



# **Kwale District Eye Centre Bi-annual Report January – June 2009**

## **Glaucoma numbers still high**

Last year we reported that the number of people detected and treated with glaucoma had tripled. This trend continues.



**Glaucoma screening in the field**

## **Albino awareness**

More than 300 people with albinism



gathered in Kwale town to advocate for their rights

Perhaps Beja has more chance of a normal life

## **New cataract surgeon**

Lillian Nyaboga spent six months with us while training.

She passed her final exams and began full time work with us in May



**Lillian at work**

## **Accreditation from NHIF**

KDEC has been recognised as a provider of quality eye services and granted accreditation by the National Hospital Insurance Fund.

This means that patients can reclaim some of their costs

# Disease Prevention

Glaucoma is the second commonest cause of blindness in Kwale.

With our rebound tonometer we can check eye pressure painlessly and quickly in the field. Because of this we are identifying more glaucoma sufferers earlier in their disease.

Last year we reported that we tripled the number of people who had surgery for glaucoma to prevent them from losing vision. Our surgery numbers this year show that this trend continues.

This shows how important it is to have portable, accurate and easy to use machines backed up by good community based work and quality surgery

## Networking

### Too weak for surgery

Mnyazi was born blind due to cataract. He cannot have sight restoring surgery as he would almost certainly not survive the anaesthesia.

This is where our networking with government and NGOs comes in.

We referred him to the government District Nutritionist, who admitted both mother and son and supplied fortified nutrition to build up his strength.

As we write this Mnyazi remains blind, but he is gaining strength.



We soon hope to be reporting a similar success story to that of Rai, next column, who has many new friends at his school.



Rai ready for his first day at school



Rai, who was born blind with cataract, featured in our last report as he set off to nursery school. Here he is with some of his new friends.

## Advocacy and Human Rights

People with albinism can experience terrible lives in East Africa. They are outcasts and may even be murdered and their body parts used in traditional rituals

KDEC, Verkaart Foundation and The Albinism Society of Kenya got together to have an awareness day. This was to encourage the community to accept them as normal members of society.



The all albino dance troupe from neighbouring Tanzania encourage people with albinism to be happy to be alive

## Mishe leaves darkness

Everything was fine with Mishe until two years ago when her eyesight started failing.

She assumed that the problem would cure itself. She certainly could not afford time away as, like many grandmothers in Africa, she was full time nanny for her six grandchildren.

When darkness finally engulfed her and she could no longer cope with the children, Mishe made up her mind to seek help.

She was led to a screening in the community by KDEC and bussed to the Centre for surgery.

She was so delighted to be able to see again after the surgery that she could not stop talking about it!

She could not wait to get back to her grandchildren who had probably been getting away with all sorts of things since she had been gone



**Mishe: keen to get back to her grandchildren now that she can see**

## Working with families



For rehabilitation to work, family members have to be intimately involved. Edith does not see well with her left eye

Here we see Edith's mother applying an eye patch to her child and stimulating her lazy eye by showing her colourful objects. She needs to spend at least an hour each day doing this.

## Eye Camps

In Kenya most people travel to see their relatives at Easter. Not so our hard working team who were traveling to Taveta, some 150kms away to restore sight.

So, while most people were enjoying a break with their relatives, our team saw over 1,000 people and operated on 100.



# Msila sees light

Msila was screened at another of our field camps.



He was 70 years old and walked for 3 hours to reach us.

He was blind due to cataract but he also had glaucoma.

The combination of high pressures and dense cataracts raised serious doubts about the success of surgery.

Knowing the chances of seeing again were small, Msila bravely had combined surgery (for cataract and glaucoma) on his left eye.



The patient's smile speaks for itself.

Now he could see his grandchildren, walk around his farm and count his chickens

One of the team later reported 'When we left him he prayed for us and asked God to give us good health and healing in our hands to help more people like him'.

## Green Centre

KDEC has been awarded "Carbon Zero" status after a carbon balance audit by co2balance Kenya



Rehema shows kitchen staff how to use the new carbon friendly cooker donated by Co2 balance Kenya.

## Other improvements

- ◆ Patient shower
- ◆ Roof repainted



As well as making the roof last longer, the repainting guarantees visibility from space as seen on Google Earth!

## Staff & Training

Many people visit Kenya to relax, soak up the sun on serene white beaches or go on safari to see the Kenyan countryside and wildlife.

For one team of German Rotary Volunteer Doctors, however, their holiday was business as usual.

Prof Schuette, Oliver, Fanny and Prof Krizok at work



Training for staff was done during this visit. Included was a post-graduate student from the University of Nairobi on practical attachment at KDEC who was very privileged to receive training from the visiting doctors specialized in different fields in ophthalmology.

Brian had his squint corrected. Now his eyes are straight and he won't be teased at school



## Visitors to the Eye Centre

- J. Benzimra—UK
- John & Vivi Marshall
- Tillmann, Annelie Brandenburg & Brigitte
- Prof. Krizok, Fanny, Dr. Schutte & Prof. Schutte—Germany
- Mary Moon & Helen Knighton, UK
- Anderson Murithi, Ukunda
- Junglas Willi—Munchen, Germany
- Helen, Flavian & Helmut Gunther—Germany
- Mrs A. Dodds, Mrs. J. Dean—EFEA(UK) Trustees + Dr. R. Humphry—Honorary Ophthalmic Consultant, EFEA(UK)



Jim Crow, EFEA(UK) Trustee visits KDEC at his own expense. The 'CEO' as he is jokingly referred to spent seven weeks helping with management procedures and giving advice to KDEC

- Ursula Fendt - Rottenbucher, Germany
- K. Cutler - St. Andrew's Senior School, Turi
- John & Shirley Baker—North Wales, UK
- Dr. E. Schuster—UK
- Braeburn International School Mombasa—Year 5 pupils
- S.P. Mwiathi—District Development Officer, Kwale District
- F. Beasley—France
- R. Alfani—CDA Matuga
- T. van Aken & Nienke, Verkaart Development Group
- Bob Miller—UK (return visit)
- R. Frick—Germany
- Diani/Ukunda Epilepsy clinic staff
- Tronpish Eva—Ukunda
- C.Helmeri, Diani
- Ms. F. Versi

## Fundraising & Publicity

### Safaricom Diani Rules 2009

Despite the global economic crisis, the 2009 Safaricom sponsored Diani Rules raised a total of Ksh1.7million (Approx. US\$24,300) for eye care.



“Behind every successful man, there is a woman” - The women behind the Rotarians, the Inner wheel Club of Mombasa present a cheque to Dr. Roberts

- Jitu & Deepak, Hindu Ramsena, Mombasa
- Dr. K. Freudenberg—Germany
- E. Hagemann—Germany
- S. Mdune—Mombasa
- K.Akolo, VSO—Nairobi
- James, Nancy & Mary, SSI, Nairobi
- K. Mwasi & L.A. Maina—Airkenya, Mombasa
- D. Dean & M. Baker—London
- Mr. & Mrs. Hetterling—Germany
- M. Ali—Madrassa Resource Centre, Mombasa
- Mr. & Mrs. Alward & Erin—USA



‘Doing our bit for sight restoration’ was the message from these participants



Safaricom team take to the waves



Members of the Medical Practitioners & Dentists Board with Dr. Roberts & Rehema after their assessment visit. KDEC seeks recognition as an official training centre for eye care personnel

### Visibility at the Likoni ferry channel

KDEC took advantage of the newly commissioned giant LED advertising screens at the busy Likoni ferry which links Mombasa to the South coast by displaying a 30second advert showing where we are and what the Eye Centre provides .

### Diani Beach Touch Rugby

20 international teams played touch rugby on the beautiful sands of Diani Beach in April to raise money for the eye centre.

Many thanks to George Barbour of Ali Barbour & Forty Thieves restaurant, who organised the event which was aired on DSTV.

## Statistics 2009

Activity	Target (2009)	Done (Jan-Jun 2009)
<b>Eye Care</b>		
Patients seen at KDEC	9,100	4,746
Operations	1,840	1,060
Of which how many were IOLs	1,300	807
Of which how many were blind in both eyes		145
Glaucoma Operations	100	60
<b>Community Work</b>		
Awareness Creation Meetings	220 reaching 20,000 clients	117 reaching 13,154 people
Rural Health Worker's follow-up	30	0
Women Groups	18 reaching 270 people	10 reaching 151 people
Village Health Committees follow-up	38 reaching 570 people	15 reaching 224 people
Outreach clinics	130 reaching 9,100 people	86 reaching 5,414 people
School awareness meetings and screenings	24 reaching 4,800 children	6 reaching 1,493 children
<b>Low Vision / Education</b>		
New Cases found	65	28
Integrated into mainstream education i.e. pre-primary, primary & secondary	50	11
Primary schools visited	20 reaching 160 teachers	0
Community meetings held	40 reaching 2,000 people	14 reaching 1,044 people
Follow-up low vision cases	160	85
<b>Rehabilitation</b>		
New Cases found	55	32
assessed (initial)	55	22
No. followed up (trained visually impaired persons)	100	61
Given home based training	75	8
Community meetings held	50 reaching 2,500 people	13 reaching 1,156 people
<b>Deaf Blind</b>		
New cases	10	5
Assessed	30	6
Provided with Rehab services	25	0
Training of Deaf/blind families	25	0