



# Kwale District Eye Centre

July – December 2006

## HIGHLIGHTS

- Improved KDEC access for elderly and infirm patients
- Prolonged major floods disrupt all aspects of our work
- Large print exam papers allow low vision children to sit exams for first time
- Rehabilitation a success with income generation scheme

## Another barrier falls

A three wheeled 'tuk tuk' vehicle, known within KDEC as 'the Eye Pod', brings patients from the main road, 800 metres away, to the eye centre.

Many people are too elderly and frail to walk almost a kilometre in the heat of the day to and from the Eye Centre.

Patients are



delighted that another barrier to reaching us has been overcome and more people are able to get help.

## Excessive rains cause flooding in Kwale District



Our field team struggles to reach patients

## Blind children integrated into pre-school education



and 23 children with partial sight were integrated into mainstream primary education

## Community Based Programme

This year our work was affected by extreme weather conditions.

The year began with such bad drought and famine that relief food was being distributed.

Of course, eye problems were less of a priority.

When the rains began in April, everyone was happy and started to plant their much-needed crops.

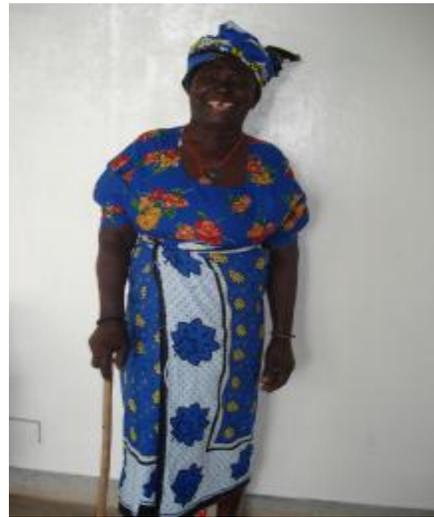
The rains however did not stop. By October, flooding brought the District to its knees. Kwale District became accessible only by helicopter, and people lost not only their crops, but also their stores harvest, homes and, occasionally, their lives.

Field activities came to a halt as vehicle got stuck or met roads which had been washed away on their way to offer eye services.



The patients who were able to reach help could

not hide their joy when they could see again after having their cataracts removed.



This lady's smile says it all. She can see for the first time in many years after her cataract

## Low Vision

Despite the challenges faced during the year, remarkable milestones were realised. One blind child was integrated into pre-school. Four children with low vision sat for Kenya Certificate of Primary Education (KCPE) exams, of whom two took the exam in large

print for the first time in Kwale District.



A boy with visual disability prepares for exams

## Rehabilitation

The emphasis in rehab focussed on assessment and follow up of those people who had been previously identified as needing help.

This was helped along by involving the community organisations in progress of these visually disable people. Most importantly, of the 42 beneficiaries of grants dispensed in 2004/2005 for income generating activities, 30 have flourished and are doing well.

### Back to the farm

Only 45 and a single mother of three, Chizi has been blind for two years. She reached Kwale District Eye Centre too late to save her sight.

She was driving her loving family to distraction as she became a nuisance around the house. She fell over the bucket of water which had taken her sister two hours to collect. She wasn't used to doing nothing, she had always been very hard working before she lost her sight. Her love is her shamba and she used to go out as early as possible in the morning to dig the fields, plant and weed her vegetables. She kept the family well fed this way.

But since she became blind, she sits in a corner, feeling useless and dejected.



Here we see her making tea during training at the Eye Centre

The family scoffed when our rehab officer boasted that he could teach her to farm again. But Chizi learnt fast. First she had to learn how to get around using a white cane. Soon she was able to visit the toilet on her own and carry out chores such as sweeping, and washing dishes, and even lighting fires and cooking.

Chizi is no longer to be found sitting in her corner. She is out on her shamba, singing about how happy she is to be able to live independently, even if she can't see.

## Eye Camps

Many patients benefited from our outreach activities and 462 had sight restoring cataract surgery.



The smile of a man who has just regained his sight after many years of blindness

Our thanks go to the sponsors of these camps for their efforts to make this a reality.

## Infrastructure

- Eye Pod and surgical instruments donated through EFEA(UK)
- Ultrasound cleaner for cleaning surgical instruments in theatre by ProOptic Medizin-technik in Germany
- Sterilizer by Silver Lining
- Mobile operating microscope

## Staff

- ◇ We continue to offer 5-month attachment for students from the medical training college in Nairobi. 2 students trained in 2006.
- ◇ Low Vision Assistant upgraded



Annie Galway, a visiting Optometrist from Ireland, watches as Nzirani, our Low Vision Assistant, learns to measure the angle of squint.

- ◇ Team building-sports on the beach



## Fundraising & Publicity

**World Sight Day – 12th October 2006 with new ideas**

This year we visited schools to create awareness about the challenges faced by people with visual disability.



Blind hopscotch

**Liaison Eye Go Fishing Competition in November on the North Coast raised a record Ksh402,800/- (around US\$5,370/-) This year we had a sponsor, Liaison group (IB) Ltd.**

Gil Parry, David's widow, was visiting Kenya and presented the David Parry Memorial Trophy to the winner



Gil Parry presents the Eye Go Fishing trophy

## Website

**Eye Give** – A new fundraising project which, unlike some other distance giving plans elsewhere, allows individuals to make donations for specific items or services to help patients at KDEC.



Beneficiary of Eye Give – child born with cataracts

## Visitors to the Project

- ◇ S. O’Gorman & P. McKenzie – East African Womens League
- ◇ M.H. Mlingo – Kwale Deaf/Blind Unit
- ◇ Mr. & Mrs. T. Mehl
- ◇ I.S. Mwinyi – Kenya Red Cross – Kwale
- ◇ Mr. & Mrs. S. Dodds and family
- ◇ M. Otsieno – Safaricom Foundation
- ◇ Kenya Ophthalmic Programme team
- ◇ R. Condon
- ◇ P. Beja – Standard Newspapers
- ◇ W. Phillips – British Columbia, Canada & M. Ambajo, CIDA, Nairobi
- ◇ E. Kala & E. Wekesa – Trans World Radio
- ◇ L. Aritho & J. Murumba – Sense International (EA)
- ◇ Dr. C. Owino – Moi Teaching & Referral Hospital, Eldoret to learn small incision cataract surgery
- ◇ Mr. W.A. Nyangweso – District Education Officer, Kwale
- ◇ G. McBride and A. Galway - Ireland
- ◇ Mrs. J. Dean, Mr. J. Crow and Mrs. A. Dodds – EFEA(UK) Trustees
- ◇ D. Ward & L. Makuyu – CBM Regional office, Nairobi

- ◇ A. Kachila & T. Mulwa - Liaison Insurance Brokers



Geraldine McBride, a visiting Optometrist from Ireland, measures a child’s vision

- ◇ Z. Rashid – Low Vision Project – Kikuyu Eye Unit
- ◇ Dr. V. Nzomo – Coast Provincial General Hospital, Mombasa
- ◇ Familie Rehfish – Germany
- ◇ P. Bwayo – Chairman, Rotary Club of Diani
- ◇ J. Opie – Kingswood School, UK
- ◇ M. Kieti & T. Mboya – Kenya Union of the Blind, Nairobi
- ◇ B.W. Kamuti – Portreitz Medical Training College
- ◇ Mr. & Mrs. A. Vonlanthen – Austria
- ◇ Mr. & Mrs. H. Schlecht – Germany
- ◇ Sr. Assuntha – Likoni Catholic Dispensary
- ◇ L. Zarins – SSI UK office
- ◇ M. K. Kishasha – Medical Training College – on followup of trainees
- ◇ Mr. & Mrs. M. Foster
- ◇ E. Alwand – USA – for case study on Glaucoma in Kwale District
- ◇ Mr. & Mrs. Feldkircher
- ◇ Dr. S. Vogel
- ◇ W. Gindorfer and R.Fuechtenbuesch from ProOptic, Germany

## Donors 2006

Africaonline  
Anonymous  
Anonymous 2  
Austrian Red Cross  
Baraka FM  
Ms. B. Schlecht  
Barclays Bank of Kenya  
Braeburn Mombasa International School  
Christmas Trust  
Christoffel Blindenmission International



Consolidated Bank management board presenting a cheque at KDEC

Consolidated Bank Ltd  
Dark & Light Blind Care  
Dr. Borgreffe  
East African Women's League  
EFM and Star Foundation  
Eyes for East Africa (UK)  
Fleet Rotary Club  
Funzi Furniture Spoon  
Mrs. Chinchirini  
Imperial Bank Ltd  
Kenya Ferry Services  
Kijani Kenya Trust  
Lions Club of Mombasa Central  
MEAK  
Mambrui Welfare Group  
Mombasa Womens Association  
ProOptic Medisintechnik  
Ramsena

Mr. R. Van Vleet  
Mr. S. Murtaza  
Radio Rahma  
Safaricom Foundation  
Sight & Life International  
Sight Savers International  
The Aga Khan Hospital, Mombasa  
The Hootenanny  
The Inner Wheel of Mombasa  
The Standard Media Group  
Mr. T. Becnel  
Nation Media Group  
Top Shop  
Tsavo Power Company  
Van der Haar Family  
Verkaat Foundation  
Ms. V. Ekin  
Vonlanthen Family

... and many others, all of whom we thank.

## Sources of Income 2006

Christoffel Blindenmission International	23%
Sight Savers International	22%
Patient Income	14%
Donations Worldwide	34%
Fundraising (local)	7%

## To contact us

Please note our change in postal address

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Postal address:  
Kwale District Eye Centre,  
P.O. Box 901 - 80100, Mombasa.

## Statistics

Activity	Target (2006)	Done (2006)
<b>Eye Care</b>		
Patients seen at KDEC	10,200	8,217
Operations	1,840	1,797
Of which how many were cataracts	1,500	1,423
Of which how many were blind in both eyes	500	317
<b>Community Work (CBP)</b>		
Awareness Creation Meetings	240 reaching 20,000 people	245 reaching 21,351 people
Village Health Committee followup	42 reaching 630	42 reaching 588
Women Group followup	20 reaching 300 people	24 reaching 366 people
Community Workshops	6 reaching 150 people	6 reaching 99 people
Outreach clinics	130 reaching 11,050 people	137 reaching 9,407 people
Cataracts referred through CBP	1,200	647
<b>Low Vision / Education</b>		
New Cases	60	54
Integrated into mainstream	40	23
Primary schools visited	50 reaching 400 teachers	36 reaching 374 people
Community meetings held	40 reaching 2,000 people	39 reaching 1,883 people
Follow-up	80	77
Training of Parents of visually impaired children	20	15
Training of primary school teachers	15	12
Followup of Ministry of Education officials	10	7
<b>Rehabilitation</b>		
New Cases	60	47
No. Assessed (Started)	60	72
No. followed up	100	122
Community meetings held	50 reaching 2,500 people	55 reaching 3,771 people
Home based training for irreversibly blind persons	60	46
Rehab training for irreversibly blind persons and carers	50	42