



## A word from our Medical Director

Happy New Year to all the Friends of the Eye Centre. One of the main reasons that avoidable blindness is so frequent in Kenya is that it is difficult to reach the people who most need eyecare.

The recent creation of government-led community units is very exciting as this is a serious move by the government to address primary health care.

These volunteers are each responsible for the basic well-being of 20 households; a real grassroots approach. Our role is to train both these volunteers and the health workers overseeing them in basic eye health. We do this using our salaried community based workers who then mentor the groups to enable an eventual handover of some of their roles. To enhance field referrals there are some very clever new developments on mobile phone apps, the PEEK ( Portable Eye Examination Kit) which can transmit an accurate image of the eye layers from a mobile phone in the hands of a community volunteer to an Eye Doctor at base or even abroad, without anyone moving! This will help us enormously in detecting and managing Eye Disease and we look forward to getting our hands on these.

Back at the main base we are up to target. The presentation of diabetics this year has been disappointing and we need to work harder on both public awareness and coordination with general medical clinics to enable more sufferers to reach us in the earlier stages of their disease.

The treatment of children with our visiting anaesthetist each month continues well. As you can imagine the challenge with these children, is following them up to ensure that they get the very best possible result from their surgery.

Our new Clinical Officer, Albert, has seized the job and proven his worth on all fronts. Training, perhaps the most important part of our work in terms of national eye care for the future, of both our own and government staff is ever ongoing.

In Taita we have had to revise our target upward for patients presenting to the clinic, which is an indication that we are becoming more known and trusted in the area.

We hope you enjoy this brief report of our work so far this year. Thank you for your support and best wishes.

-Dr Helen

## Other News...

### Strategic Planning 2014- 2019

For the Eye Centre to continue to move forward and meet its objectives our strategic plan was updated to reach further into the future. A five year strategic plan was developed to help us set and achieve our goals for the near future.

This was done with the support from  
Sight Savers International.



Stakeholders attend the strategic plan meeting at the Eye Centre.

### Tuesday Eye Clinics at the KDEC Charity Shop

The Charity Shop in Diani transforms into an eye clinic every Tuesday. Luciana one of our Trustees was really surprised by her visit to the KDEC charity shop:

***“I bought the most fabulous pair of prescription sunglasses! They were exactly what I wanted and half the price of Nairobi shops.”***

Isn't it great that the Eye Centre exists to help people like me but also poor marginalised folk who are needlessly blind .Since the clinic started a year ago a lot has changed. The residents can't wait to get the quality service offered by Dr. Helen and her staff.

The number of people visiting the clinic has grown tremendously. It is my pleasure to see KDEC continue to serve our community.



Robert, our dispensing optician, in Diani Clinic.

### Taita Taveta Eye Clinic

Our Taita satellite clinic serves clients from our neighbouring Taita County.

Although Taita Clinic provides a range of ophthalmic services, it could be expanded and the equipment improved to give a more comprehensive service.



Dr Helen, Taita staff and patients take a photo after surgery.

# Other News...

## Optical Shop

We are proud to announce that the KDEC optical shop produces an average of 1,500 spectacles each year! Many are beginning to realise that KDEC can not only test your eyes, but can also make your spectacle lenses and fit you out with either budget or designer frames!



Robert fits progressive glasses.

## Surgical Camps

This year we operated in the field in Lunga Lunga (just north of the Tanzanian border), in Taita, Taveta and in Voi. Donors support these surgical camps and it gives us more opportunity to achieve our vision; no needless blindness.



Patients from the Lunga Lunga Surgical Camp

## Training

Albert, our Clinical Officer, trains community health workers on basic eye anatomy. This Training was done with existing Government community units. After the training they can treat basic eye diseases, give advice, and send to us when necessary to ensure the referral system from grassroots is strengthened.



## More Training....



Training surgeons is vital to Kenya's future. Here Albert learns the skills of micro surgery.



Dr Sarah Lucie during her visit in the clinic trains Caroline at the slit lamp.



Dr Vogel during his visit joins our screening team to screen patients at the Likoni ferry.



A community health worker measures vision in his village.

# Eye Go Game Spotting (EGGS)

## Highlights from the Annual E.G.G.S

EGGS (Eye Go Game Spotting) is an annual fundraising event for KDEC. Eye Go Game Spotting (EGGS) requires sight and a beautiful Wildlife Sanctuary in which to photograph animals, birds, trees and plants.

Lucky Iain Leckie of Lions Bluff Lodge has these, so he, together with David Maina, his manager, and Willie Mwadilo from Sarova Taita Hills Lodge created a fun fundraising event in Taita Salt Lick and Lumo Community Wildlife Sanctuaries.

This was done to raise awareness of these precious areas and to improve the lot of the community who donated 125,000 acres of their land to create the Lumo Sanctuary. This year Toyota Kenya took on the main sponsorship of Eye Go Game Spotting (EGGS).



# Other News...

## Standard Chartered Bank Marathon

KDEC staff took part in the Standard Chartered Bank Marathon. This is an annual event in Nairobi initiated by Christoffel Blinden Mission and Standard Chartered Bank. Participants run to raise funds to support children who cannot see. Kwale District Eye Centre is among the beneficiaries and many children have undergone surgery to restore their sight as a result.



**Mother happy after her child has undergone surgery funded by Standard Chartered Bank.**

## Eye Go Fishing

Fishing at Mtwapa, north of Mombasa, to raise funds through Eye Go Fishing. Not many fish were found but a fun day was had by all and thanks to Liaison Insurance and Captain Andy's Fishing a total of Kshs 560,000 raised.



## Work Anniversaries



## Patient Stories

### Albinism: Parents training was an ‘eye opener’ for one parent of a child with albinism.

Mr. Tsuma is blessed with 3 albino children in their early twenties. The family lives near the border between Kenya and Tanzania, an area known as Lunga Lunga.

Mr Tsuma attended training for parents of children with visual impairment. The training offers the opportunity for parents to share experiences and give each other psychosocial support. The father opened up and explained how he married off his 2 daughters. He was not able to ask for anything as a dowry. ‘I just thought it was good luck that someone wanted them, no one would ever agree to marry them, so I gave them away for free’.

Mr. Tsuma comes from a community that has strong traditional attitudes about marriage. No one would marry off his daughter without receiving cattle and other goodies in exchange, so for him his albino children were different, ‘not deserving’. He believed that his children were bewitched.

The other parents listened with empathy and advised him to value his children and see them as normal. One lady explained ‘they are normal children, only their skin is different’. Our vision therapist explained that genetic factors lead to bearing children with albinism and that they are normal human beings, and entitled to all human rights. Mr Tsuma was happy to hear this and promised to explain to his sons-in-law.

He shyly suggested ‘I’ll see if he can give me something in line with our traditional practices so that he values both my daughters and their marriages.’

He thanked KDEC for organising the workshop.

***“I have made many new friends and I feel less alone.”***



**kwale district  
EYE CENTRE**



**Mr Tsuma (right) with our  
Community Based Worker, Hamadi**

## Success Stories

### Meet some of our Patients

Agnes Matano came all the way from Samburu (a far off area from our Eye Clinic). We met her during our eye screenings in the field. When she learnt that her condition was reversible she was very keen to have something done



Yusuf came to the Eye Centre after being identified by our community based worker in the field. A farmer; his life was unbearable after he lost his vision. After surgery he promised to bring maize for the staff to eat as he was now going to work even harder in his farm.



This is Kazungu who was injured with a stick by a friend during play-time. He became blind in one eye due to cataract. After receiving surgery at KDEC he regained sight in his injured eye!



## More News

### Successful Cataract Surgery

Mwanakombo Athuman 54 years and a mother of three came to our hospital in May 2014 complaining of itchiness and poor vision in her right eye. She was so shocked after diagnosis when the doctor told her she has dense cataract in her right eye. The thought of surgery made her shiver. After thorough counselling she accepted to have surgery done. When doctor had removed the cataract and asked staff to help her off the bed she remarked: ***“Is it done already?!”***

When her pad was removed she hugged the doctor thanking her as her vision was good. She couldn't wait to get home and pass on the good news to her family. Her husband accompanied her during the review clinic as a sign of his appreciation. She has successfully finished her clinics and she is completely healed. She was so happy and promised to bring presents to the Doctor who performed her surgery. Being an active member in the community women group, she has referred several patients and wishes the Eye Centre to continue moving forward serving people with eye problems.



**Mwanakombo**

### Chairman's Report: Johnno Beakbane

I have been the Chairman of Kwale District Eye Centre for several years now. I have seen it grow to where it is at the moment. With a team of expertise from my board we have implemented strategies with the support of the management committee and staff, and have lived to see the changes bear fruit.

The KDEC board has been trained in governance to add to their skills. As a result of the training, the committee decided to change the way that KDEC was run to a more universally recognisable structure by having a Board and a Management team with clear and separate responsibilities.

We invite suggestions from all who would love to see the Eye Centre move forward. We get feedback from various sources which is assessed and implemented as necessary. The KDEC strategic plan was revised for years 2014-2018 and implementation has started in all areas. The world in which we live is rapidly changing. The Board feels that positive steps taken towards greater self-sufficiency is essential for survival. By the end of 2018 KDEC's goal is to achieve 70% self sustainability.

Last but not least, I must show my appreciation of the work and services provided by our excellent staff. Without their dedication and hard work there would be no KDEC. The staff we have at the moment are the best and most responsible that I have seen during my tenure as Chairman. This has all happened under the aegis of Dr Helen. You must be very proud. Thank you.



# Annual Statistics 2014

Activity	KDEC BASE			TAITA CLINIC		
	Targets	2014 Totals	2013 Totals	Targets	2014 Totals	2013 Totals
Patient Visits	13,000	12,878	11,701	1,400	1,809	1,624
Patients seen in field	8,000	5,056	8,789	1,000	836	968
Total Operations	1,300	1,387	1,366	115	141	78
Cataract surgeries	1,000	1,079	1,006	100	131	66
Glaucoma Surgeries	70	47	69	5	0	4
Other Surgeries	300	259	229	10	7	8
CBW Referrals (Community based workers)	900	408	617	n/a	n/a	n/a
Retinal Laser	50	40	45	n/a	n/a	n/a
Child Surgeries	80	71	72	0	0	0
Distance Glasses	1,500	1,528	1,539	100	62	96



THANK YOU ALL FOR YOUR HELP AND  
SUPPORT THAT ENABLES US TO KEEP GOING!

## Contact Us

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**EYE CENTRE**

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