



Kwale District Eye Centre

Bi-annual Report

January – June 2008



Blinded by Vitamin A deficiency, Rashid ‘the aspiring lawyer’ beats all odds



Safaricom Diani Rules proceeds break all time record. Here blind-folded players attempt to throw a ball through the map of Africa



Standard Chartered Bank Ltd Nairobi Marathon supports children like Umazi, born blind with cataract



**Glaucoma detection rising
People with the vision- threatening glaucoma reach care earlier**

Community Based Programme

Kwale District Eye Centre's community based programme experienced a rather slow start at the beginning of the year, but this did not dampen our efforts to serve the community.

Awareness creation proved fruitful, as patients, for the first time, attended our field screenings and came for cataract surgery during the rainy season.



Umazi with her mother on a follow-up visit after surgery

Patients from the field are able to see again following cataract surgery, thanks from support from different sources



Awareness creation continues in the community.

Field Supervisor talking to a womens group on different eye diseases



This is the result of awareness creation. This lady (a member of the group) could not hide the joy she felt to be able to see again after years of being in the dark

Schools screenings with the emphasis of detecting uncorrected refractive errors is on-going. The impact of this is being felt with adults coming up for surgery as evident in the statistics. Children with congenital cataracts identified and referred on for cataract surgery while those of school-going age integrated into mainstream primary education.



Beneficiaries of a sponsored camp by Fleet Rotary Club (UK)

Early glaucoma detection is being done in the field. This is attributed to the intense awareness creation in the community and enhanced by the acquisition of a portable 'icare' machine that allows measurement of eye pressure.

Low Vision and Education

Being the low vision referral centre for the Coast province, the demand for this much needed service is on the increase. The need has been expressed by various community members from different areas but KDEC resources are limited, at this stage, to offer the community based services to Kwale district community.

Our Vision Therapist is also called upon to offer technical advice and assessment to children identified by vision support teachers posted by Kenya Institute of Special Education (KISE) in various schools within the province.

Rehabilitation

The current caseload for the rehabilitation programme reached 425, all getting the services of KDEC. Most are due to glaucoma which did not reach help early to save sight.



Mzee Chigunda (blind) on a money identification session with our rehab officer—a factor to be considered for his goat-rearing business

Rashid, irreversibly blinded by Vitamin A Deficiency makes a milestone

Rashid was first identified in 1998 when he was a healthy 2 year-old but was already blind. He had not been vaccinated and as a result, caught measles when he was six months old. Although he cheated death, his body had used up all its supply of Vitamin A, causing his blindness.



We could not save his sight then, but tried to get him to school when he reached the school going age. The parents refused, but this didn't deter the determination of our community based worker (CBW).

After years of hard work, the CBW was able to convince the parents to send Rashid to school. We sourced a Braille machine and papers when he started school. A contact teacher from the school was trained in basic Braille skills so that he could help him. Braille text books to allow him to join in class were also found. Because there are no desks or chairs in the classroom, the Braille machine has to be used on the sandy floor.



Rashid with his classmates—no chairs or desks but he has a Braille machine and paper

Rashid, now 12, actively participates in class and has lots of friends. The community all know him and he wants to be a lawyer when he grows up. The parents are amazed, 'miracles still happen, if blind children can go to school and learn' they say.

Deaf Blind

29 clients identified under the deafblind programme were assessed to determine the degree of hearing impairment. Those that would benefit from hearing aids were told how these could be obtained and funded.

Agreement made with an ENT specialist in Mombasa for assessment and provision of hearing aid to be done.



Nyota's deafness being assessed by a visiting ENT specialist at KDEC

The challenge the programme is still facing is having a place where regular physiotherapy services can be offered.

Eye Camps

Remote safaris continue as part of KDEC's services to the under-served in the country. Medical and Educational Aid to Kenya



Happy to get services brought nearer. (Inset) Patients being transported by truck (the only means of transport) to get to the screening venue.

(MEAK) assisted, as in the previous years, enabling us restore sight to over 200 people.

Other similar camps have been planned for the year and we hope to continue offering these much needed services in area where there are no eye service providers.

Staff & Training

- 2 Patient Attendants recruited while one moved to be a receptionist
- Rehema Suleiman recruited as the Human Resource & Administration Manager



Rehema, far right, taking the staff through the reports

KDEC's services are not only concentrated in service delivery. Training is a big part of our work, both at clinically and community work.

- Dr. Joseph Nyamori, a registrar from the University of Nairobi spent 2 months at KDEC for practical attachment. Dr. Gideon Nderi joined in June for his 2-months.
- Kenya Institute of Special Education (KISE) and Kenyatta University's special needs programme has recognised the services offered by KDEC's low vision programme and we

now have students on attachment. KDEC is evidently getting to the direction of training as the requests are getting bigger and bigger.



Dr. Gideon Nderi, an ophthalmologist student examining patients in the clinic

- The Mombasa Polytechnic University College's community development studies students are benefiting from KDEC community based programme for their practical experience in community work



Vision Support teacher assessing a child with the supervision of the Vision Therapist

Infrastructure

- A new Oertli phaco machine acquired
- Security wall built around the 'makuti' camp of the KDEC plot
- Auto refractor replaced in the outpatients department
- The field services have been expanded with the acquisition of a portable Sure Screener (auto-refractor). Patients in the field can now be screened for uncorrected refractive errors and those needing glasses advised accordingly



Our vision therapist refracting a client in using the portable auto-refractor

- New operating table makes patients comfortable while undergoing surgery
- Boundary wall built around the KDEC extension plot for security. The plot is envisaged to house a training centre for community based workers and students attending KDEC for practical attachment.

Visitors to the Project

- Dr. A. Baradia
- Ms. A. Epstein – Diani Beach
- Dr. Zaheer Bagha – District MOH
- Ms. E. von Kummer
- Mr. S. Makai
- Ms. I. Cottini—Switzerland
- Mr. S. Shah
- Mr. & Mrs Alois Vonlanthen
- Diani/Ukunda Epilepsy clinic staff
- Mr. M. Abdillahi—Mombasa Hearing Centre
- Denis & Eileen Clarkson
- Mr & Mrs Jurgen Boening



Dr. Thiel
visiting
from Ger-
many

- Mr & Mrs Zemmouchi & Max Prins – Nairobi
- Mr & Mrs Robbe & Martina Wackerhagen - Germany
- Mr. R. Kalama – District Lands Officer – Kwale District
- Mr. R Frick – Germany
- Mr. W. Maina – African Braille Centre
- Ms. M. Muturi, C. Cross. P. Haore – Sight Savers International Kenya & UK offices
- Ms. Sameer Hassan –Toyota E.A Limited
- Braeburn International School Mombasa Year 5 class on a learning visit
- Ms. E. Greave – Sense International (UK)
- Mr. G. Atieli – Sense International (EA) - Nairobi
- Ms. B. Mbogo, Moira & Trudie—Verkaat Development Trust
- Mr. B. Miller (UK)
- Dr. R. Humphry (EFEA UK Honorary Consultant)
- Fr. (Dr.) J. Luis Orpella—Garissa

Fundraising & Publicity

Safaricom Diani Rules 2008

Our annual beach sports event on the weekend of 1st June raised a record Ksh1.7 million (\$26,154) for eye care.



Have a look on www.dianirules.com

Teams battling it out in the obstacles race during this year's Diani Rules sports event

Charity Shop and Awareness Centre in Diani

We say goodbye and thank you to Jan King, who is responsible for the success of our charity shop. .

Eye Give – Our thanks to all those generous people who have chosen a gift this way thro' our website

Future Events

World Sight Day 9th October at KDEC. This years continues schools awareness.

Liaison Eye Go Fishing competition

—17th & 18th November on the North Coast.

Statistics

Activity	Target (2008)	Done (As at 30th June 2008)
Eye Care		
Patients seen at KDEC	9,100	5,096
Operations	1,840	1,084
Of which how many were IOLs	1,500	860
Of which how many were blind in both eyes	500	219
Glaucoma Operations	40	68
Community Work		
Awareness Creation Meetings	240 reaching 20,000 clients	118 reaching 13,951 people
Training of Rural Health Workers	25	0
Women Groups	20 reaching 300 people	8 reaching 121 people
Village Health Committees	30 reaching 450 people	14 reaching 211 people
Community Workshops	12 reaching 300 people	6 reaching 145 people
Outreach clinics	130 reaching 9,100 people	91 reaching 8,185 people
School awareness meetings	16 schools	3 reaching 1,318 pupils
Low Vision / Education		
New Cases found	55	50
Integrated into mainstream education i.e. pre-primary, primary & secondary	50	31
Primary schools visited	25 reaching 200 teachers	3 reaching 30 teachers
Community meetings held	40 reaching 2,000 people	19 reaching 715 people
Follow-up low vision cases	100	78
Rehabilitation		
New Cases found	55	31
assessed (initial)	55	27
No. followed up	100	63
Given home based training	55	13
Rehab training for Irreversibly Blind Persons & carers	80	79
Community meetings held	50 reaching 2,500 people	13 reaching 1,107 people
Deaf Blind		
New cases	10	12
Assessed	10	29
Provided with Rehab services	25	6
Training of Deaf/blind families	25	9