

ABHALOK

Quarterly Newsletter

Vol- 5

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Dear Readers,

Sharadiya Abhinandan !

The burden of cataract and refractive error related vision impairment remain as pressing issues.

The efforts under LEPRA Eye Care Programme have been to address these issues along with other eye health issues particularly in underserved areas of Odisha State having strategies of service delivery through base hospitals, outreach activities, vision centres, health education and training.

This newsletter will describe our achievements and some of our key activities during this quarter (July to September, 2024).

Hope, this will be interesting for you and we need your valuable suggestions to improve this newsletter further.

With regards,
Editorial Desk



**Prasant Kumar Naik,
Chief Executive**

Childhood blindness is a major public health concern worldwide because of its impact on child's development, education, future work opportunities and quality of life with serious social, economic consequences on the family and society. Blindness affected children experience lifelong negative effects. 80% of the causes of childhood blindness can be avoided through early diagnosis and treatments. The World Sight Day on 10th October 2024 focus on child eye health. This is an opportunity for us to draw attentions of parents, teachers and communities towards child eye health.

Further, MNC is prioritising activities for drivers' eye health by developing partnership and resource allocation as vision problems of drivers are extremely dangerous, lead to accidents, injuries and serious collisions with serious impacts on socio-economic life. I would request all my colleagues to conduct awareness campaigns and screenings to address these issues. Thank you all.



**Dr. Devendra Kumar Sahu,
Medical Superintendent**

First of all, I would congratulate all my colleagues for working with utmost dedication and delivering remarkable half yearly performances.

I know there are obstacles and challenges and also I am sure that we will cross those challenges with determination and good practices. In the process, we will be adding new activities and services based on our strategy for next five years. The Organisation wants all of you to work on your weak areas and aim for higher quality and quantity results having benchmarks. "An ounce of practice is worth a thousand words" (Mahatma Gandhi). So, I encourage you to step up our practice with commitments to contribute to reduce the burden of avoidable blindness. Thank you.

Mahanadi Netra Chikitsalaya (MNC), July to September 2024

Sl.No.	Activities/Indicators	Achievements
A	Base Hospital	
1	New cases registered at MNC	8,484
2	Review Cases accessed to OPD	6,821
3	Cataract Surgeries conducted	3,104
4	Other Surgeries conducted	251
5	Refraction conducted at MNC	2,310
6	Cases detected with Refractive Error	1,869
7	Spectacle dispensed/provided	1,405
8	Glaucoma screening	115
9	Glaucoma Surgery	28
10	Diabetic retinopathy	112
B	Outreach Screening Camp	
1	People screened at outreach camp site	2,703
2	No of persons referred to Base Hospital	1,117
3	No of persons reported to Base Hospital	571
C	Vision Centre	
1	New Cases accessed to Vision Centre	7,106
2	Review cases	1,783
3	Cases referred to Base Hospital	1,588
4	Cases reported for surgical intervention	1,405
5	Refraction	2,091
6	Spectacle Provision	1,219

Services/facilities at MNC:

- Suture Less Cataract Surgery- SICS & Phaco with Foldable Lens
- All types of Ocular Surgeries
- Refraction Services
- Glaucoma Services
- Retina Service
- Low Vision Services
- Vision Therapy service
- In House Lab, Medicine, Spectacle and Contact Lens dispensing unit
- Training under NBEMS(DNB) & NCVRT

Establishment of Vision Centres:

Vision Centre plays an important role in increasing access of rural and underserved communities to primary eye care services. During this quarter, supported by SEVA Foundation 3 more vision centres with teleconsultation facilities were established in the operational areas of MNC. On 1st July 2024, the Vision Centre at Laikera of Jharsuguda district was inaugurated by Sri Prasanta Kumar Naik, Chief Executive, LEPRA Society. Sri Prasanta Kumar Naik expressed his pleasure over the offered facilities particularly the tele consultation services with ophthalmologist from base hospital. On behalf of LEPRA Society & MNC, he expressed his gratitude to SEVA Foundation for the support and advised staff to work hard in bringing eye health awareness in the community and also in providing quality services. The Vision Centre at Reamal of Deogarh district was inaugurated on 9th July 2024 in the presence of Sri Tankadhar Nayak, President, Lions Club, Sri Shambhulal Arawal, Secretary of Lions Club and Sri Bibhu Prasad Baliahsingh, Hospital Administrator, MNC, LEPRA Society. On 22nd July 2024, the Vision Centre at Rairakhol of Sambalpur district was inaugurated by Sri Sibram Sahu, Chairman of Notified Area Council. All the dignitaries participated in the inaugural functions praised MNC-LEPRA Society and SEVA Foundation for developing opportunities to avail quality eye care services by the underserved people at their own doorstep. 170 people attended for screening on the inaugural days of above mentioned vision centres. All these three vision centres were equipped with tele ophthalmology system and used for 5 patients on the days of inauguration. Free distance and reading glasses were distributed among the identified refractive error patients and people needing surgical intervention were referred to base hospitals.





Diabetic Retinopathy and Glaucoma screening camp:

Diabetes is rapidly emerging as a major health care problem in India. Diabetic Retinopathy is a complication of diabetes that damages the retina, the light-sensitive tissue at the back of the eye. Diabetes affect the blood vessels of the retina. It will lead to blindness. Diabetic retinopathy is often symptom less until the late stage. There is no medical treatment for diabetic retinopathy. Vision loss cannot be regained. Eye is a window to see the status of blood vessels. All diabetes can diabetic retinopathy so periodical eye check-up is mandatory.

Glaucoma, known as a sneak thief of eyesight, is one of the most sight threatening condition of the eye. It usually occurs among the people above 40 years of age especially who have a family history of glaucoma. It is caused due to excess build-up of fluid inside the eye, which in normal case, is drained in blood stream. The fluid exerts pressure on vital parts of the eye like optic nerve and causes irreversible damage affecting initially field vision.

In both context, early detection and timely treatment may prevent vision loss. So, MNC conducted awareness and screening camp for Glaucoma and Diabetic Retinopathy in collaboration with Marwari Yuva Manch at the town hall of Boudh. 76 people were screened at this camp, identified 6 patients with diabetic retinopathy, 3 patients with glaucoma and 6 cataract patients. They all were referred to base hospital for higher level interventions. Further 10 people identified with refractive error were provided spectacle at the camp site.



Support of Verity Knowledge Solutions Pvt.Ltd to MNC:

MNC, LEPRA Society had submitted a proposal to Verity Knowledge Solutions Pvt.Ltd for supporting a bus for patient transportation and a diagnostic equipment namely A-Scan to be utilised in OPD for patients. Fortunately, the proposal was approved and the grant was provided by the above mentioned corporate agency to procure the proposed items. On 8th August 2024, Ms. Srishsa Dassri, Director and Mr. S.K. Abdul Muqueem made a visit to Mahanadi Netra Chikitsalaya and dedicated the patient transportation bus and A-Scan for public service in an inaugural ceremony at the MNC campus in the presence of Mr. P Omprakash (Head Finance & Operation, LEPRA Society), Dr. Devendra Kumar Sahu (Medical Superintendent), MNC staff members and few local invitees. Dr. Devendra Kumar Sahu on behalf of MNC and LEPRA Society, expressed his gratitude to Verity Knowledge Solutions Pvt. Ltd. for its kind gesture and support that will benefit thousands of poor visually impaired patients.





23rd Advisory Committee Meeting:

Mahanadi Netra Chikitsalaya, LEPRA Society conducted its 23rd Advisory Committee meeting on 20th August 2024 at Hotel Empire, Bhubaneswar. The meeting was chaired by Ms. Meena Gupta, former Health Commissioner, Government of Odisha. All the members appraised the progress under decisions taken in the last meeting and suggested possible actions against different challenges discussed in the meeting. Sri Jagadish Pradhan, Chairman, LEPRA Society has attended the meeting as special guest.

Mahanadi Netra Chikitsalaya (MNC), Jharsuguda July to September 2024

Sl.No.	Activities/Indicators	Achievements
A	Base Hospital	
1	New cases registered at OPD	256
3	Cataract Surgeries conducted	171
4	Refraction	49
5	Spectacle dispensed/provided	15
1	People screened at outreach camp site	335

Services/facilities available:

- Suture Less Cataract Surgery- SICS & Phaco with Foldable Lens
- Refraction and Spectacle Provision Services.

Door to door Visit by MNC, Jharsuguda:

The team of MNC, Jharsuguda conduct door-to-door visit to screen people at their households and find out cataract cases and provide transport supports for their surgeries at the base hospital (Satellite centre of MNC) located at Jharsuguda, Odisha.



New Project:

A new project was initiated during this quarter after signing MoU with Operation Eye Sight Universal to prevent avoidable blindness by addressing refractive errors and cataracts in Jashpur district of Chattisgarh. The MNC Sattelite Hospital, Jharsuguda will be the referral hospital for performing cataract surgeries of identified cases from this area. This is a small and short duration project. The project Staff have been to Raipur for training on implementation procedure.



Review & Planning meeting was conducted at Jharsuguda Satellite Centre. After the review of last quarter, targets were set for next quarter. Staff were oriented on outreach, IEC/BCC during household visits and community discussions and maintaining qualities in activities and services. Audio-visual (film on eye health), posters and pamphlets were provided to the team for use.

Sl.No.	Activities/Indicators	Achievements
1	New cases registered at JNC	2,565
2	Review Cases accessed to OPD	1,207
3	Cataract Surgeries conducted	1,038
4	Other Surgeries conducted	06
5	Refractive error identification	872
6	Spectacle dispensed/provided	755
7	Glaucoma screening	18
8	Diabetic retinopathy referral	06
9	People screened at outreach camps	2,678
10	New Cases accessed to Vision Centre	2,295
11	Spectacle Provision at Vision Centre	227

Services/facilities available:

- Computerized Eye Examinations with use of modern equipment
- Refraction Services
- Cataract Surgery and other minor surgery
- Primary service for Retina and Glaucoma and referrals
- Low Vision Services
- In House Lab, Medicine, Spectacle and Contact Lens dispensing unit

Outreach Screening Camps by JNC:

In collaboration with YAR (a local NGO) and Baristha Nagarika Mancha, Khariar, Junagarh Netra Chikitsalaya (JNC) had organized a free Eye Screening camp at BEO Office of Khariar, Nuapada district on 21st July 2024. Srimati Puspanjali Nanda, Chairman of Khariar Block had attended as chief guest with other guests namely Sri Dolamani Barik (President, Baristha Nagarik Mancha), Sri Mahendra Kumar Joshi (President, YAR), Dr. Majhi and Dr. Rebat Hash from Boden Primary Health Centre. 97 people with eye health issues were screened in this camp and out of them 39 people were identified with cataract. They all were transported to JNC and provided free services that include transportation, tests, surgery, medications and spectacles.



On 18th July 2024, a mega eye screening camp was conducted by JNC for three days at Jaring Gram Panchayat Office of Junagarh block in collaboration with Indian Potas Limited and Rice Foundation. In this camp, 200 people were screened and 20 were identified with cataract and they all were provided surgery services at JNC.



In collaboration with Junior Chamber International (JCI), JNC-LEPRA Society had conducted a free eye screening camp at Tulasi Diagnosis Centre, Junagarh on 8th August 2024. All the staff JCI had supported this programme. Mr. Swammy Reddy also attended the inaugural session of the camp on behalf of LEPRA Society as Chief Guest. Above 85 people attended the camp and screened. Among them, 5 individuals identified with cataract were referred to the base hospital for free surgery and 45 individuals identified with refractive errors were prescribed spectacles with due counselling for regular use of spectacles.



In collaboration with Netram Foundation, JNC-LEPRA Society conducted a free eye screening camp at Khairamal, Bhawanipatna block office on 4th September 2024. 80 people were screened at the camp site. 15 people identified with refractive errors were prescribed spectacles and 15 people identified with cataract were provided free cataract surgery services at the base hospital.





Screening Camps for People with Disabilities:

District Social Security Office had organized Bhima Bhoi Samarthya Sibir for the people with disabilities on 25th July 2024. JNC had been invited for the eye screening of participants with disabilities. 27 people with disabilities were screened and out of them 7 screened with refractive errors and 3 screened with cataract. Free spectacles were provided to identified 7 cases with refractive error and 3 cases identified cataract were sent to JNC and were provided cataract surgery services.

JNC had conducted two eye screening camps in September for the people with disabilities at Sanyasi Kundamal of Junagarh block and Supada of Koksara block respectively. Total 48 people with disabilities had attended the camps. Among them 10 individuals identified with refractive errors and 9 individuals identified with cataracts. All the identified cases were provided free spectacles and cataract surgery services.

ASHA Training:

The technical team of Junagarh Netra Chikitsalaya had provided training to 48 ASHA workers on 22nd August 2024 at the Kesimali Hospital. Under this programme, ASHAs were oriented on eye health issues, identifying cataract cases, referrals including their roles and responsibilities in preventing blindness and visual impairment in communities. Also discussed on 21 types of disabilities and sensitised ASHAs to prioritise in reaching people with disabilities and facilitate services for their health issues.

A training programme was organised by JNC-LEPRA Society for 60 ASHA workers on 21st September 2024 at Community Health Centre of Komana Block of Nuapada district. Medical Officer of Community Health Centre and Block Programme Coordinator also had attended the programme as Guests.



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Sensitisation Programme:

JNC has been sensitizing youths to encourage them in spreading eye health messages in their respective households as well as in the communities and also support screening programmes at different places. A sensitization programme on primary eye health for the student volunteers under NSS, YRC and NCC was organized at Koksara Snatak Mahavidyalaya on 9th August 2024. 45 students and all teachers have participated in this sensitization programme. Sri G Swammy Reddy from LEPRA Society had attended the programme and sensitized participants on eye problems, its impacts and the roles of teachers and students in mitigating eye health issues in the communities.

On 5th September 2024, in collaboration with Marwadi Mahila Sangh an eye health awareness and debate competition had been conducted at Priyadarshini Mahavidyalaya, Junagarh.



Urban Eye Health Programme, January to June 2024

Sl.No.	Activities/Indicators of Vision Centres	Achievements
1	New cases screened at Vision Centres	1,349
2	People screened at camps	237
3	Total people screened at VC + camp	1,586
4	Total people examined at secondary level	17,890
5	No. of people refracted	1,246
	Spectacle dispensed/provided	18
6	Cataract surgery facilitated and performed	3
7	Diabetic retinopathy screening & referral	263

Sl.No.	Indicators Mobile Screening Van	Achievements
1	New cases registered at Van OPD	1,224
2	Nos of people refracted	1,224
3	Nos of people identified with RE	834
4	Spectacle prescribed	765
5	Spectacle dispensed/provided	251
6	Patients referred to Base Hospital	101
7	People identified with cataract and referred for surgery	69
8	Blood sugar test done for patients	632
9	Fundus photography for screening DR	158
10	Community Awareness Events	10

On 22nd August, a **Glaucoma Screening Camp** was organized at Pokhariput UPHC. The camp aimed to provide free comprehensive screening focussing glaucoma, along with blood sugar and blood pressure tests. A total of 86 individuals attended the camp for screening that include 48 males and 38 females. 48 individuals tested for sugar level and 80 individuals tested for blood pressure levels. 36 individuals with diabetes were screened for diabetic retinopathy with fundus photography. 84 individuals underwent NCT test for glaucoma. 2 patients were identified with the risk of glaucoma referred for further intervention. 2 individuals identified with cataract and referred for surgery.

Urban Eye Health Project is implemented by LEPRA Society supported by Sightsavers. Under this project, we are implementing two vision centres integrated in Government Health System: one is at Capital Hospital and the other one is at Pokhatiput PHC.

The other activity is Mobile Eye Screening Van that covers Bhubaneswar and Cuttack cities targeting vulnerable groups such as slum dwellers, construction workers, industry workers, transgender and people with disabilities. The mobile van is equipped with all screening equipment including fundus camera for screening diabetic retinopathy.

The achievements have been described separately in the table left side under vision centres' indicators and mobile van Indicators.



On 9th August at Palaspally, an **outreach camp** was conducted. 51 individuals including 9 males, 6 females, and 36 transgenders were screened. 16 people were identified with refractive errors including 2 males, 3 females, and 11 transgenders. 10 cases including 5 transgenders among them received free spectacles. Additionally, 4 transgenders were provided with lubricant eye drops. One female identified with cataract, referred for surgery. 2 transgenders diagnosed with other eye problems were referred for further treatment.



Prevention of Vision Impairment and Blindness can contribute to the Sustainable Development Goals:

Vision makes an important contribution to the 2030 Agenda for SDGs listed by UN. The Lancet Global Health Commission on Global Eye Health had conducted an in-depth analysis and concluded: improving access to eye health services will contribute to achieving many of the SDGs. Because without proper vision and eyesight, the people remain at a lack in contributing their bit towards any development agenda".

The SDG 3 (Good Health and wellbeing) is directly linked to eye health as poor eye health has a direct link to increased mortality, lower levels of well-being and higher rates of depression. Other major goals that are also directly or indirectly impacted by the nature of eye health of the people:

- SDG 1 (No poverty): 90% sight loss occurs in low and middle-income countries
- SDG 2 (Zero Hunger): Unaddressed vision impairment traps people in poverty and leads to hunger and malnutrition.
- SDG 4 (Quality Education): Children with vision impairment have poorer educational outcomes and are more likely to be excluded from schools.
- SDG 5 (Gender Equality): Women have worse access to eye health services and are 12% more likely to suffer sight loss than men.
- SDG 8 (Decent Work and Economic Growth): Vision impairment and related discrimination stop people accessing or performing quality work and results in lost economic productivity locally, nationally and globally.
- SDG 10 (Reducing Inequality): Women, people with disabilities, indigenous people, refugees and migrants are affected by poor eye health.
- SDG 11 (Sustainable Cities and Communities): Poor vision increases the risks of road traffic deaths and injuries affecting millions around the world- impact.



An Impact Story:

Rabili Mallick, aged around 58 years and was a native of Keranmaha village under Baliguda block of Kandhamal district, Odisha. In the Tribal pockets of Kandhamal district, women remain more active and burden greater family responsibilities in comparison to their male counterparts. Rebili was engaged in turmeric cultivation. Kandhamal is famous for its local turmeric renowned as 'KandhamalHaldi' which has earned the Geographical indication (GI) tag from Intellectual Property India, an organization functioning under the auspices of the Ministry of Commerce and Industry (India). This was an opportunity for Rebili and women like her. Rebili was considering herself as a proud housewife and supporting her family financially.

But, when her vision started diminishing day by day, she faced real challenges in executing the field works which had direct implication on her family financial health. She became dependant on others for many works and the condition gradually reduced her income and health that affected her family economy and daily living. Because of ignorance, she visited traditional healers but, the efforts were in vain. She had no idea about where to go for any treatment.

The pain & plight of Rabili was brought to the notice of the Vision Centre staff by the local community volunteer and after getting information, the staffs went to Keranmaha village. During their visit, they had found Rabili Mallick in a precarious condition. As Rabili was suffering with senile cataract in her both eyes, they facilitate transportation of Rabili to Mahanadi Netra Chikitsalaya for surgical intervention. After requisite investigations and finding her surgical fit, she was admitted and undergone surgery in her Right eye. Her post-operative vision was found to be very good.

After a month of vision restoration, when our staff met Rebili, she had already regrouped herself and started work in her turmeric field to regain her income. She was very happy as she was once again independently managing her daily activities. This cataract surgery restored her vision and contributed towards the well-being of herself and her family. Now she is ready for the surgery on her left eye.



Photo Gallery

		
Outreach Screening		
		
Doctors' Day celebration	Akhil Asokan & Mohammad Naji, students from Central University, Himachal Pradesh, Department of Social Work, completed block placement at MNC	Independence Day Celebration

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- 👉 Refractive error is the second largest cause of Blindness.
- 👉 You can save one's future by Preventing needless Blindness caused by Refractive Error.

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- 👉 Help a helpless one by Restoring lost vision through cataract surgery .

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- 👉 Annadana - Mahapunya - No "Dana" is more Valuable than "Annadana - Feeding the Hungry one ."
- 👉 Feel the Happiness of giving - By Contributing towards Single Meal cost of 30 Patients.

*Donations made to MNC, LEPRA Society are exempted under Section 80-G.
For any queries, please contact us on below mentioned address.*