



Kwale District Eye Centre

Bi-annual Report

July – December 2008

Glaucoma Surgery triples

Three times as many people underwent glaucoma surgery this year, compared with the expected figure.

This is entirely due to early detection of this insidious disease with our Icare rebound tonometer (pictured in our newsletter earlier this year).

80% of people on the rehab program are blind because of glaucoma. Now that we can detect the disease in its early stages we can stop people going blind.



Rescued from a blind old age,
Hassan after glaucoma surgery

Deaf Blind Programme

Helping people to overcome multiple disabilities is very challenging. Our deaf /blind programme is addressing these specific issues.

2 year old Nzonga, born deaf and blind, used to have six fits a day. We referred him to the epileptic clinic. He can now sit and stand on his own and may only have one fit a week.



Nzonga, sitting at home with his mother

Community Based Programme including low vision

2008 has been a year with many challenges. This report highlights our work with children.

Low vision work requires a lot of patience. Many cases need lengthy discussions with parents and family before children can be treated.

Rai's story

Rai's parents realised that their son had poor vision. At KDEC he was diagnosed with cataract in both eyes. Following successful surgery in May and the fitting of spectacles, Rai can now play with his friends, but is still struggling to see small toys.



Rai ready for his first day at Nursery school

Children with albinism need protection !

Sarah receiving sun lotion donated by hotel visitors who do not need to take supplies home with them



Ramayan's story

Ramayan was 2 years old when we first met him. He could not see but his mother did not want our help.

A donor supported an initiative by KDEC on awareness creation specifically targeting schoolchildren. Ramayan's sister came home one night and explained to her mother what she had learnt.

Now his mother attends seminars for parents of children with visual problems, to share and exchange views on how best to deal with them. The school awareness programme was a turning point in Ramayan's life. He will now get an education.



Ramayan now goes to school with his brothers and sisters. The teachers in the school have been trained to deal with his disability.

A child born with cataracts fitted with refractive glasses after surgery. Treatment was funded from the Standard Chartered Nairobi marathon



Rehabilitation

Rehabilitation of people with irreversible visual loss only works if the community become involved



Rehabilitation Officer training Government Social Development Assistants. They will take on the job as part of their daily work

Overcoming traditional beliefs-

Mwajuma, blind from birth with cataracts, was treated with traditional charms around her wrists. Eventually her mother accepted they do not work and took her to KDEC for conventional treatment. Now she can see



Eye Camps

For many in under-served communities, the chance of seeing an eye doctor is a dream come true. Hopes of seeing again are rekindled at the chance and people walk huge distances to get help. Often, when they think no one is watching, many patients jump for joy after years in the dark.



Elderly blind patients being led to care at an eye camp at Kalacha, Northern Kenya



Surgery in a local health centre performed on a wooden table

Staff & Training

Staff

Dr. Sebastian Briesen, our student last year from the University of Nairobi, passed his final ophthalmology exams with distinction. He has joined us as a consultant ophthalmologist. With two consultants we are now doing more research and training ophthalmic students.



Dr. Briesen receiving his award for outstanding achievement from the Hon Aparanya deputizing for the Minister of Health

Training

Staff refresher training is essential to keep up with modern techniques and technology.



Ms. Zahra Ali, an Optometrist from Nairobi is seen here training the staff on refraction and the treatment of squints.



Lilian is training with us for six months as a cataract surgeon from the Kenya Medical Training Centre, Nairobi

In addition we play our part in the training of others. Two clinical officers from North Horr (Northern Kenya) came to KDEC for 2 weeks to learn how to deal with ophthalmic patients. This means that the communities around North Horr will get ophthalmic help in future.

Visitors to the Eye Centre



Safaricom Foundation sponsors the annual Diani Rules Charity sports event. Here we see Mike Kariuki, the Manager of Mombasa Safaricom branch on his first visit to KDEC giving a cheque to Rahema

- M. Odera
- S. Nyanje, M. Hassan, M. Zaman & N. Ozullmaz – MEWA Hospital, Mombasa
- A. Kinuthia & A. Kibunja – Standard Chartered Bank
- N. Njagi – Gina Din Corporate Communications
- Eng. J.M. Riungu, M.R. Fox – Tsavo Power Co Ltd
- Mr. & Mrs. A. Peatfield – Funzi Bodo Trust
- Mr. & Mrs. Laako—Austria
- W. Thamm—Germany
- E. Von Kummer—Germany
- Mr. & Mrs Kurowski– Germany
- Mr. & Mrs Malzburg—Germany

- Nigel Wild and family, Foxdale, UK
- S Gosling UK
- N. Kilanga, area councillor
- S. Wamboi, E. Mutua & T. Koech- Cooperative Bank of Kenya
- Rajmain, National Bank of Kenya
- R. Chandaria & Group, Khimji Farm
- P. Hirani ,H. Ramsena, H. Chinchnerini, Ukunda
- Marion and Florida – Germany
- Dr. R. & Mrs E. Finlay, UK
- K Ashani, Mombasa
- J. Murumba, A. Gray, Sense Intl.
- J. Mwachinyezi, Kwale School for the Blind
- M. Wenteges, H. Breuer, E. and I. Bulb - Holland
- Harji & Madhu Sachania, UK
- Students & teachers of Adelbert College, NL
- Jim Crow, trustee Eyes for East Africa UK
- Verkaart Foundation, NL Albino Project
- D.avid and Elaine Steers, Rotary Club of Fleet, UK



Cycling to restore sight—Messrs Heinz & Hartung from Germany presented over Euro 9000, having cycled in many parts of the world, raising funds for KDEC

Fundraising & Publicity

Four staff ran in the Standard Chartered Bank Marathon on 28 October. Sponsorship money was used to restore children's sight.



Diani Goat Derby run by East African Womens League raised Ksh100,000 (U\$1333)for KDEC.

This year we ran a charity tent, demonstrating microsurgery on a tomato, and testing sight and pressure for a small fee



Go! goats and their handlers race to save sight



At the Goat Derby Dr Roberts' team illustrate the challenges of being blind

Liaison Eye Go Fishing Again this year we just beat the fundraising record and the fishing record with 41 sailfish tagged and released on 22nd November. A record Ksh 430,800 was raised (US\$5,745) to fight blindness in Kenya.

Statistics 2008

Activity	Target (2008)	Done (2008)
Eye Care		
Patients seen at KDEC	9,100	10,223
Operations	1,840	1,838
Of which how many were IOLs	1,500	1,477
Of which how many were blind in both eyes	500	421
Glaucoma Operations	40	122
Community Work		
Awareness Creation Meetings	240 reaching 20,000 clients	224 reaching 27,036 people
Training of Rural Health Workers	25	20
Women Groups	20 reaching 300 people	18 reaching 273 people
Village Health Committees	30 reaching 450 people	32 reaching 481 people
Community Workshops	12 reaching 300 people	12 reaching 292 people
Outreach clinics	130 reaching 9,100 people	164 reaching 12,768 people
School awareness meetings	16 primary schools	16 primary schools
Low Vision / Education		
New Cases found	55	77
Integrated into mainstream education i.e. pre-primary, primary & secondary	50	14
Primary schools visited	25 reaching 200 teachers	26 reaching 217 teachers
Community meetings held	40 reaching 2,000 people	36 reaching 1,882 people
Follow-up low vision cases	100	95
Rehabilitation		
New Cases found	55	51
assessed (initial)	55	55
No. followed up	100	89
Given home based training	55	37
Rehab training for Irreversibly Blind Persons & carers	80	79
Community meetings held	50 reaching 2,500 people	30 reaching 2,468 people
Deaf Blind		
New cases	10	16
Assessed	10	24
Provided with Rehab services	25	21
Training of Deaf/blind families	25	9