

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



## ANNUAL REPORT 2018



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# Glimpses

## World sight day



## World hearing day



## World Glaucoma week



## World disability day





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
- 21 Eye Care Centres (ECCs) in the Hills and in the Terai

## HIGHLIGHTS:

**MORE THAN ONE MILLION SCREENING & EXAMINATION  
129,994 SURGERIES**



## SCEH OPD AND SUB-SPECIALTY BUILDING

Nepal Netra Jyoti Sangh chairman Dr Tirtha Prasad Mishra and Siraha NNJS chairman Hon Mr Padma Narayan Chaudhary jointly laid the foundation stone of the new SCEH Outpatient Department and Subspecialty building in a ceremony on 4<sup>th</sup> May 2018. With the construction of this building SCEH aims to provide a comfortable eye care services to more patients in OPD in a dignified manner.



## BEH PAYING AND REFRACTIVE SURGERY DEPARTMENT

Paying unit was further upgraded and shifted into a separate building to provide personalized consultation and final examination of patients by ophthalmologists. Two modular operation theatres were constructed in the same building for cataract and refractive surgery patients. Carl Zeiss Meditec AG's MEL 90 Excimer Laser and Atlas Corneal Topography system were installed for further evaluation and use in refractive surgery. Introduction of appointment system and queue management has significantly reduced patient waiting time thus making eye service delivery more efficient.



## BACHELOR IN OPTOMETRY AND VISION SCIENCE

Bachelor in Optometry and Vision Science was started at BEH in collaboration with National Academy of Medical Science (NAMS). There are seven students enrolled at BEH for this course.



## BIOMEDICAL WASTE MANAGEMENT

Improper and indiscriminate disposal of biomedical waste and exposure to such waste cause serious threat to environment and human health. Biratnagar Eye Hospital (BEH) has started systematic approach for biomedical waste management. After implementing the system, all wastes are managed by hospital and with this, hospital is moving towards **Zero Waste Concept**. Biratnagar Eye Hospital is now pioneer hospital in Province No 1 for having proper system of Health Care Waste Management as per national and international standards. Inspired by this, other hospitals are visiting BEH to replicate the system at their hospitals.





## SURGERIES

<b>Cataract:</b>	<b>97,282</b>
Sutureless ECCE/IOL (SICS):	68,440
Sutured ECCE/IOL:	654
On children:	1,596
Phaco ECCE/IOL:	24,866
Other lens removal procedures:	1,726
<b>Glaucoma:</b>	<b>2,836</b>
Trabeculectomy:	377
Combined (Cat & Trabeculectomy):	899
Trans scleral cyclo photocoagulation:	187
Nd. YAG iridotomy:	1,245
Surgical PI & other:	128
<b>Corneo-Scleral Surgical Procedures:</b>	<b>5,746</b>
Keratoplasty:	247
Amniotic Membrane Graft (AMG):	128
Corneo Scleral Repair:	1,039
Pterygium:	3,091
Corneal Cross Linking:	53
Other Corneal Procedures:	1,188
<b>Vitreo-Retinal Surgery:</b>	<b>8,182</b>
Pars plana Vitrectomy:	2,009
Scleral Buckling:	199
Intra Vitreal Injections:	968
Inj. Avastin:	4,206
Others:	800
<b>Oculoplasty Procedures:</b>	<b>4,813</b>
Dacryocystorhinostomy:	2,307
Dacryocystectomy:	441
Entropion / Ectropion:	414
Evisceration / Enucleation:	412
Ptosis:	55
Other oculoplasty procedures:	1,184
<b>Laser procedures:</b>	<b>7,546</b>
Retinal Laser:	2,988
Nd. YAG capsulotomy:	4,558
<b>Squint:</b>	<b>88</b>
<b>Others:</b>	<b>2,152</b>
<b>SUB TOTAL:</b>	<b>128,645</b>
<b>Ear Surgeries:</b>	<b>1,349</b>
C.M.-Tplys	123
MRM:	56
Myringoplasty:	335
Myringoplasty/VTI:	3
Minors:	831
<b>TOTAL:</b>	<b>129,994</b>

## Surgeries:

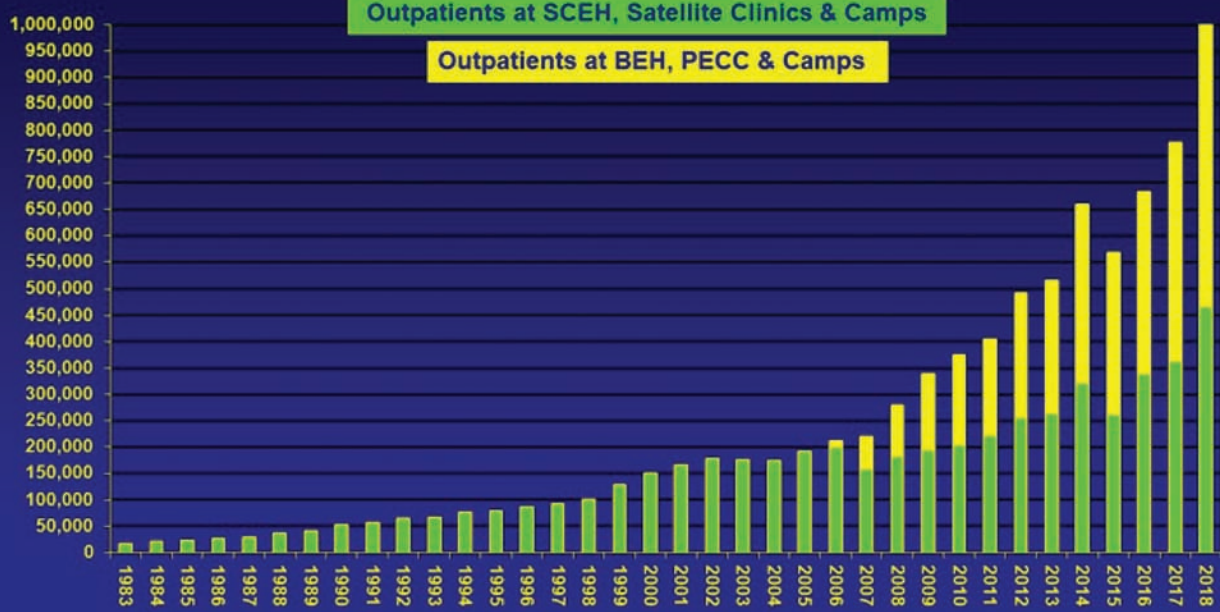
SCEH, Lahan & its Surgical Centers:	58,365
Biratnagar Eye Hospital:	69,784
9 Cat. Surg. Camps:	496
<b>SUB TOTAL:</b>	<b>128,645</b>
Ear Department, BEH:	1,349
<b>GRAND TOTAL:</b>	<b>129,994</b>



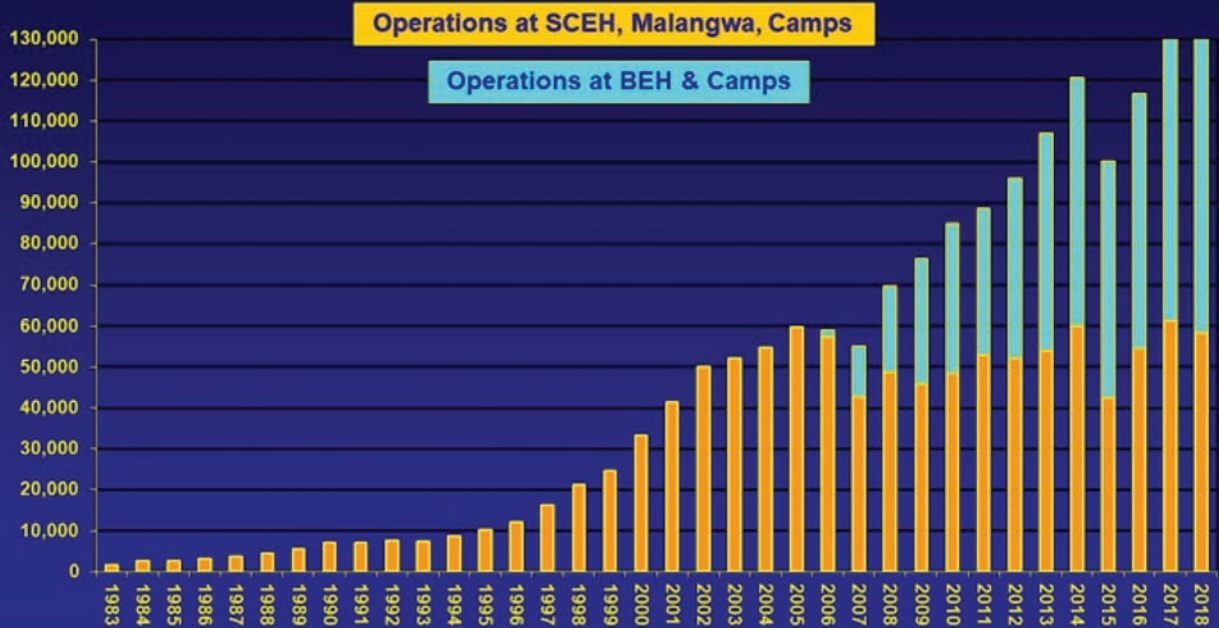
## OUTPATIENTS

SCEH, Lahan:	198,019
Biratnagar Eye Hospital:	298,653
21 ECCs:	163,452
798 Screening Camps' Patients:	195,451
9 Surg. Camps' Outpatients:	5,510
<b>TOTAL</b>	<b>861,085</b>
Ear Department, Base:	59,814
Ear OPD in ECCs:	8,160
206 Ear Screening Camp Patients:	71,462
<b>TOTAL</b>	<b>139,436</b>
<b>GRAND TOTAL:</b>	<b>1,000,521</b>

## EREC-P: Outpatients



## EREC-P Surgeries



**EREC-P since 1983**  
**8,630,720 Examinations**  
**1,673,441 Surgeries**

## SPECIAL SERVICES AT EREC-P:

### Cataract Services:

In the year 2018; 97,282 patients underwent cataract surgery out of which 24,866 were phacoemulsification. BEH has introduced Zepto capsulorrhexis technique and this technique is useful in patients with white mature cataract, complicated cataract like- intumescent cataract, subluxated lens and in cases with calcification of the capsular bag.



### Improvement in Cataract Counselling services

There have been major changes in the counselling department after upgrading and improving the services for cataract patient. New paramedical staffs with the basic knowledge of common eye problems are selected for the training in counselling. One-year

counselling training program which includes both theoretical and practical parts has been developed for these staffs.

After renovation of the unit, instead of mass counselling, individual counselling is done to the patient and attendant. Counsellors sit at their cabin with the patient and along with the help of model of eye, specimens of cataract, IOLs, tablet with video materials and simulation type software, guide patient to arrive at proper surgery for them. Patients are also shown before and after surgery changes with the implantation of lenses. Counselling improves the quality of service and builds up the confidence of patients, which in turn motivates the cataract patients to receive appropriate eye care services.



### Paediatric Ophthalmology Department

Total of 57,421 children were examined and 4,542 children underwent surgeries in both eye hospitals. Out of these 1,596 surgeries were for paediatric cataract.

BEH has started separate Orthoptics Unit with full time optometrist. In last year, 2,098 children underwent Orthoptics evaluation with Visual Therapy System v4 (VTS4). At BEH, paediatric outpatient and inpatient ward underwent changes to make them more child friendly.

Dr Pawan Shrestha, paediatric ophthalmologist joined BEH paediatric department in July 1, 2018.



### Child Sponsorship Program

A play area has been constructed and recreation toys were installed at both eye hospitals to create a child friendly environment. Play area helps to ease the stress of being in the hospital environment and motivates child to come for regular checkups. Now children can enjoy these facilities during their waiting time. The playgrounds are built with accessibility features so that children with disabilities can also access it easily.

Similarly, Vitamin-A awareness program, street plays on how to make healthy eye, FCHV training & self-vision assessment school wall painting activities were carried out under the Child Sponsorship Program.

To strengthen the referral mechanism and linking to nearby eye care center, 172 Female Community Health Volunteers were trained on primary eye and ear care.





## Cornea Department



A total of 41,779 patients were examined in outpatient and 5,746 Corneal surgeries were performed, including 247 Keratoplasty procedures (DALK-5, DSEK-23, DMEK-36, PK/TPK-174), 128 Amniotic Membrane transplantation, 3,091 Pterygium surgeries along with 745 with fibrin glue application (modified PERFECT technique). To further improve the diagnostic facilities for dry eye patients, Tear Lab which measures tear osmolarity, was installed at Biratnagar Eye Hospital.



## Vitreo-Retinal Department



In the Vitreo-Retinal Department of both eye hospitals, 42,686 patients were examined, 8,182 patients underwent VR procedures out of which 3,976 vitreo-retinal surgeries, 4,206 inj. Avastin. 2,988 received retinal laser; 22,905 received B-scan services; 2,070 received FFA services and 8,642 received OCT services. Dr Sarad Gupta and Dr Ashma Manandhar completed fellowship and joined SCEH and BEH respectively.



## Glaucoma Department



In the Glaucoma Department of both eye hospitals, 29,969 Glaucoma patients were examined and 2,836 Glaucoma surgeries were performed. 3,500 patients underwent computerized Visual Field Testing, 31 patients received HRT test. Last year, 75 (SCEH :25, BEH: 50) children underwent Glaucoma Surgery and 1,245 received Nd. YAG iridotomy service.



## Oculoplasty Department



In the Oculoplasty Department of both eye hospitals, 19,139 patients were examined and 4,813 surgeries were performed. These include 150 Endoscopic DCR, different types of orbitotomies and ptosis correction. Inj. Botox has been started for the patient with Blepharospasm and Hemifacial spasm. Ocular prosthesis unit has been renovated and equipped with modern equipment to make quality customized artificial eye. In the Ocular Prosthesis Unit, 407 received artificial eyes. 53 of these eyes were custom made. Dr. Diwa Hamal completed her 1 year Oculoplasty fellowship from TIO and joined the department from Jan, 2018.



## Low Vision Department

In the Low Vision Department of both eye hospitals, 616 patients including 143 children, with Low-Vision were assessed. Special Low-Vision Devices were dispensed to 274 patients who required devices for improving vision.



## REFRACTION AND OPTICAL DISPENSING UNIT:

### a. Quality control in Optical Dispensing Services:

A full time optometrist deputed at optical dispensing unit of BEH is responsible for overall quality control of spectacles starting from frame selection until delivery including pre-dispensing measurements. After fitting the frame, optometrist verifies spectacle power with prescription using digital lensometer and rechecks their visual acuity using LCD vision chart. Patients are counselled about spectacle care and handling. As a result, complaints of wrong power, axis tilt, bifocal segment, frame alignment etc. has decreased drastically resulting in more patient satisfaction. This year 98,223 patients have received spectacles from SCEH and BEH optical dispensing unit.



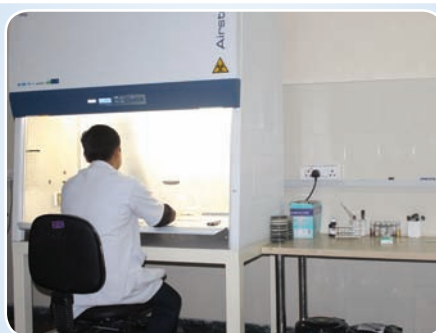
### b. CR Lens Processing unit:

BEH has upgraded glass lens processing unit into a CR lens processing unit to provide quality hard coated CR lenses. This CR Lens Processing unit produces spectacles with complex power & progressive power to pediatric & geriatric age group patients. This is the first CR lens processing unit in eye hospitals of Nepal.



## OPHTHALMIC PATHOLOGY AND LABORATORY MEDICINE

With the increasing number of patients, there was a need for good pathology department to support clinical services of hospital. Existing laboratory services of Biratnagar Eye Hospital underwent major infrastructure renovation and necessary instruments were purchased to start biochemistry, haematology, microbiology and histopathology services on a regular basis. Eleven member's ophthalmic pathology and laboratory medicine team of Biratnagar Eye Hospital includes 2 pathologists, 1 microbiologist and 9 supportive laboratory staffs. Similarly, renovations were done at SCEH and a microbiologist is recruited to further improve the laboratory services.



## EAR DEPARTMENT

In the year 2018, total of 139,436 patients with various ear problems were examined out of which 59,814 examined at both hospitals; and 79,622 in outreach activities (ECCs, screening camps and household visits). 7,142 Pure Tone Audiometry (PTA) examination and 1,349 surgeries (C.M.-Tplasy: 123, MRM: 56, Myringoplasty:335, Myringoplasty/VTI: 3, Minors: 831) were performed and 322 patients with hearing loss were provided hearing aids. Ms. Shyam Kala Limbu from Terhathum ECC has completed 1-month Basic Otology Training from Impact Nepal.



## QUALITY DEPARTMENT:

There are different systems and protocols established to monitor quality practices at various departments of EREC-P. To further improve quality of eye care service delivery and make a systematic approach, a separate quality department headed by Dr Diwa Hamal with Supervisor Mr. Amit Mehta (Optometrist) have been started at BEH from 4th Sept 2018. The quality team received six-days quality training from Dr. Shroff's Charity Eye Hospital, Delhi on August 2019. GAP analysis has been planned for the year 2019 so that the department can be further strengthened.



## 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 55,943 people underwent eye and ear screening in more than 10,000 households and 5,149 suspected cases of eye and ear impairment were referred to nearby ECC or base hospital. Spectacles were provided to 389 people, 12 people received hearing aid & 992 people with visual impairment and hearing impairment referred for surgery at free of cost. Likewise, 144 people with visual and hearing impairments were identified for rehabilitation services and among them 12 people received vocational training with the support of Ratuwamai Municipality, Morang in the year 2018 and rest are planned for 2019.



### Refractive Error Among Children

NNJS/EREC-P in partnership with ORBIS, started Nepal REACH project in Sunsari district and Biratnagar Metropolitan City from the year 2018 to 2021. The goal of this project is to reduce visual impairment caused due to uncorrected refractive error among 300,000 school-going children between 6-18 years of age. Two teams with trained Optometrist & Ophthalmic Assistant along with other paramedical staffs visit schools and perform eye examination/refraction and prescribe spectacles. Prescribed spectacles are prepared at hospital and delivered to school by the hospital staffs. Students needing detailed examination are referred to the hospital. Children receive spectacle, medicine and surgery free of cost. The program was formally launched and inaugurated by **Chief Minister of Province No. 1, Mr. Sher Dhan Rai on 30th Nov. 2018.**





## Expanding and Strengthening Eye Care Centers



Besides continuing 17 Eye Care Centres (Malangwa, Rajbiraj, Siraha, Gaighat, Diktel, Bhojpur, Terhathum, Rangeli, Inaruwa, Mirchaiya, Katari, Haleshi, Ilam, Uurlabari, Fikkal, Jaleshwar & Bardibas), 4 new Eye Care Centres were started at Haripur, Letang, Arjundhara and Kanchanpur. These centers are providing primary eye care services to the rural hills and terai population leading to early detection and prevention of blindness. Recently, 5 of these eye care centers (Ilam, Rangeli, Inaruwa, Rajbiraj & Malangawa), were upgraded with modern equipment like Auto Refractometer, Auto lensometer, Air Puff Tonometer and connected with Tele Ophthalmology. Monitoring of the centers have been improved by connecting them with CCTV and installing Bio-metric attendance system.



## Surgical Eye Camps conducted in hilly areas of 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 9 different locations Khotang (2), Bhojpur (2), Terhathum (2) and Ilam (3) district. In these camps, 5,510 patients were examined, and 496 sight restoring surgeries were performed. These camps were conducted in the district hospital in partnership with local governmental hospital, 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 hospital. 1-month followup of operated patients were done at camp site.



Many other various camps (Diagnosis Screening and Treatment Camps, Home Visit by field workers, School Screenings, Pediatric Camps, Diabetic Retinopathy Camps) were conducted in which 102,257 patients examined.

## Details of outreach activities by SCEH, BEH and its outreach centers:

Camp type	No of camps	No of Patients
Surgical Eye Camp	9	5,510
Surgical Eye Camp's Patient Operated	9	496
Diagnosis Screening and Treatment Eye Camps	258	41,634
Diagnosis Screening and Treatment Eye Camp's patient brought to hospital and operated	258	6,410
REACH	51	30,308
School Screening	373	57,066
Pediatric Camps	20	4,934
Diabetic Retinopathy Camp	10	781
Workplace Camp	1	33
Eye Examination by Mobile Bus in 2 districts	85	2,661
Eye Examination by Home Visit (COR team)	13,875	58,045
Ear Camp	206	12,521
Ear Examination by Home Visit (COR team)	13,353	55,943

## EYE HEALTH EDUCATION:

### Community awareness about eye and ear health

Fortnight Eye Health Education Program and Jingles on Cataract, Glaucoma, Corneal Ulcer, Retina, and Childhood Blindness 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 health posts /sub health posts.

To enhance the awareness on pediatric eye health at schools, society and community; various activities were performed like wall painting in 100 schools along with self-vision assessment chart. School drama and sensitization program for children, parents & teacher were organized in 37 schools. Similarly, drawing competition on eye health was organized in 50 schools. Health Education department provided training on Eye & Ear health to 420 Female Community Health Volunteers (FCHV) and 22 School teachers.



## FREE SERVICES TO PATIENTS:

A total of 6,906 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 back ground arriving directly at SCEH and BEH received a support worth of NPR 32,514,443 in their examination, surgeries, spectacle, medicine, transportation and food cost. Out of all Cataract Patients 40% surgeries were done on a subsidized package of NPR 1200 (approx. USD 11).



## HUMAN RESOURCE DEVELOPMENT & TRAINING:

Besides regular medical education in hospital, the following teaching and training activities were performed for the ophthalmologists:

### 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.

2018 Final examination of NAMS MD Ophthalmology was conducted at Biratnagar Eye Hospital. Dr Ashmita Sharma from EREC-P topped final examination. At present six resident doctors are undergoing MD residency training at EREC-P.



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

DOS course was started from 2015 in collaboration with CTEVT at Lahan Technical School. Currently 76 students are undergoing 2nd year and 3rd year of DOS training at SCEH.



## FELLOWSHIP

### Anterior Segment Fellowship

Four Ophthalmologists (Dr Jamuna Gurung, Dr Kinsuk, Dr Sajeewa Kumar Desai, Dr Manish Pandey) from BEH and One Ophthalmologist (Dr Tshering Bhutiya) from SCEH completed their Anterior Segment Fellowship this year. Presently 17 Ophthalmologist are undergoing two years Anterior Segment Fellowship at SCEH and BEH.

### Vitreo-Retinal Fellowship

Dr Ichhya Joshi completed 2 years VR-Fellowship and three are undergoing VR Fellowship at BEH.

### Cornea Fellowship

Dr Sanjeeta Sitoula, Assistant Professor from BPKLCOS completed 1-year Cornea Fellowship and Dr Anil Gurung from Geta Eye Hospital, Dhangadhi completed 6 months Cornea fellowship at BEH.

### 1 Year Optometrist Fellowship

Optometry fellowship program was started since 15th March 2018. Two optometrists in the first batch and one in the second batch joined the program at BEH.

## TRAINING

### Phaco and SICS Training

Three Ophthalmologist received 1-month phacoemulsification and 1 Ophthalmologist received six week SICS surgical training from SCEH.

### Optometrist Internship and short term training

13 Bachelor in Optometry students are undergoing 1-year Internship training at BEH and SCEH.  
6 Optometrist from BPKLCOS received short term (6 weeks) training at SCEH and BEH.

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

In 2018, 80 AHW & ANM received 6 months Primary Eye Health Worker training and 200 Staff Nurse & HA Students received 2 weeks training on primary eye care. Currently 82 AHW & ANM are undergoing 6 months Primary Eye Health Worker training.

### Optical Fitting and Dispensing Training:

3 students completed 1-year Optical Fitting and Dispensing training and 7 students are enrolled in new batch at BEH.

## MISCELLANEOUS:

### Gender Sensitization:

Gender Sensitization Training was organized for hospital staff at SCEH & BEH and at community level at COR project area. The basic terminologies used were gender equity, equality, gender mainstreaming, gender role, norms, Gender and Development. Gender Analysis was done at both the hospitals and Eye Care Center of EREC-P by external consultant.



### Child Safeguarding:

Child Safeguarding training was successfully completed at both hospitals (SCEH and BEH) where staffs from different departments and ECCs participated.





## Disability Inclusive Disaster Risk Reduction (DiDRR)

Training on Disability Inclusive Disaster Risk Reduction (DiDRR) was organized for Disaster Response team of both hospitals and nearby community people regarding disaster preparedness and mitigation with especial consideration for people with disability



## Human Resource at EREC-P:

The 801-member employees include 40 Ophthalmologists (16 consultants, 4 VR-Fellows & 20 Anterior Segment Fellows), 1 ENT Specialist, 3 Anaesthesiologist, 2 pathologists, 1 Microbiologist, 33 administrative staff, 1 Research Officer, 55 Ophthalmic Assistants (OA), 3 Anaesthetic Assistants, 29 Optometrists, 7 Pharmacy Assistants, 86 Eye Health Workers and other Supporting Staffs.

As human resource department support employees and employees are the key role player in all the aspects of hospital services, we need strong team in HR.

## WORKSHOP AND CONFERENCES AT EREC-P

### A. 12th Eastern Regional Ophthalmic:

SCEH organized ophthalmic gathering of 150 participants from 15 different Eye Hospitals in XII<sup>th</sup> Eastern Regional Ophthalmic Conference on 21<sup>st</sup>-22<sup>nd</sup> Dec, 2018. The program was formally inaugurated by Mr. Lal Babu Raut, Chief Minister of Province No 2. In the conference, total of 53 scientific papers & posters were presented by the participants.



### B. Continuing Medical Education (CME):

EREC-P organized one day CME on "Exploring the new frontiers in Hospital Management", where more than 125 health professional from different parts of the country participated. The key note speaker was Dr. Shakti Kumar Gupta, Medical Superintendent, AIIMS. Dr. R.P. Center, New Delhi. Other speakers were Dr.(Col) R.K. Chaturvedi (Retd) Ex. Director JDS Hospital, Mysore; Dr. Vijaydeep Siddharth, Asst. Professor; Dr. Vijay Kumar Tadia, Senior Resident Administrator, AIIMs and Mr. Sailesh Mishra, executive director of NNJS.



### C. Workshop on Eye, Ear and Disability: Current Situation and Future Challenge:

One-day workshop on Eye, Ear and Disability was organized in co-ordination with Social Welfare Ministry where the mayor, health division chief and administrative chief participated from Sunsari & Morang district. Chief guest of the program was **Hon. Social and welfare minister Mr. Jeevan Ghimire**. There were total 195 participants in the program.



Similarly, SCEH conducted an "Interaction Program on Eye Health" to Sensitize the local government about the eye care services, its problems & Challenges. 35 participants attended the program.



## TRAINING AT EREC-P:

1. Leadership Foundation Training: To enhance leadership skills among higher members of EREC-P and NNJS and developing the mind-set, skill-set and tool-set of a great leader; Leadership Foundation Training was given at Biratnagar Eye Hospital for 2 days from 16 August 2018.



2. Five days' long training to 15 staffs from different eye hospital on Low Vision was provided from 18 March 2018 at SCEH.





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



## RESEARCH DEPARTMENT:

A research department was established to support researchers of EREC-P to carry out and write scientific research papers. Institutional review committee was approved by Nepal Health Research Council (NHRC) on 26th Jan 2018.



### Corneal-Ulcer Research Project

SCEH in collaboration with the London School of Hygiene and Tropical Medicine (LSHTM) has started a 5-year corneal research project with the overall aim of investigating ways of reducing blindness caused by corneal infections. This corneal ulcer research project is funded by the Wellcome Trust, UK. The first phase of the study is expected to commence in March 2019.



### Rapid Assessment of Avoidable Blindness (RAAB) survey preparation

NNJS, Kathmandu organized a 3 days extensive training at BEH where 35 members survey team including Ophthalmologists of Sagarmatha Choudhary Eye Hospital, Mechi Eye Hospital and Biratnagar Eye Hospital had participated. Planning was done for RAAB survey on 2019.



## Publications:

In the year 2018, following publications were done:

- 1 Sabin Sahu, Sanjay Kumar Singh (2018)  
usher Syndrome type one in an adult Nepalese male: a rare case report.  
Nepalese journal of Ophthalmology, 9 (2) 203-205.
- 2 Sabin Sahu, Lila Raj Puri (2018)  
Bilateral simultaneous acute angle closure in an adult Nepalese woman.  
Asian Journal of Ophthalmology 16 (1) 51-54.
- 3 Sanjay Kumar Singh, Vinit Kamble  
Recent management of double pterygium: hospital based study.  
Bihar Journal of ophthalmology April 2018 page 200-202
- 4 Sitoula RP, Lamichane DH, Anwar A.  
Low dose Mitomycin C augmented trabeculectomy in advanced glaucoma.  
Post Graduate Medical Journal of NAMS 2018 18(1) 1-5
- 5 Poonam Shrestha, Sanjay Kumar Singh, Diwa Hamal, Afaque Anwar  
Awareness of eye donation among eye health workers  
Journal of Patan Academy of Health Sciences. 2018 Jun;5(1):16-21.
- 6 Rajya L. Gurung  
Case Report: Multiple Retinal Holes Secondary to Valsalva Retinopathy  
Case Reports in Ophthalmological Medicine; Volume 2018,  
Article ID 8950682, 3 pages; <https://doi.org/10.1155/2018/8950682>
- 7 Sanjay Kumar Singh, Sudhir Thakur, Afaque Anwar  
Nepal: self-reliant in ophthalmic human resources  
COMMUNITY EYE HEALTH JOURNAL | VOLUME 31 | NUMBER 102 | 2018
- 8 Lalit Agarwal T, Kshitij Aditya, Nisha Agrawal, Ichhya Joshi  
Comment on "Impact of expansion of telemedicine screening for retinopathy of prematurity in India"  
[www.ijo.in](http://www.ijo.in); 10.4103/ijo.IJO\_777\_17
- 9 Rajya L Gurung, Afaque Anwar  
Angiographic characteristics of contralateral asymptomatic eyes in acute Central serous chorio-retinopathy in an Asian population  
Asian Journal of Medical Sciences | Jan-Feb 2019 | Vol 10 | Issue 1
- 10 Rajiv Ranjan Karn, Sanjay Kumar Singh  
Study on satisfaction of patients visiting to Outpatients Department of Biratnagar Eye Hospital, Nepal  
International Journal of Perception in Public Health Volume 2, Issue 3, July 2018
- 11 Sanjay Kumar Singh, Reena Yadav and Ashmita Sharma  
A case of Descemet's Membrane Endothelial Keratoplasty in a failed Penetrating Keratoplasty  
Nepalese Journal of Ophthalmology 2018; Vol 10 (20):194-198

## AWARDS:

SAARC ACADEMY OF OPHTHALMOLOGY (SAARC) 2018 SAO Excellence Award was conferred to Prof Sanjay Kumar Singh to acknowledge his contribution to the field of ophthalmology in Nepal.



श्री राबिन्द्र लाल चौधरी, जग्गा दाता तथा अध्यक्ष सगरमाथा चौधरी आँखा अस्पताल, लहानलाई नेपाल राष्ट्र र नेपाली जनताको हित एवं प्रतिष्ठा अभिवृद्धि गर्न उल्लेखनीय योगदान पुऱ्याएबापत जनसेवाश्री (पञ्चम श्रेणी) द्वारा विभूषित गरिएको छ ।



## Acknowledgments

EREC-P, with its 2 big eye hospitals and 21 Eye Care Centres, is the largest eye care provider in Nepal. It has been constantly performing more than 100,000 surgeries every year since 2013. Patient number increased in 2018 in both eye hospitals. Altogether 1,000,521 patients were examined and 129,994 surgeries were performed. New “Cataract department”, “Ophthalmic Pathology and clinical Laboratory medicine” were started at BEH and Cornea transplantation service was started on a regular basis at SCEH. Four new Eye Care Centers were established, Comprehensive Eye Screening was initiated in Out Reach activities to further improve quality of eye examination, REACH program and COR was started to widen the reach of EREC-P to community people. Similarly, few sensitization program were done involving the government stakeholders.

Since the very beginning EREC-P has aimed to provide quality eye care services to the poor people at an affordable cost. There is a direct relationship in between the good quality of eye care services and the increasing quantity of recipients. Quality is not an act but it is a habit of the team. Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives. Ongoing construction of Outpatient building at SCEH is expected to further improve quality of OPD services at SCEH. Despite practicing efficient community ophthalmology, EREC-P constantly tries to improve quality of eye care services and has taken a step forward by establishing a separate quality department at BEH.

Achievements of EREC-P 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 throughout the year. We are thankful to Orbis for supporting REACH project in the Sunsari district and Biratnagar Municipality and helping in capacity building. A lot of thanks to Vision for the World for their support in upgrading and strengthening of optical dispensing services at Eye Care Centres and Base Hospitals.

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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**

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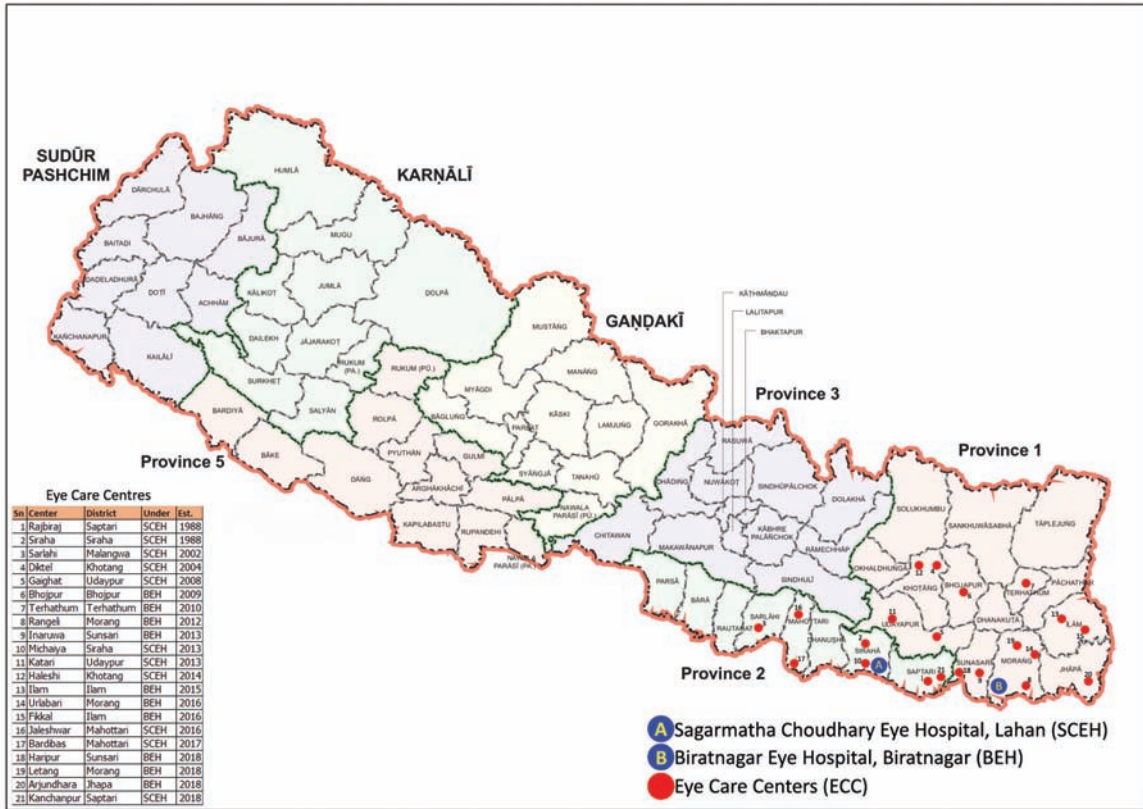
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# EREC-P Centers



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