

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

# Annual Report 2019





# Glimpses



World Sight Day



World Diabetes Day



MPAC Meeting



SCEH Annual Day 2019



41st Nepal Netra Jyoti Diwas



World Optometry Day



Teachers' Training



Teachers' Training



ROP Meeting



Workshop- IT & Maintenance for ECCs



FCHV Training





Eastern Regional Eye Care Programme (EREC-P) is a non-profit, high volume treatment programme providing high quality comprehensive eye and ear care services at affordable cost to huge population in the eastern Nepal and neighbouring countries. EREC-P comprises of:

- Sagarmatha Choudhary Eye Hospital (SCEH) in Lahan,
- Biratnagar Eye Hospital (BEH) in Biratnagar, and
- 23 Eye Care Centres (ECCs) in the Hills and in the Terai

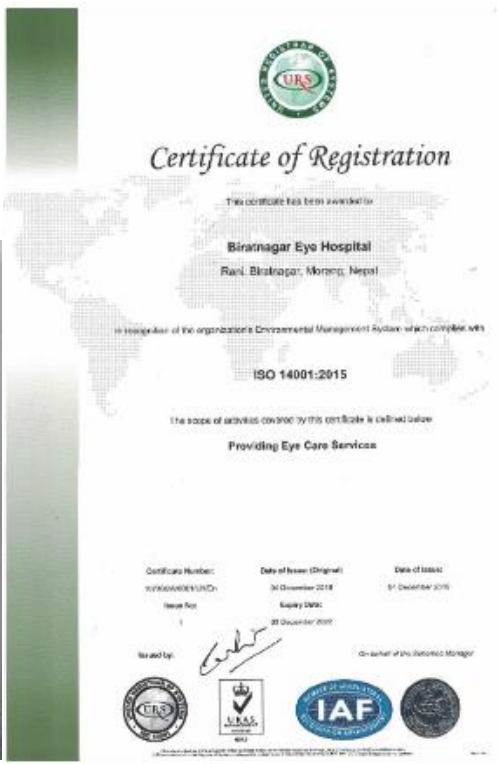
## HIGHLIGHTS:

**More than 1.2 million screening/examination  
& 1,30,540 surgeries**



### ISO 14001:2015

Medical waste management is of great importance due to its infectious and hazardous nature that can cause undesirable effects on humans and the environment. Improper waste segregation, handling, transport and treatment leads to direct adverse effects on health and environment. To improve the biomedical waste management at Biratnagar Eye Hospital, a Waste Management Committee was formed on January 1, 2018. Health Care Waste Management Policy and Health Care Waste Management Standard Operating Procedure (SOP) were developed. This Policy and SOP act as a guideline for Health Care Waste Management of Hospital. With the implementation of scientific system of segregation of waste at source, transportation, treatment and disposal, hospital has been able to achieve zero waste concept and has been accredited by **ISO 14001:2015** to promote effective environmental management systems.



## SURGERIES

<b>Cataract:</b>	<b>95,906</b>
Sutureless ECCE/IOL (SICS):	65,331
Sutured ECCE/IOL:	593
On children:	1,584
Phaco ECCE/IOL:	27,131
Other lens removal procedures:	1,267
<b>Glaucoma:</b>	<b>2,579</b>
Trabeculectomy:	405
Combined (Cat & Trabeculectomy):	618
Trans scleral cyclo photocoagulation:	199
Nd. YAG iridotomy:	1,286
Surgical PI & other:	71
<b>Corneo-Scleral Surgical Procedures:</b>	<b>6,299</b>
Keratoplasty:	199
Amniotic Membrane Graft (AMG):	93
Corneo Scleral Repair:	739
Pterygium:	2,667
Corneal Cross Linking:	92
LASIK:	43
Other Corneal Procedures:	2,466
<b>Vitreo-Retinal Surgery:</b>	<b>9,015</b>
Pars plana Vitrectomy:	1,751
Scleral Buckling:	230
Intra Vitreal Injections:	740
Inj. Avastin:	5,359
Others:	935
<b>Oculoplasty Procedures:</b>	<b>5,833</b>
Dacryocystorhinostomy:	2,451
Dacryocystectomy:	412
Entropian / Ectropian:	405
Evisceration / Enucleation:	496
Ptosis:	79
Other oculoplasty procedures:	1,990
<b>Laser procedures:</b>	<b>7,852</b>
Retinal Laser:	2,938
Nd. YAG capsulotomy:	4,914
<b>Squint:</b>	<b>144</b>
<b>Others:</b>	<b>1,207</b>
<b>SUB TOTAL:</b>	<b>128,835</b>
<b>Ear Surgeries:</b>	<b>1,705</b>
C.M.-Tplasty	139
MRM:	73
Myringoplasty:	484
Myringoplasty/VTI:	2
Minors:	1007
<b>TOTAL:</b>	<b>130,540</b>

### Surgeries:

SCEH, Lahan & its Surgical Centers:	58,827
Biratnagar Eye Hospital:	68,982
14 Cat.Surg.Camps:	1,026
<b>SUB TOTAL:</b>	<b>128,835</b>
Ear Department, BEH:	1,568
Ear Department, SCEH:	137
<b>GRAND TOTAL:</b>	<b>130,540</b>

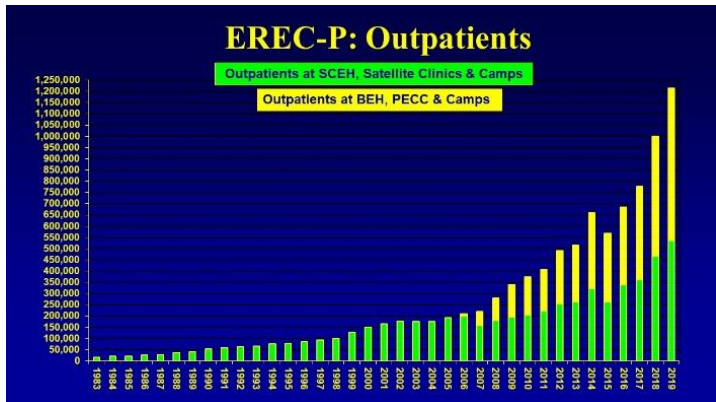


## OUTPATIENTS

<b>SCEH, Lahan:</b>	<b>206,552</b>
<b>Biratnagar Eye Hospital:</b>	<b>300,262</b>
<b>ECCs:</b>	<b>183,980</b>
<b>Screening Camps' Patients:</b>	<b>116,535</b>
<b>COR Household:</b>	<b>67,025</b>
<b>School Screening (REACH):</b>	<b>124,921</b>
<b>Surg. Camps' Outpatients:</b>	<b>9,383</b>
<b>EYE SUB TOTAL</b>	<b>1,008,658</b>
<b>Ear Department, Base:</b>	<b>68,211</b>
<b>Ear OPD in ECCs:</b>	<b>14,696</b>
<b>Ear Screening Camp Patients:</b>	<b>122,769</b>
<b>COR Household:</b>	<b>63,837</b>
<b>EAR SUB TOTAL</b>	<b>205,676</b>
<b>GRAND TOTAL:</b>	<b>1,214,334</b>







## EREC-P since 1983 9,845,054 Examinations | 1,803,981 Surgeries

### SPECIAL SERVICES at EREC-P:

#### Cataract Services:

A total of 95,906 patients underwent cataract surgery and out of which 27,131 were phacoemulsification. Both hospitals are providing good quality phacoemulsification services with mono-focal, multi-focal, Toric IOLs. In addition, Zepto Capsulotomy is regularly being performed at Biratnagar Eye Hospital. Proper cataract counselling services by trained cataract counsellors has improved the patient's satisfaction and confidence towards the cataract surgery.



#### Paying and Refractive Surgery Department:



Paying and Refractive Surgery Department was inaugurated on 13<sup>th</sup> Sep 2019 by Chief Minister Hon. Mr. Sher Dhan Rai of Province No. 1. In 2019; 34,757 patients were examined and 43 LASIK surgical procedure was performed.

#### Cornea Department:

A total of 48,370 patients were examined as outpatient and 6,299 Corneal surgeries were performed, including 199 Keratoplasty procedures (SALK-4, DALK-9, DSEK-12, DMEK-14, PK/TPK-160), 93 Amniotic Membrane transplantation, 2,667 Pterygium surgeries along with 1,067 fibrin glue application (modified PERFECT technique). Contact Lens department underwent renovation at BEH.





**Paediatric Ophthalmology Department:**

In the paediatric Ophthalmology Department; 63,713 children were examined. 4,899 children underwent surgeries in both eye hospitals including 1,582 paediatric cataracts. In last year; 2,421 children underwent Orthoptics evaluation with Visual Therapy System v4 (VTS4) at BEH and 2,531 children underwent orthoptics evaluation at SCEH.



**Vitreo-Retinal Department:**

In the Vitreo-Retinal Department of both eye hospitals, 43,599 patients were examined, 9,015 patients underwent VR procedures out of which 2,916 were vitreo-retinal surgeries, 5,359 inj. Avastin, 740 other Intravitreal Inj. 2,938 received retinal laser; 24,550 received B-scan services; 1,369 received FFA services and 11,554 received OCT services. Dr. Ichhya Joshi and Dr. Deepti Pradhan completed VR fellowship and joined BEH.



**Glaucoma Department:**



In the Glaucoma Department of both eye hospitals, 32,871 Glaucoma patients were examined and 2,579 Glaucoma surgeries were performed. 3,430 patients underwent computerized Visual Field Testing. Last year, 19 children underwent Glaucoma Surgery and 1,286 received Nd. YAG iridotomy service.

**Oculoplasty Department:**

In the Oculoplasty Department of both eye hospitals, 22,502 patients were examined and 5,833 surgeries were performed. These include 169 Endoscopic DCR, different types of orbitotomies and ptosis correction. Ocular prosthesis unit has been renovated and equipped with modern equipment to make quality customized artificial eye. In the **Ocular Prosthesis Unit**, 489 received artificial eyes. 74 of these eyes were custom made.



**Low Vision Department:**

In the Low Vision Department of both eye hospitals, 474 patients including 88 children with Low-Vision were assessed. Special Low-Vision Devices were dispensed to 205 patients who required devices for improving vision.



## **Refraction and Optical Dispensing Unit:**

### **a. Quality Control in Optical Dispensing Services:**



BEH has developed a unique model of delivering good quality spectacles at an affordable price. A full-time optometrist and trained opticians are posted at the optical unit to maintain the overall quality of the department. They help patient in frame selection and do the pre-dispensing measurements. Before spectacle delivery to the patient, they do the final checking of the power with digital lensometer and recheck the vision of patient with the prepared spectacles. Patients are counselled about the adaptation to the high power lenses, progressive lenses and also advice regarding spectacle care and handling. Patient feedback register is maintained and a warranty card is also provided for the branded frames. This year 98, 223 patients received spectacles from SCEH and BEH optical dispensing unit. Mr. Tinku Mukharjee from BEH underwent 1-month Optical Dispensing Training at Munich Germany by Uvex and Rupp+Hubrach Brillenglas.

### **b. CR Lens Processing Unit:**

This is the first CR lens processing unit in eye hospitals of Nepal which produces good quality hard coated CR lenses. It is run by highly trained manpower with proper quality control mechanism. The CR Lens Processing unit produces spectacles with complex power & progressive power. Customized Progressive Lens are now available within 3 hours. The unit also introduced tinted lenses and blue-black lenses to meet the demand of patients.



## **Ophthalmic Pathology and Laboratory Medicine:**

At Biratnagar Eye Hospital, the Ophthalmic Pathology and Laboratory Medicine department has been able to provide laboratory services to 61,024 patients in 2019. Apart from conducting the regular laboratory tests, the department was able to diagnose diabetes mellitus and monitor the glycemic control of many patients on a large scale. Among 2,990 culture specimens, four cases of culture positive acanthamoeba keratitis, further confirmed by PCR were reported for the first time in Nepal. Numerous ophthalmic biopsies, enucleation, exenteration and evisceration specimens had histopathological tests. Rare cases like microphthalmia with cyst, ligneous conjunctivitis, conjunctival myxoma, limbal complex choristoma, corneal dystrophies, orbital leiomyoma were diagnosed. As an academic contribution to a thesis work, impression cytology evaluation is being done to correlate the clinical and pathological gradings in dry eye patients.



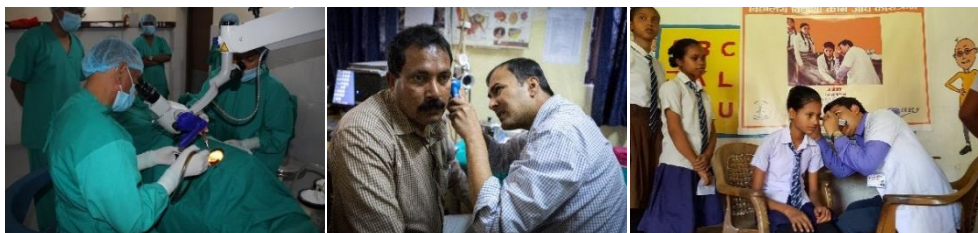
## **SCEH Ocular Microbiology Laboratory:**

Sagarmatha Choudhary Eye Hospital in collaboration with **London school of Hygiene and Tropical Medicine** expanded its Laboratory facilities with establishment of a world class Ocular Microbiology Laboratory in 2019 to conduct a trial related to Fungal Keratitis where non-inferiority of 0.2% chlorhexidine vs 5% Natamycin will be seen.

Ocular Microbiology Laboratory is well equipped with a Fluorescent Microscope, Bacteriology (aerobic & anaerobic) and Mycology Incubator, -78°C Ultra Low Temperature Freezer, Biological Safety Cabinet II and a Digital Benchtop Autoclave. Currently, a Microbiologist and a Lab-assistant are the human resource involved in the Laboratory. Microscopic examination like Gram Staining, 10% KOH, Calcoflour white and Lacto phenol Cotton Blue followed by culture is being done routinely. Fungal pathogens: Fusarium species, Curvularia species and Aspergillus species similarly bacterial pathogens: Streptococcus pneumoniae and Staphylococcus aureus are the most isolated pathogens of microbial keratitis.

## **Ear Department:**

A total of 205,676 patients with various ear problems were examined out of which 68,211 were examined at the hospitals; and 137,465 in outreach activities (ECCs, screening camps and household visits). 7,456 Pure Tone Audiometry (PTA) examination and 1,705 surgeries



(Cortical Mastoidectomy with Tympanoplasty: 139, MRM: 73, Myringoplasty: 484, Myringoplasty/VTI: 2, Minors: 1007) were performed and 468 patients with hearing loss were provided hearing aids. Dr. Bijay Chaudhary joined SCEH on 11th October 2019 as ENT consultant and started ear surgeries on a regular basis.





**Quality Department:**

Biratnagar Eye Hospital has taken one-year quality consultation with Dr. Shroff's Charity Eye Hospital, Delhi to facilitate, co-ordinate and manage the development and implementation of a comprehensive quality assurance system.

A Gap analysis was done to see the current status of quality of eye and ear care at Biratnagar Eye Hospital. Further planning was done to fulfill the GAP based on GAP analysis report.

Quality policy of Biratnagar Eye Hospital has been formulated. Supervisors from different department received 3-days quality training from Dr. Shroff's Charity Eye Hospital, Delhi in August. Different Quality Committee has been formed. Standard Operating Procedure (SOP) has been made for different department and are in the process of implementation by 2020. Different Quality Indicators has been defined and implemented for continuous quality monitoring process. Once SOP is fully implemented, formation of Audit Committee & regular Audit of quality services delivery has been planned for the year 2020.



**CSSD Strengthening:**

BEH has upgraded Central Sterilize Supply Department with the installation of Ultrasonic Cleaners, Washer Disinfectors, Drying Cabinets, Flash autoclave and high speed horizontal autoclaves of high quality to improve efficiency and quality of sterilization.



**OUTREACH ACTIVITIES:**

**Community Outreach and Rehabilitation Program (COR):**

EREC-P started COR program with an aim to promote inclusion of persons with visual, hearing & others impairments in socio-economic development of the community. It also plays a role in improving eye and ear health awareness by linking community to eye & ear care service providers. It was started in 5 Municipalities of Morang & Udaypur district of Nepal. Through the COR program 63,837 people underwent eye and ear screening in more than 10,000 households and 10,353 suspected cases of eye and ear impairment were referred to nearby ECC or base hospital. Spectacles were provided to 507 people, 15 people received hearing aid & 258 patients had surgery free of cost. Likewise, 153 persons with visual and hearing impairments were identified for rehabilitation services and among them 13 persons with visual impairment received orientation and mobility training and rest are planned for 2020.





### **Refractive Error Among Children (REACH):**

In 2019 under REACH program 1,24,921 children were examined. A total of 4,574 received spectacle, 1,112 children received medicine, 3,576 were referred to Base hospital for detail evaluation and 55 children underwent surgery. A Vision Van has been developed in a bus to provide good quality eye examination, refraction and optical dispensing in a proper set up. Vision Van inauguration was done on 1<sup>st</sup> September 2019 by Mr. Bhim Parajuli, Mayor of Biratnagar Metropolitan City.



### **Expanding and Strengthening Eye Care Centers:**



Besides continuing 21 Eye Care Centers (Malangwa, Rajbiraj, Siraha, Gaighat, Diktel, Bhojpur, Terhathum, Rangeli, Inaruwa, Mirchaiya, Katari, Haleshi, Ilam, Urlabari, Fikkal, Jaleshwar, Bardibas, Haripur, Letang, Arjundhara and Kanchanpur), **2 new Eye Care Centers were started at Duhabi and Khalte.**

These centers are providing primary eye care services to the rural hills and terai population leading to early detection and prevention of blindness.

### **Surgical Eye Camps conducted in hilly areas of Mechi, Koshi and Sagarmatha zone:**



EREC –P conducts free mobile surgical eye camps in the rural hilly area of Mechi, Koshi and Sagarmatha zone for the people who are unable to travel long distance for their treatment. This year we reached 14 different remote locations; Khotang district (3), Bhojpur district (4), Terhathum district (2), Sankhuwasabha district (1) and Ilam district (4). In these camps, 9,383 patients were examined, and 1,026 sight restoring surgeries were performed. These camps were conducted in partnership with local governmental hospital and were supported by different local non-governmental organization and eye care centers in remote areas. Quality of

surgical outcome was assured by maintaining the strict surgical protocol like in the base eye hospital. One-month post-operative follow-up of operated patients were done at camp site.



### **Details of outreach activities by SCEH, BEH and its Outreach Centers:**

Camp type	No of Camps	Patient Examined
Surgical Eye Camps at Hills	14	9,383
Diagnosis Screening and Treatment Eye Camps at Terai and Hills	295	55,486
Refractive Error Among Children (REACH)	465	124,921
School Screening Eye Camps	462	52,424
Pediatric Eye Camps	10	4,030
Diabetic Retinopathy Eye Camps	7	677
Workplace Eye Camps	14	1,301
Eye Examination by Mobile Bus	105	2,617
Ear Screening Camps	147	8,375
Ear School Screening Camps	251	50,557
Eye & Ear Examination by Home Visit through Community Outreach & Rehabilitation COR and RCS program	12,571 (household)	67,025
<b>TOTAL</b>	<b>14,341</b>	<b>376,796</b>



## EYE HEALTH EDUCATION:

### Community awareness about eye and ear health:

Fortnight Eye Health Education Program and Jingles on Cataract, Glaucoma, Corneal Ulcer, Retina, Childhood Blindness and ear health etc. are being regularly aired on F.M. radio program in local languages. Different Eye and Ear Health Education posters and brochures were designed, printed and distributed in co-ordination with government network Primary Health Care Centers/Health Posts.

To enhance the awareness on pediatric eye health at schools, society and community; various activities were performed like wall painting in 157 schools along with self-vision assessment chart. School dramas were conducted in 30 schools and about 1,600 community people participated in sensitization program. Health Education department provided training on Eye & Ear health to 875 Female Community Health Volunteers (FCHV), 215 School teachers, 103 drug retailers and 96 traditional healers.



## FREE SERVICES TO PATIENTS:

A total of 7,857 Cataract Patients identified in several screening and surgical eye camps of Koshi, Sagarmatha & Janakpur zone received surgeries free of cost. Patients from eye camps and from poor economic background arriving directly at SCEH and BEH received a support worth of NPR 41,221,037 in their examination, surgeries, spectacle, medicine, transportation & food cost. Out of all Cataract Patients 34% surgeries were done on a subsidized package of NPR 1200 (approx. USD 10).

## HUMAN RESOURCE DEVELOPMENT & TRAINING:

### Post Graduate MD Ophthalmology with National Academy of Medical Science (NAMS):

Post Graduate MD Ophthalmology was started at EREC-P in affiliation with NAMS since 2015. Till 2019, 4 MD Ophthalmologist have completed their study and presently 7 are enrolled. Last year, Dr. Abhinash Jha and Dr. Harish Yadav completed their Post Graduate MD Ophthalmology.

### Bachelor in Optometry and Vision Science:

Bachelor in optometry and vision science was started at BEH in affiliation with NAMS in 2018. Presently 7 students are enrolled in 2<sup>nd</sup> year and 8 students are enrolled in 1<sup>st</sup> year.

### Diploma in Ophthalmic Science Course at SCEH, Lahan:

DOS course was started from 2015 in collaboration with CTEVT at Lahan Technical School. Currently 74 students are undergoing 2<sup>nd</sup> year and 3<sup>rd</sup> year of DOS training at SCEH.

## FELLOWSHIP:

### Anterior Segment Fellowship:

Three Ophthalmologists (Dr. M Sajid, Dr. Hony KC, Dr. Kartik Ambur) from BEH and four Ophthalmologists (Dr. Vankatesh Kumar Srivastava, Dr. Varun Shrestha, Dr. Abhishek Shahdeo, Dr. Vinit Kumar S Kable) from SCEH completed their Anterior Segment Fellowship this year. Presently 20 Ophthalmologist are undergoing two years Anterior Segment Fellowship at SCEH and BEH.

### Vitreo-Retinal Fellowship:

Dr. Dipti Pradhan and Dr. Archana Kumari completed 2 years VR-Fellowship and two are undergoing VR Fellowship at BEH.

### Pediatric Fellowship:

SCEH has started Pediatric Ophthalmology Fellowship and enrolled 1 ophthalmologist as pediatric ophthalmology fellow.

### 1 Year Optometrist Fellowship:

3 Optometrist completed 1-year fellowship in Optometry at BEH.





## TRAINING:

### Phaco and SICS Training:

Four Ophthalmologist received 1-month phacoemulsification and 1 Ophthalmologist received 1-month SICS surgical training from SCEH.

### Optometrist Internship and short term training:

14 Bachelor in Optometry students are undergoing 1-year Internship training at BEH and SCEH. 10 Optometrist from BPKLCOS received short term (4 weeks) training at SCEH and BEH.

### Primary Eye Health Worker and Primary Eye Care training:

In 2019, 136 AHW & ANM received 6 months Primary Eye Health Worker training and 153 Staff Nurse & HA Students received 2 weeks training on primary eye care. Currently 78 AHW & ANM are undergoing 6 months Primary Eye Health Worker training.

### Optical Dispensing Training:

3 students completed 1-year Optical Fitting and Dispensing Training and 10 students are enrolled this year at BEH.



## WORKSHOP AND CONFERENCES AT EREC-P

### Cornea Conference – “KNOCK THE BUG OUT”:

Sagarmatha Choudhary Eye Hospital, Lahan and London School of Hygiene and Tropical Medicine jointly organized “Cornea Conference – Knock the Bug Out” on 23rd Nov 2019. Various distinguished speakers from United Kingdom, Uganda, Germany, France, India and Nepal presented various research papers on inflammatory and infectious causes of corneal blindness in the conference. Ophthalmologists and ophthalmic paramedics working in the Eastern part of Nepal participated in the conference.



### Update in Cornea, Cataract, Refractive Surgery & Hospital Administration:

Ophthalmic Update in Cornea, Cataract, Refractive Surgery & Hospital Administration was organized at Biratnagar Eye Hospital on 27th July 2019 where 110 Ophthalmic personal from Eastern Nepal participated. The facilitators were Prof. Jeewan S Titiyal, Dr. Shakti Kumar Gupta, Prof. Tushar Agarwal, Dr. Farin Shaikh, Dr. Kshitija Singh from Dr. R P.Centre AIIMS, New Delhi, and Prof. Dr. Sanjay Kumar Singh, Program Director of EREC-P.



### Glaucoma CME:

Glaucoma CME was done at Biratnagar Eye Hospital on 30th August 2019 where total 65 Ophthalmic personal from eastern Nepal participated. Dr. Sunita Dubey from Shroff's Charity Eye Hospital, New Delhi was key note speaker of the CME and other speakers were Dr. Rakshya Pant Sitaula, Dr. Bhaskar Jha and others.





**Oculoplasty CME:**

An Oculoplasty CME was organized at BEH on 4<sup>th</sup> Sep 2019. Forty Ophthalmologist, Residents, fellows & paramedics from eastern part of Nepal participated. Dr. Deepak Ramesh from Wills Eye Hospital was the key note speaker and other speakers were Dr. Prerna Arjyal, Dr. Diwa Hamal, Dr. Sabin Sahu and others.

**Sharing the best practices of NNJS hospitals:**



Workshop on sharing the best practice of NNJS hospital was done from 21-22 June 2019 at Biratnagar Eye Hospital where more than 100 participants (Central NNJS, Chairman of HMC, Chief Medical Directors, Hospital Managers and Others) from different eye hospitals under NNJS participated and shared their best practices.

**Sensitization program with Local Government on Eye, Ear and Rehabilitation:**

One day orientation and sensitization program at BEH was done on 22<sup>nd</sup> August 2019 for Mayor/Deputy Mayor, Administrative Head, Health Co-ordinator of Terahatum, Bhojpur and Ilam districts of Province No 1. Main aim of the program was to share current situation of eye, ear and rehabilitation in Province No. 1 and possibility of collaboration and co-operation with the local government. There were 79 participants in the program.



**MISCELLANEOUS:**

**Basic Life Support (BLS) Training:**



A Basic Life Support training was provided to 61 staffs of Biratnagar Eye Hospital and 80 staffs of Sagarmatha Choudhary Eye Hospital. Trainers were from Nepal Army Institute of Health Sciences, Kathmandu.



**Disability Inclusive Eye & Ear Health Training:**

One-day disability inclusive eye and ear care sensitization training was provided by Mr. Shaurabh Sharma and Mr. Kshitij Wagle to 86 staffs on June 30, 2019.

**Disability Inclusive Disaster Risk Reduction (DiDRR) Training:**



Training on Disability Inclusive Disaster Risk Reduction (DiDRR) was organized for Disaster Response team of both hospitals regarding disaster preparedness and mitigation with special consideration for people with disability. Eighty-nine staffs from various department of both eye hospitals participated. Similarly, 66 school teachers, 97 members of disable people organization and 345 nearby community people also participated in DiDRR training.

**Incurable Blind Counselling:**

Three days training on Incurable Blind counselling to 20 counsellors & field staffs of SCEH and BEH was conducted to provide knowledge on counselling to incurable blind and visually impairment. Mr. Amrit Rai & Mr. Prem Maharjan from NAB Rehabilitation Program facilitated the training from June 16-18, 2019 at BEH.



**Child Safeguarding Sensitization:**

A child safeguarding and sensitization program was conducted to promote child safeguarding environment and orient about child safeguarding policy to 150 staffs from both eye hospitals and ECCs.





## Employee Development & Motivation:



To improve communication and counselling skills of 40 staffs towards patients, two days training program was conducted at BEH on 3-4 May 2019. Similarly, “One step more for Happiness Program” was conducted at BEH on 1 July 2019 for 65 staffs and Art of Happiness training program was conducted on 13 Dec 2019 at SCEH to motivate 55 staffs with positive thoughts. The programs were organized by team of Brahmakumari.

## Training to DPOs members:

One-day workshop on CRPD & sustainable development goal to Disabled People Organization (DPOs) members was conducted with the aim to support organizations of persons with disabilities. Altogether 82 DPOs member participated from different organizations.



## Optical Sales Training:

Three one-day optical sales training was provided to total 48 optometrists and optical unit staffs by Zeiss India on 25 June and 19-20 Dec 2019 at BEH. Training included orientation about different types of optical lenses, benefits of lenses, and to improve the quality,

*Apart from these, various types of training program were conducted at SCEH and BEH for capacity building of staffs.*

## HUMAN RESOURCE AT EREC-P:

The 912-member employees include 44 Ophthalmologists (19 consultants, 2 VR-Fellows, 1 Paediatric Fellow & 22 Anterior Segment Fellows), 2 ENT Specialist, 3 Anaesthesiologist, 2 Pathologists, 2 Microbiologist, 6 MD Residents, 38 administrative staff, 1 Research Officer, 2 Health Educator, 66 Ophthalmic Assistants (OA), 3 Anaesthetic Assistants, 36 Optometrists, 13 Staff Nurses, 13 Pharmacy Assistants, 102 Eye Health Workers and other Supporting Staffs.

## PUBLICATIONS:

**In the year 2019, following publications were done:**

- 1 Anwar A1\*, Singh SK2 and Thakur SK2  
Effectiveness of Planned Eye Health Education Programme to Create Awareness and Practice Regarding Vitamin A Intake among Caregiver and Their Children in Sunsari District of Nepal  
Community Med Health Educ 2019, 9:2, DOI: 10.4172/2161-0711.1000654
- 2 Diwa Hamal,1 Prerna Arjyal Kafle,1 Priza Poudyal,2 Rohit Saiju,3 Hony KC,1 Santosh Kafle2  
Congenital Microphthalmia with Orbital Cyst: A Case Series  
J Nepal Med Assoc 2019;57(217):193-197
- 3 Helen Burn, Lila Puri, Abhishek Roshan, Sanjay K. Singh & Matthew J. Burton  
Primary Eye Care in Eastern Nepal. Ophthalmic Epidemiology,  
DOI:10.1080/09286586.2019.1702217



- 4 Kafle PA, Hamal D, Sahu S, Paudyal P, Kafle S.  
Clinico-Pathological analysis of malignant eyelid and adnexal tumors presenting to a tertiary eye hospital of eastern Nepal. *BJHS*2019;4(3)10:840-844.
- 5 Karn, R.R; Singh, S; Singh, S.K. (2019).  
Awareness and knowledge level on eye health among students of government school of Udaypur district, Nepal. *International Journal of Perceptions in Public Health*, 3(4);82-86.
- 6 PR Adhikary, S K Choudhary, RR Karn, S K. Singh  
Pattern of Refractive Error among the children attending Biratnagar Eye Hospital, Nepal  
*International Journal of Perception in Public Health*. Volume 3, Issue 3, September 2019. 66-72
- 7 Sabin Sahu, Bhutia TW, Shrestha V, Singh SK, Puri LR.  
Large choroidal melanoma presenting as neovascular glaucoma.  
*GMS ophthalmology cases*. 2019;9
- 8 Sabin Sahu, Panjiyar P.  
Biometry characteristics in congenital cataract patients before surgery in a tertiary eye care centre in Nepal. *Saudi Journal of Ophthalmology*. 2019 Jul 17.
- 9 Sahu Sabin, Bhutia TW, Shrestha V, Malla T, Singh SK.  
Spectrum of ocular diseases in aftermath of monsoon flood in Nepal.  
*Journal of Chitwan Medical College*; 2019;9(30):61-63.
- 10 Singh SK, Sitaula S.  
Visual Outcome of Descemet Membrane Endothelial Keratoplasty during the Learning Curve in Initial Fifty Cases.  
*Journal of Ophthalmology*. 2019 Mar 17;2019:5921846 <https://doi.org/10.1155/2019/5921846>.
- 11 Sitaula S, Singh SK.  
Simultaneous Corneal Allograft and Contralateral Corneal Autograft: A Case Report.  
*International journal of Ophthalmology and Clinical research*. 2019, 6:102
- 12 S Sitaula , S K. Singh, A Gurung.  
Bilateral viral keratitis following corneal collagen crosslinking for progressive keratoconus.  
*Journal of Ophthalmic Inflammation and Infection* (2019) 9:16
- 13 S Sitaula , S K. Singh.  
Corneal deposition of fluoroquinolones after penetrating keratoplasty: case series.  
*Int Med Case Rep Journal*. 2019 May 8;12:151-154. doi: 10.2147/IMCRJ.S198011

## AWARDS AND FELICITATIONS:

1. Biratnagar Eye Hospital received letter of felicitation from SOS Children's Villages International and SOS Children's Villages Ithari on March 23, 2019 for outstanding contribution in Health Care and Community Development.
2. Prof. Dr. Sanjay Kumar Singh received letter of felicitation from Shishu Sewa Samiti, Biratnagar on 2<sup>nd</sup> April 2019 for contribution in the development of Biratnagar Eye Hospital.
3. Prof. Dr. Sanjay Kumar Singh received Certificate of Appreciation from Eye Care Foundation on August 2019 for contribution in reducing avoidable blindness.





## **Acknowledgments**

EREC-P, with its 2 big eye hospitals and 23 Eye Care Centres, is the largest eye care provider in Nepal. The year 2019 was again a successful year as EREC-P had been able to screen and examine more than 1.2 million people and perform 130,540 surgeries.

Vision 2020: The Right to Sight was a global initiative for the elimination of avoidable blindness and Nepal was one of the first country in South East Asia Region to commit for this. Coincidentally, as I am writing the annual report in 2020, EREC-P has screened/examined more than ten million (More than one crore) eye patients since it's inception. In this way EREC-P has been able to contribute in a significant way towards the Vision 2020: The Right to Sight initiative in the Eastern part of Nepal. At this point I appreciate the hard work and vision of Dr Albrecht Hennig who started Sagarmatha Choudhary Eye Hospital and contributed in a significant way for the development of SCEH, BEH and EREC-P. Similarly these accomplishments were possible due to strong commitment and support from all colleagues, administrative staffs, clinical staffs and other supportive staffs.

On behalf of EREC-P, I would like to thank CBM and their donors for constant support and guidance, SEE international for their support with the Intra Ocular Lenses, Orbis International for their support in REACH and Vision for the World for their support in upgrading and strengthening of optical dispensing services at Eye Care Centres and Base Hospitals.

We are thankful to Ministry of Health & Population, Social Welfare Council, Tilganga Institute of Ophthalmology, Nepal Eye Bank and for their continuous feedback and support.

I also express my sincere thanks to Lions Aravind Institute of Community Ophthalmology (LAICO), Childrens Eye Ear and Rehabilitation Services (CHEERS), Impact Nepal, Dr Shroff Charitable Eye Hospital for providing training to ophthalmologists and paramedical staffs and to London School of Hygiene and Tropical Medicine for its support in research activities.

I take this opportunity to thank many unnamed people and organization for their constant support to make Eastern Regional Eye Care Programme a success.

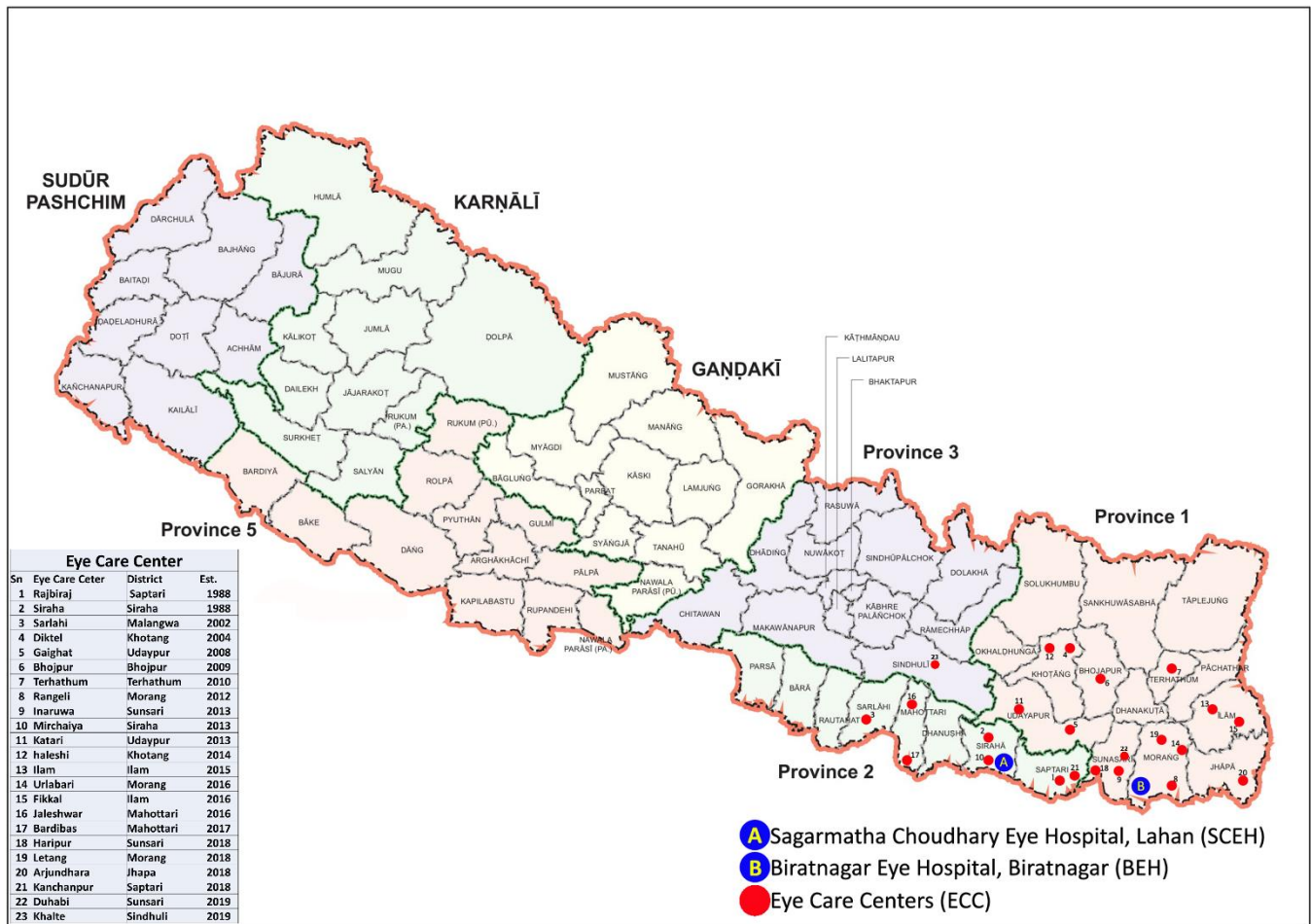
Prof. Dr. Sanjay Kumar Singh  
Programme Director  
Eastern Regional Eye Care Programme  
Lahan/Biratnagar, Nepal  
Email: [sanjay.singh@erec-p.org](mailto:sanjay.singh@erec-p.org), [info@erec-p.org](mailto:info@erec-p.org)  
Website: [www.erec-p.org](http://www.erec-p.org)  
Photo: © EREC-P







### EREC-P Centers



**Sagarmatha Choudhary Eye Hospital, Lahan-3, Siraha**  
 Email: [sceh@erec-p.org](mailto:sceh@erec-p.org) | Phone No.: 00977-33-560402



**Biratnagar Eye Hospital, Rani, Biratnagar-13, Morang**  
 Email: [beh@erec-p.org](mailto:beh@erec-p.org) | Phone No.: 00977-21-436358

