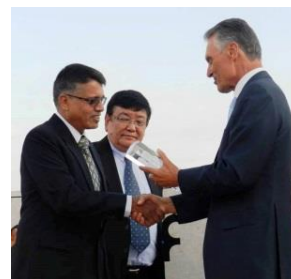


Nepal Netra Jyoti Sangh
Eastern Regional Eye Care Programme
Sagarmatha Choudhary Eye Hospital, Lahan
Biratnagar Eye Hospital, Biratnagar

Annual Report
2013



Sagarmatha Choudhary Eye Hospital started as a small eye unit in Lahan 31 years ago, which later on developed into the Eastern Regional Eye Care Programme (EREC-P) in eastern Nepal. EREC-P is a high volume treatment programme, which provides high quality comprehensive eye care services at a cost affordable to a large population in eastern Nepal and northern India. EREC-P comprises of

- Sagarmatha Choudhary Eye Hospital (SCEH) in Lahan,
- Biratnagar Eye Hospital (BEH) in Biratnagar,
- 11 Satellite Clinics/ Eye Care Centres in the Terai and hills

HIGHLIGHTS:

EREC-P received Antonio Champalimaud Vision Award 2013



More than 107 thousand surgeries performed & over 528 thousand patients examined



incl. 2,427 Paediatric Surgeries



OUTPATIENTS:

| | |
|--|----------------|
| SCEH, Lahan: | 162,862 |
| Biratnagar Eye Hospital: | 222,457 |
| 11 Satellite Clinics/ECCs: | 93,609 |
| 173 Cat. Screening Camps' Patients: | 34,121 |
| 5 Surg. Camps' Outpatients: | 2,583 |
| SUB TOTAL: | 515,632 |
| Ear Department, BEH: | 12,416 |
| TOTAL: | 528,048 |

SURGERY:

| | |
|----------------------------------|----------------|
| SCEH, Lahan: | 51,855 |
| Biratnagar Eye Hospital: | 52,979 |
| Satellite Hosp. Malangwa: | 2,004 |
| 6 Cat.Surg.Camps: | 253 |
| SUB TOTAL: | 107,091 |
| Ear Department, BEH: | 201 |
| TOTAL: | 107,292 |

| | |
|--|----------------|
| Cataract: | 85,968 |
| Sutureless ECCE/IOL (SICS): | 64,112 |
| Sutured ECCE/IOL: | 959 |
| On children: | 1,290 |
| Phaco ECCE/IOL: | 18,738 |
| Other lens removal procedures: | 869 |
| Glaucoma: | 3,160 |
| Trabeculectomy: | 679 |
| Combined (Cataract & Trabeculectomy): | 1,239 |
| Trans scleral cyclo photocoagulation: | 249 |
| Nd. YAG iridotomy: | 953 |
| Surgical PI: | 40 |
| Corneo-Scleral Surgical Procedures: | 4,176 |
| Keratoplasty: | 92 |
| Amniotic Membrane Graft (AMG): | 114 |
| Corneo Scleral Repair: | 420 |
| Other Corneal Procedures: | 428 |
| Pterygium: | 3,122 |
| Vitreo-Retinal Surgery: | 3,050 |
| Pars plana Vitrectomy: | 1,940 |
| Scleral Buckling: | 70 |
| Intra Vitreal Injections: | 1,040 |
| Oculoplasty Procedures: | 3,665 |
| Dacryocystorhinostomy: | 1,744 |
| Dacryocystectomy: | 993 |
| Entropion: | 335 |
| Ectropion: | 95 |
| Evisceration: | 320 |
| Enucleation: | 7 |
| Lid Repair: | 69 |
| Ptosis: | 29 |
| Other oculoplasty procedures: | 73 |
| Laser procedures: | 5,411 |
| Retinal Laser: | 2,434 |
| Nd. YAG capsulotomy: | 2,977 |
| Squint: | 28 |
| Others: | 1,633 |
| SUB TOTAL: | 107,091 |
| Ear Surgeries: | 201 |
| TOTAL: | 107,292 |



2013 Antonio Champalimaud Vision Award recognises blindness prevention in Nepal

The 7th edition of Antonio Champalimaud Vision Award recognised the work done by four Nepalese organizations: Eastern Regional Eye Care Programme (Sagarmatha Choudhary Eye Hospital, Lahan & Biratnagar Eye Hospital, Biratnagar), Nepal Netra Jyoti Sangh, Tilganga Institute of Ophthalmology and Lumbini Eye Institute on September 4th at a ceremony in Lisbon, Portugal. The award was presented by the President of Portuguese Republic, Prof. Dr. Anibal Cavaco Silva in presence of various distinguished guests to four award recipients. Based in Lisbon, Portugal, the Champalimaud Foundation is a biomedical private research foundation.

Completion of Operation Theatre and Academic building at SCEH, Lahan

OT and Academic building construction was completed in November 2013. A religious house warming ceremony of the building was performed by the chairman of Sagarmatha Choudhary Eye Hospital management committee Mr. Rabindra Lal Chaudhary on 1st November 2013 and operations were started in the new building from 21st November 2013.



Ear Care Service started at Biratnagar Eye Hospital



Ear care services started on 3rd April 2013 at Biratnagar Eye Hospital under the leadership of Dr. Sanjeev Kumar Thakur. By the end of year 2013, 12,416 ear patients were examined and 201 patients underwent ear surgeries. During this period 67 joint eye & ear camps were also conducted.

SPECIAL SERVICES at EREC-P:

Paediatric ophthalmology department



In the paediatric ophthalmology department of both eye hospitals 36,441 patients were examined and 2,427 patients underwent surgeries. Out of these 1,290 operations were for paediatric cataract.

Cornea department

In the cornea department of both eye hospitals, 3,799 corneal ulcer patients were treated. In this period 92 keratoplasty procedures were performed. After receiving lamellar keratoplasty training Dr Sanjay Kumar Singh started lamellar keratoplasty procedure at Biratnagar Eye Hospital. Amniotic membrane transplantations were performed on 114 patients at both eye hospitals. Several eye donation awareness programmes were carried out and in last one year period 734 people filled up eye donation willingness forms and 34 corneas were harvested.



Vitreo-Retinal Department



In the vitreo-retinal department of both eye hospitals 3,050 patients underwent operations including intra vitreal injections. In last one year period, 15 diabetic retinopathy camps were carried out; 1,859 patients were screened and 441 patients were referred to base hospitals.

Glaucoma Department



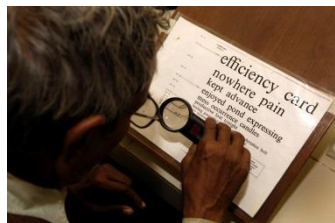
In the glaucoma department of both eye hospitals 9,381 glaucoma patients were examined, 4,280 underwent computerized visual field testing and 3,160 surgeries were performed.

Oculoplasty Department

In the oculoplasty department of both eye hospitals 3,665 surgeries were performed. In the **ocular prosthesis unit** 256 received artificial eyes, 78 of these eyes were custom made.



Low Vision Department



In the low vision department of both eye hospitals 809 patients with low vision were assessed, including 235 children. Special low vision devices were offered to 411 patients.

Subsidy to poor patients

A total of 5,955 cataract patients from Koshi and Sagarmatha zone received surgeries free of cost from screening eye camps and surgical eye camps. Poor patients presenting to SCEH and BEH received a support of NPR 7,596,397.75 for their surgical, transportation and food cost. About 52% of all cataract patients paid NPR 1,000 (USD 10) for their surgery.

OUTREACH ACTIVITIES:

Besides continuing 8 Eye Care Centres (Malangwa, Rajbiraj, Siraha, Gaighat, Diktel, Bhojpur, Terhathum and Rangeli), 3 new Eye Care Centres were established at Katari in Udayapur district, Mirchaiya in Siraha district and Inarwa in Sunsari district.



Screening eye camps were conducted in collaboration with several local social organizations in Koshi and Sagarmatha zone. In 173 eye camps, 34,121 patients were examined and 5,702 patients were brought to base hospitals for surgery. A total of 67 joint eye and ear screening camps were performed. From these joint eye and ear camps 46 ear patients received ear surgeries at Biratnagar Eye Hospital.

Surgical eye camps were conducted in hilly area of Koshi and Sagarmatha zone. In 5 surgical eye camps 2,583 patients were examined and 253 operations were performed. In last one year period, 20 pediatric eye camps and 3 workplace eye camps were carried out in three factories.

Sagarmatha Choudhary Eye Hospital, Lahan has started a **mobile eye clinic** in a bus provided by Nepal Netra Jyoti Sangh. The Mobile eye clinic is equipped with slit lamp, edging machine for optical dispensing and has pharmacy service. The mobile eye clinic services are being provided in three places of Siraha, Saptari & Udaypur districts.



Mobile eye clinic

CBR PROGRAMME at BEH:



Biratnagar Eye Hospital commenced Community Based Rehabilitation (CBR) Project for incurable blind in 14 Village Development Committees (VDCs) with a population of 222,193 in Morang district from May 2013. The 11 member of CBR team underwent 2 weeks training at Blind Peoples Association, Ahmedabad, India. A survey conducted in the project area found 1,603 persons with disabilities, including 108 blind. Among them, 24 visually impaired are receiving rehabilitation training.

HUMAN RESOURCE DEVELOPMENT & TRAINING:

Besides continuous medical education for the hospitals' ophthalmologists and paramedical staffs, the following special teaching and training programmes were performed:

Anterior Segment Fellowship:

3 Ophthalmologists completed their two-year Anterior Segment Fellowship at SCEH and BEH, which also includes training in small incision cataract surgery with Fishhook technique and phacoemulsification. At present, 14 ophthalmologists are undergoing fellowship.

Vitreo-Retinal Fellowship:

2 Ophthalmologists completed their two-year Vitreo-Retinal Fellowship and 3 ophthalmologists are currently undergoing VR Fellowship at SCEH/BEH.

Co-operation with BP Koirala Lions Centre for Ophthalmic Studies (BPKLCOS), Kathmandu was continued with a comprehensive clinical and surgical training for

- 2 Post-graduate MD Residents for 2 months and
- 3 Optometry Students underwent one-month clinical training at SCEH/BEH.

This year a new co-operation with **Kathmandu Medical College, Kathmandu** was established for comprehensive clinical and surgical training under which one Post-graduate resident from KMC completed 2 months training at BEH.

EREC-P is sponsoring four candidates for Post-graduate MD Residency in Ophthalmology at BPKLCOS and NAMS at Kathmandu.

MISCELLANEOUS:

Staff at EREC-P:

The 460 member staffs includes 27 ophthalmologists, 1 ENT Specialist, 1 Anaesthesiologist, 19 administrative staff, 28 ophthalmic assistants (OA), 2 anaesthetic assistants, 15 health assistants, 2 optometrists, 4 staff nurse and 76 eye health workers.

Visitors, Visiting Faculty & Guest Lecturers:

- Many **visitors** came to observe and support the work at EREC-P hospitals.
- **Dr Albrecht Hennig** from Berlin, Germany helped with eye surgeries at SCEH, provided surgical training to fellows, delivered lectures on community ophthalmology and produced a phaco instruction course DVD.
- **Prof. Christian Mardin**, from University Erlangen-Nuremberg, Germany provided clinical training to ophthalmologists, residents and ophthalmic assistants and delivered lectures on management of post-operative endophthalmitis and neo-vascular glaucoma.



- **Dr. Carl-Ludwig Hubertus Schoenfeld** came from Germany to provide training in the retina units of SCEH and BEH.
- **Prof. Christoph Hintschich**, from Ludwig Maximilian University of Munich visited and provided training in Oculoplasty at SCEH.
- **Brigitte Nachtman-Leitl**, optician from Germany provided training to optical unit staff regarding fitting of spectacles.
- **Ms. Nora Christoph & Ms. Iris Bothe** came from CBM Germany for project visit, especially for human interest stories and photographs.
- **Dr. Andreas Wolf and Dr. Christina Hettich** came from Germany to visit SCEH, Lahan.
- **Prof. Arin Chatterjee** from India provided Continuous Medical Education to ophthalmologists and ophthalmic assistants.

Various Trainings / Workshops and Conferences at EREC-P:

Various orientations, short and long-term ophthalmic training programme were continued for Eye Health workers, Health Assistants, Auxiliary Health Workers, Auxiliary Nurse Midwives, Staff Nurses & Health Assistant Students.

In last one year period **97 Drug Retailers, 299 Female Community Health Volunteers, 210 School Teachers and 38 Maternal Child Health Worker** received basic eye health education training.



Various types of training were provided to the hospital staff for capacity building like **House Keeping training, Motivational hospitality training, Counselling training, Microsoft Dynamics NAV 2009 technical & functional training and Customer delight training** at EREC-P hospitals.



Various Trainings / Meetings / Workshops and Conferences in Nepal:

- Mr. Raj Kishor Gupta and Mr. Dipendra Mahato participated in “Basic Otolaryngology Training” at TUTH, KTM by Impact Nepal from 26th Feb to 25th March.
- Dr. Paras Panjiyar & Mr. Chandra Narayan Choudhary participated in International Teaching Consortium, International Update on Eye Disease: Current Clinical and Research Aspects organized by NOS and TIO from 15th to 17th March.
- Dr. Lalit Surin, Dr. Pratap Karki, Dr. Abhishek Anand & Dr. Lalit Agrawal (participated & presented), Dr. Upendra Bhari, Dr. Shailendra Singh, Mr. Sudhir Thakur, Dr. Diwa Lamichhane, Dr. Hara Maya Gurung, Mr. Dipendra Choudhary and Mr. Tirth Singh participated at Eastern Regional Ophthalmic Conference at BPKIHS, Dharan from 20th to 21st April.
- Dr. Sanjay Kumar Singh, Dr. Lila Raj Puri and Mr. Bindeshwar Mahato participated in “CBM partners meeting workshop” at Kathmandu on 21st April.
- Dr. Archana Sharma & Mr. Dipendra Choudhary went for one month Glaucoma Observership at Tilganga Institute of Ophthalmology, Kathmandu from 1st to 31st July.



- Dr. Sanjay Kumar Singh participated and presented a paper at the Nepalese Corneal Surgeons Meeting at TIO, Kathmandu on 25th July.
- Dr. Abhisekh Anand (participated & presented) and Dr Rajan Labh participated at the Uveitis conference held at Tilganga Institute of Ophthalmology on 27th July.
- Dr. Sanjay Kumar Singh (Participated and Presented a paper), Dr. Lila Raj Puri, Dr. Pratap Karki, Mr. Bindeshwar Mahato, Mr. Sudhir Thakur attended ACOIN-NNJS Indo Nepal Friendship CME at Hotel Annapurna, Kathmandu on 8th Sep.
- Dr. Sanjay Kumar Singh, Dr. Lila Raj Puri, Dr. Pratap Karki, Dr. Hara Maya Gurung participated and presented at Nepal Ophthalmic Society Conference, Pokhara from 28th to 29th Sep.
- Mr. Rajesh Yadav and Mr. Bijay Tamang attended Basic Otolaryngology training by Impact Nepal in TUTH, Kathmandu from 1st to 31st Dec.

Courses / Workshops / Conferences & Presentations outside Nepal:

- Dr. Sanjay Kumar Singh participated and presented at ERUDIO Conference at New Delhi from 2nd to 3rd Jan.
- Dr. Lila Raj Puri has participated in Management Priorities in eye care delivery training at Madurai, India from 6th to 12th Jan.
- Dr. Hari Sharma participated in APAO, India congress meeting at Hyderabad from 17th - 20th Jan.
- Mr. Kumar Prithu participated in Management Training and System development for Eye Hospital Administrators at Aravind Eye Care System, Madurai from 10th Apr to 9th May.
- 1 Incharge, 1 Field Supervisor & 9 field workers participated in CBR training at Blind People's Association, Ahmedabad, Gujarat from 15th to 30th April.
- Dr. Hari Sharma went for short term fellowship at European Vitreo-Retinal Training School, Bremen and Vitreo- Retinal Training in Munich, Germany from 9th May to 23rd June.
- Ms. Kaushalya Chaudhary, Ms. Pramila Mahato, Mr. Jira Lal Chaudhary, Ms. Kunti Chaudhary and Ms. Punam Singh participated for short term course in eye care counseling – done by at Sadguru Netra Chikitsalaya, Chitrakoot from 1st to 15th June.
- Mr. Chandra Narayan Chaudhary participated in Cornea & Out Patient Management training at Aravind Eye Hospital, Madurai, India from 1st to 21st June.
- Mr. Bindeshwar Mahato participated & presented a paper at “Seeing is Believing Workshop/Learning Event”, Malaysia from 4th to 6th June.
- Dr. Sanjay Kumar Singh participated in Lamellar Keratoplasty Training At Apollo Hospital, Hyderabad from 8th to 9th June.
- Mr. Dipesh Ram has participated in 1 month Oculoplasty training at Aravind Eye Hospital, Madurai from 1st to 31st July.
- Dr. Lila Raj Puri, Dr. Pratap Karki and Mr. Sudhir Thakur visited Sadguru Netra Chikitsalaya, Chitrakoot from 28th to 30th July.
- Dr. Paras Panjiyar participated in 1 month short term training in management of Glaucoma at Aravind Eye Hospital, India from 1st to 31st Aug.
- Dr. Sanjay Kumar Singh participated at Refractive Surgery 360⁰ Conference at Hyderabad from 17th to 18th Aug.
- Mr. Devanand Choudhary participated in Pediatric Nursing Training at Shankara Netralaya, Chennai under ORBIS programme from 28th Aug to 25th Nov.
- Dr. Lila Raj Puri participated Pediatric Cataract Surgery training at Flying Eye Hospital Programme at Kolkata under ORBIS from 13th to 22th Sep.
- Dr. Sanjeev Thakur (Ear Consultant) and Mr. Bindeshwar Mahato participated in conference about ‘Public Health Planning for Hearing Impairment’ at Hyderabad from 19th to 25th Sep.
- Dr. Rajan Kumar Labh is currently undergoing 6 months Pediatric Ophthalmology Fellowship at Shroff Charity Eye Hospital, Delhi, from Sep, 2013 to Feb, 2014.



- Mr. Sudhir Thakur participated at Power of Six Sigma in Health Care Management at Mt. Abu from 4th to 5th Oct.
- Dr. Pratap Karki attended NGH Eye Institute Sixth International Ophthalmology Congress at Singapore from 10th to 12th Oct.
- Mr. Bidyanand Chaudhary went for 2 months short term OT Training at Aravind Eye Hospital, Madurai, Oct. – Nov.
- Dr. Sanjay Kumar Singh, Dr. Lila Raj Puri, Dr. Pratap Karki participated and presented at Quality Assurance of Cataract Surgery organized by IAPB and NOS on 14th Dec.

Phaco Instruction Course DVD Distribution:

150 copies of Phaco Instruction Course DVDs developed by A. Hennig, S.K. Singh, L. R. Puri were distributed at Nepal Ophthalmic Society Conference, Pokhara on 28th Sep 2013.

Publications:

- Kumari R, Saha B C, Puri L R
Keratometric astigmatism evaluation after trabeculectomy
Nepal J Ophthalmol 2013; 5 (10):215-219
- Schönfeld CL, Hennig A
Restoration of Severely Impaired Eyesight and Bilateral Cataract in South Asia
Case Rep Ophthalmol 2013;4:184–187
- Hennig A, Schroeder B, Gilbert C
Bilateral Pediatric Cataract Surgery: Outcomes of 390 Children From Nepal and Northern India
J Pediatr Ophthalmol Strabismus 2013 Sep-Oct;50(5):312-9

Acknowledgments:

The year 2013 was a year of achievements for EREC-P. It was a proud moment for EREC-P to receive the prestigious Antonio Champalimaud Foundation Vision Award 2013 from the President of Portugal Prof. Dr. Anibal Cavaco Silva in the presence of various distinguished guests.

These achievements were possible due to untiring support from our partner CBM and their donors. We are thankful to Orbis International & Standard Chartered Bank for their continued support. Apart from these major donors there was constant support from the local community and social organizations. We would like to express our thanks to Ministry of Health & Population, and Social Welfare Council for their continuous guidance and support. We also thank Nepal Eye Bank, Kathmandu for providing corneas for cornea transplantation on a regular basis and Impact Nepal for providing training on ear care.

Special thanks to Dr. Albrecht Hennig & Ms. Kristina Hennig for their service, continuous support and guidance.

I would also like to thank all my colleagues and staff team members who as a passionate team made the eye care services of the Eastern Regional Eye Care Programme once again a success.

Dr Sanjay Kumar Singh

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