excellent submissions, but two videos took the top marks in my book: Placing the Chopper Around the Lens Equator, by D. Brian Kim, MD (pg 46), and Bread-and-Butter Cataract Surgery, by Cristos Ifantides, MD. Both of these videos were excellent in describing truly timeless tips in a clear and well-illustrated fashion. I chose Bread-and-Butter Cataract Surgery as the winner because of the broad applicability of the shared tips to all cataract surgeries as well as the unique, lecture-like use of overlaid writing to highlight the points.



OZANA MORARU, MD

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Favorite Video: Placing the Chopper Around the Lens Equator, by D. Brian Kim, MD (pg 46)

Reason: The video presented by Dr. Kim provides interesting and useful tips for different difficult situations in cataract surgery.



PRIYA NARANG, MD

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Favorite Video: How Jocko Willink's 'The 4 Laws of Combat' and '5 Mindsets for Victory' Help Me as an Eye Surgeon and CEO, by Shannon Wong, MD (pg 68)

Reason: It's a great video that captures the audience's attention. Dr. Wong has great teaching points with an amazing way of presenting the material.



RADHIKA RAMPAT, MBBS, BSC(HONS), FRCOPHTH

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Favorite Video: Placing the Chopper Around the Lens Equator, by D. Brian Kim, MD (pg 46)

Reason: Dr. Kim showcases several excellent tips on how to use a chopper and provides excellent illustrations to demonstrate its use.



NANDINI VENKATESWARAN, MD

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- Cataract, refractive, and cornea surgeon, Massachusetts Eye and Ear Infirmary, Waltham, Massachusetts
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Favorite Video: How Jocko Willink's 'The 4 Laws of Combat' and '5 Mindsets for Victory' Help Me as an Eye Surgeon and CEO, by Shannon Wong, MD (pg 68)

Reason: The video is engaging and creative. I like how Dr. Wong discusses timeless tips not only for IOL exchange surgical techniques but also for developing the tenacious mindset and discipline needed to evolve into a successful surgeon. Wonderful job overall!



All winning videos are showcased on **Eyetube**.

TIMELESS TIPS

The top 11 videos from *CRST's* Timeless Tips video contest.

HONORABLE MENTION FOR EXCELLENCE IN SURGICAL SKILLS

Bag Handle Capsulorhexis Technique

M.S. Ravindra, MD, presents a case of bilateral microspherophakia, lenticular high myopia with astigmatism, and a shallow anterior chamber. Dr. Ravindra performs what he calls the *bag-handle* technique for capsulorhexis. (Editor's note: Dr. Ravindra's technique will be featured in the March issue of *CRST*.)



JUDGES' RUBRIC

A closer look at the scoring criteria.

PRESENTATION (50%)

- ▶ Usefulness of Technique/Tips
 - 5 = Extremely useful
 - 1 = Somewhat useful

PRODUCTION (25%)

- ▶ Audio Quality
 - 5 = Video is well planned with smooth transitions and edits
 - 1 = Video is not well planned and has poor edits
- ▶ Visual Quality
 - 5 = Sound is expertly balanced and easy to hear, and sound and visual elements coincide with the video's message
 - 1 = Sound is of poor quality, and visual elements distract from the video's message

MEMORABLE/CREATIVE (25%)

- ▶ Creative Approach to Holding Audience Attention
 - 5 = Video is intriguing and holds viewers' attention
 - 1 = Video does not hold viewers' attention
- ▶ Artistic Merit
 - 5 = Video is original, creative, and unique; it provides an excellent explanation of the technique/tip; and the viewer is left with a strong understanding of the topic
 - 1 = Video has little originality, is unclear, and provides a poor explanation of the technique/tip, and the viewer is left with little to no understanding of the topic

The judges could not limit themselves to just 10 videos, so like Nigel Tufnel's amplifier in the 1984 film *This Is Spinal Tap*, this year's list of top videos goes to 11. To visit the Timeless Tips Video Contest page on Eyetube and watch all 11 videos, scan the QR code.

THE JUDGES

