



ANNUAL REPORT 2016

*Pakistan Institute of Community Ophthalmology, Hayatabad Medical Complex
Government of Khyber Pakhtunkhwa, Peshawar, Pakistan*

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Director PICO Message

The main purpose of Pakistan Institute of Community Ophthalmology (PICO) is to develop Human Resources in the vision sciences for the entire region. PICO is also strengthening the eye care systems in Khyber Pakhtunkhwa by upgrading the eye departments of the hospitals of the whole province in terms of provision of ophthalmic equipment worth millions of rupees, developing and refurbishing the infrastructure, creation of new eye care positions and training the eye care teams in new technologies and literature in eye care services. In the last year, PICO made improvements in its infrastructure, IT facilities, Human Resource Development and Research and Development activities.



It is the most important responsibility of any organization to keep a track of all its record not only to measure its progress and performance towards achievement of its objectives but also to share its results with all the stakeholders. This information, in a consolidated form, gives an idea about the true picture of an organization. The information is published and then shared in different forms like news bulletin, monthly reports, quarterly, semi-annual and annual reports. Annual reports give a real idea about the whole journey of an organization in a year towards achievement of its goals.

PICO is regularly publishing its annual report. The Report highlights the major functions, events, progress towards achievement of its annual objectives and a step by step movement towards its vision i.e. “no more avoidable blindness in this part of the world”. This report is composed of important functions and progress of different sections of the organization. This all work is gathered, integrated and consolidated in the form of PICO annual report. Every year great care is taken into account to improve the quality of report by consulting and working with different experts within the organization. It is an effort to project the true image of PICO to the world and is an important source of information for all the stakeholders like Government, International and National Partners, Eye care staff, students and all other relevant personnel.

1. EXECUTIVE SUMMARY

Pakistan Institute of Community Ophthalmology (PICO) develops different types of reports for meeting its different Governmental and Partners' requirements and to show a progress towards achievement of its annual objectives. As some of its activities are also funded by its International Partners, PICO therefore also fulfills its obligation to its Partners by acquainting them about the latest progress on its different programs on regular basis i.e monthly, bi-annually and as and when required. PICO finally consolidates all its progress in the form of its annual report which is published and disseminated among all the key stakeholders by end of January each year.

In its HRD Program, PICO is running various academic programs like M. Phil. Vision Sciences, MPH in (Community Eye Health), MPH (General), Bachelor of Vision Sciences, and Diploma certificate courses for Ophthalmic Technicians. PICO is affiliated with Khyber Medical University, Khyber Pakhtunkhwa for its Degree and Post-graduate program and with Medical Faculty, Khyber Pakhtunkhwa for its diploma/certificate programs. In the year 2016, the studies of old session students of these program continued and admissions for the fresh classes Session Fall 2016 were completed after following all the quality standards required for their admission. The administration of PICO continued its struggle to meet best possible standards of the academic, accommodation, registration and other essential requirements of its students by providing them the qualified teaching faculty, well furnished classrooms and academic environment in the library and suitable hostel accommodation facilities.

Research in any field is not only the academic requirement of the students but it is also of great utility for the society. It provides solution to the problems in the specific areas and new insights for future developments/improvements. PICO gives great importance to its Research and Development Program. In its R&D Program in the year 2016, PICO conducted research surveys on Trachoma in the Khyber Pakhtunkhwa and Rapid Assessment of Avoidable Blindness (RAAB) in District Mansehra and Swabi.

The Comprehensive Eye Care Cell (CEC) of PICO is responsible for planning, implementation, monitoring & evaluation of the District Comprehensive Eye Care Program. In the year 2016 the major achievements of the CEC Cell included up gradation of the Eye Departments of four hospitals, two Teaching hospital, Hayatabad Medical Complex, Peshawar and Ayub Teaching Hospital, Abbottabad, and two DHQ hospitals, Bannu and Karak. Need Assessment of the District Eye Care Program of 12 districts was

conducted to assess the present status of the eye departments in the districts and find out deficiencies for further improvement in the program. These deficiencies will be included in the New Provincial PC-I for Prevention and Control of Blindness, which will be proposed for inclusion in the Health Sector ADP for the FY 2017-18. CEC Cell PICO also celebrated the World Glaucoma Week and World Sight Day with great spirit in the year 2016. Multiple activities regarding awareness and advocacy events were arranged for dissemination of important eye care information to the general public. In the year 2016, CEC Cell PICO started a new mega project for eye care in four districts of the province with the financial support of Standard Chartered Bank and with the technical assistance of its International Partners Sightsavers and Fred Hollows Foundation. Under the said project, the capacities of the district eye departments will be strengthened specially for eye care surgeries and a referral system from the primary health care facilities will be established.

Two meeting of the Provincial Blindness Control Board, Khyber Pakhtunkhwa were held in January and November 2016. The meetings were chaired by Director General Health Services and Special Secretary Health, Govt. of Khyber Pakhtunkhwa respectively. In these meetings matters of great importance regarding the improvement of eye care service and blindness control were discussed and decisions were made.

PICO also in collaboration with its international partners completed its two major projects namely Childhood Blindness project and Diabetic retinopathy project. These were three years project implemented by PICO in the Peshawar district. Besides, PICO also initiated a mega project with the assistance of Sightsavers and Standard Chartered Bank. This project “ A new vision for eye health in Khyber pakhtunkhwa” is a four years project which will be implemented in districts Haripur, Mansehra, Swabi and swat. This project aims at strengthening of the existing eye care system and services in the project target districts.

2. INTRODUCTION

Background:

Pakistan Institute of Community Ophthalmology (PICO) started as Center for Community Eye Health at the Department of Ophthalmology Lady Reading Hospital Peshawar in 1989. The objective was to rationalize the control strategies of blindness at the community level. In 1987-1990 WHO / Ministry of Health sponsored national survey to determine the prevalence of blindness which came out to be at the alarming level of 1.78 %. Following that survey the Center for Community Eye Health was converted to Department of Community Ophthalmology in 1990 under an MOU between the Department of Health, Government of Khyber Pakhtunkhwa, Royal Common Wealth Society for the Blind (Now known as Sightsavers) and Layton Rahmatullah Benevolent Trust (LRBT) Karachi and approved by the Government of Khyber Pakhtunkhwa. It was relocated to Hayatabad Medical Complex (HMC) Peshawar and was given the status of an Institute for EMRO registration in 1997 on the recommendation of WHO with an added mandate to start Postgraduate Course in Community Eye Health. At that time, it was the 3rd Institute of its kind in the world and the first in any developing country for postgraduate training of doctors in Community Eye Health (Other being International Centre for Eye Health London and Dana Centre John Hopkins USA).

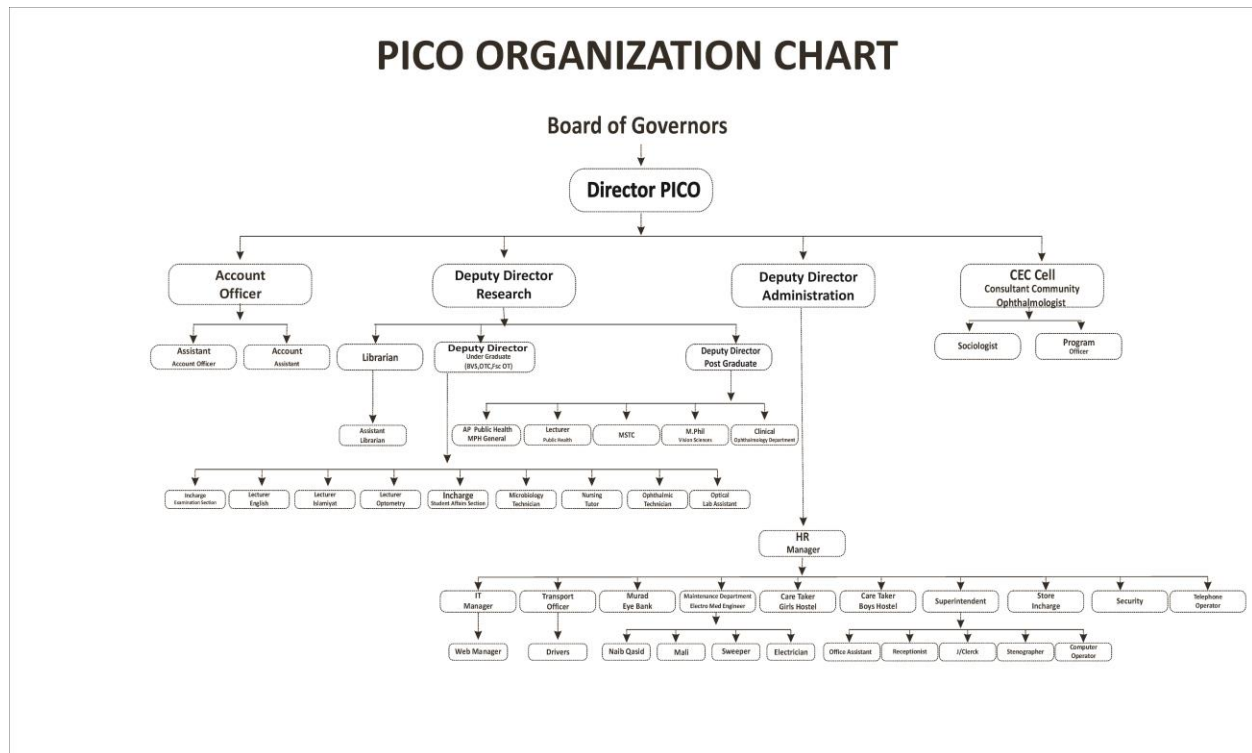


The institute got the autonomous status in June, 2010 under the “Khyber Pakhtunkhwa Medical Institutions and Regulation of Health Care Services Ordinance, 2002”. Most recently, PICO is governed by a new Act, “Medical Teaching Institutions (MTI), HMC Act, 2015.

2.1 Management of PICO.

PICO works under the supervision/overall guidelines of Board of Governors (BoG), of Medical Teaching Institution (MTI), Hayatabad Medical Complex, Peshawar. Internally, it is headed by Prof. Dr. Nasir Saeed, Director Pakistan Institute of Community Ophthalmology. He has been vested full administrative and financial powers by the BOG of MTI, HMC to run the institute smoothly. The PICO Organogram is as follows:-

Graph 2.1:



2.2 Functions of PICO:

There are three major functions of PICO in the promotion of eye care briefly stated as;

i) Human Resources Development in Eye Care for EMR Region and other developing countries

PICO is running three levels of academic programs & Short courses in the field of community eye health education;

- a) Post graduate program (M-Phil, MPH Programs);
- b) Undergraduate (Bachelor in Vision Sciences);
- c) Diploma/Certificate Program; and
- d) Short courses

ii) Comprehensive Eye Care (CEC) Program

The second important function & component of PICO is its Comprehensive Eye Care (CEC) Program. CEC Cell was formally established in August 2001 in Lady Reading Hospital, Peshawar with collaboration and assistance of International donors Fred Hollows Foundation, Australia and Sightsaver International, UK. It is now working in PICO, HMC since 2007. CEC Cell is the technical

hand of Health Department, Govt. of Khyber Pakhtunkhwa in eye care services and is responsible for overall planning, implementation and M&E of the Eye Care in the province.

iii) Research & Development

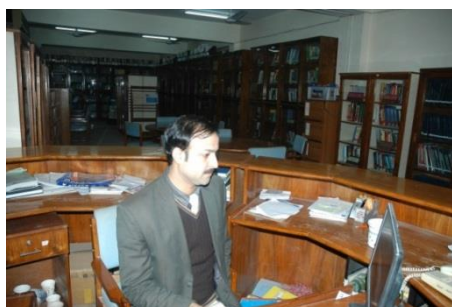
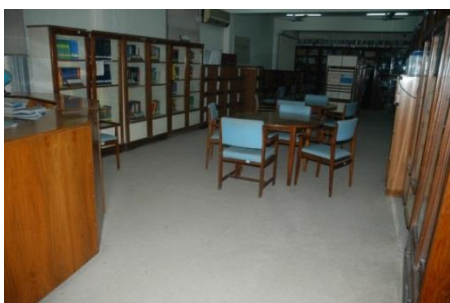
PICO is also involved in regular research and development activities in the eye diseases and eye care issues. It has published several national and international research papers of repute. PICO is also providing research facilitation to other countries of the EMR. In addition, PICO also conducts regular research surveys to assess the disease burden and issues in eye diseases. PICO conducted population based blindness survey in 2002-04 which is one of the largest population based survey in the world.

2.3 PICO Budgeting & Budget:

The PICO budget is regulated under the Government of Khyber Pakhtunkhwa GFR (General Financial Rules). It has got two types of budget, one is single line budget provided by the Provincial Government and second provided by the donors (International Partners) of PICO. In the year 2016, total regular/Government Budget for PICO was Rs. 48.602 million. Besides PICO also run various projects with the collaboration of different international eye NGO,s.

2.4 Regional Learning Resource Centre (RLRC), PICO:

PICO has got a well equipped and well furnished library to cater for the reading requirements of its faculty and students. It has got a more than 4600 books consisting of course and reference material on vision sciences, public health and medical sciences. In addition to the above, there are about 30 National and International journals. Internet facilities are available to students. Library is also having videos/CDs on many subjects. The library has a seating capacity for 50 students at one time. PICO also has access to the digital Library of HEC.



3. HUMAN RESOURCE DEVELOPMENT (TEACHING & TRAINING)

3.1 Progress of HRD in 2016:

Post Graduate Courses

i. M-Phil in Vision Sciences (02 years course):-

Looking into the needs of the PICO Faculty development and students needs for higher studies and career development, PICO introduced a new high level course in the year 2015 namely M-Phil in Vision Sciences. Purpose of the course is to provide optometrists with up-to-date research based clinical and theoretical knowledge in optometry. The Program integrates clinical and theoretical knowledge, making extensive use of expert practitioners. The Program enables optometrists to continue development and accumulation of knowledge and expertise relating to ocular health care and research in vision sciences during their professional career. Total approved number of seats in the discipline is 10 students per year.



Progress in the year 2016:

In the year 2016, the routine classes and practical of M-Phil 1st & 2nd Batches continued. Examination of the M-Phil 1st batch was held in December, 2016 where all the students successfully cleared the exam. Besides, those routine classes of M-Phil Vision Sciences, admissions for the 3rd Batch were announced in September, 2016 and finalized by end of December. New classes will commence from January, 2016.



ii. MPH General (02 years Course) :-

In the year 2014, Pakistan Medical and Dental Council (PM&DC) recognized PICO for MPH General 02 years' course. Purpose of the course is to support the structure of public health in Khyber Pakhtunkhwa and rest of Pakistan by developing human resources in general public health. It is affiliated with Khyber

Medical University (KMU). This course has been designed to prepare students to address the broad mission of public health, defined as “enhancing health in human populations through organized community effort”. Maximum intake in the course allowed to PICO is 10 students per year. Brief introduction of the course is given below:-

It is a semester based Program consisting of 4 semesters of 60 credit hours. All teaching modules are divided in to these semesters, each semester is of 18 weeks duration. Method of teaching is class lectures by power point presentations, group base discussions and Tutorials. Every Semester is arranged as follow:

Week 1 – Week 8:	Teaching and training
Week 9:	Mid-term Exam
Week 10 – Week17:	Teaching and Training
Week 18:	Final Exam

Table 3.1 Number of Credits per Semester

Semester I	20
Semester II	17
Semester III	17
Semester IV	06
Total credits for the MPH Program	60

Admissions for the first badge of the MPH (G) students at PICO were announced in September, 2015 and classes started in January 2016.

Progress in the year 2016:

First semester was started in Feb. 2016 and ended successfully in June 2016. Examination was held in June 2016. The success rate was 45%.

Second semester started in September 2016 and will end in mid of January, 2017.

A research project will be allotted to each student in the fourth semester and they will write their theses at the end of their projects.

Under-Graduate Courses

Course Offered at Undergraduate Level:

i. Bachelor of Vision Sciences:-

PICO is running different courses at undergraduate level. Bachelor of Vision Sciences is a four years program started in 2005. This four years degree course is affiliated with Khyber Medical University, Peshawar.

Since 2005 PICO has trained 235 graduates in the field of Optometry.



BVS Students in the year 2016

- Number of students in BVS 1st year = 44
- Number of students in BVS 2nd year = 50
- Number of students in BVS 3rd year = 45
- Number of students in BVS 4th year = 47

Academic Activities:

In the theoretical session learning is facilitated via classroom teaching, practical demonstrations and discussion. The entire course curriculum for the semesters was carried out successfully. Students fully utilized the Clinical Department of Ophthalmology HMC for practical training.

High qualified faculty from KGMC is teaching the BVS and OTC 1st year, which has a very fruitful impact on the student's learning regarding basic medical sciences.

To improve and maintain the quality of education the institute invites senior faculty from Department of Ophthalmology HMC to teach the students in relevant fields.

A special training on Contact lens fitting techniques and hands on training of the students of final year was conducted by Mr. Ali Minto, who is a contact lens specialist. A two week module on research Methodology and epidemiology was conducted by Dr. Zahid Jadoon. He also facilitated the students in their research dissertations which is the requirement of BVS degree Course.

Semester Examination of BVS

Prior to conduct the final semester examination, midterm exam and internal assessments which is a full fledged exercise and requirement of KMU, was carried out by the faculty of undergraduate courses.

The spring semester examinations of all the classes were conducted by the Khyber Medical University in July 2016. This was followed by summer vacation, In September 2016 fall semester started. Mid-term Examination was conducted in November 2016. The final semester examination of fall semester is planned in 4th of January 2017.

ii. Ophthalmic Technician Course

Ophthalmic Technician course is a two years diploma affiliated with Medical Faculty Khyber Pakhtunkhwa. The total number of trained ophthalmic technicians since implementation of the course is **405**. In the Year 2016 all the academic activities for two classes of OTC were carried out as planned. Students of 2nd year got hands on training in the OPD of Ophthalmology Department HMC. Total intake for in OTC for the year 2015 were

- Ophthalmic Technician Course 1st year =23
- Ophthalmic Technician Course 2nd year=05

The examination of ophthalmic technician is conducted by medical Faculty as per practice. Total Number of students appeared in the examination were **23** students of 1st semester and 05 Students of 3rd Semester.

The examination of 1st semester and 3rd semester of ophthalmic technician was held in May 2015 by the Medical Faculty while the 2nd semester and 4th semester of Ophthalmic Technician examination is planned in December 2016



Collaboration with FATA Development Authority (FDA) for Ophthalmic Technician Course:

PICO collaborated with FDA to impart knowledge and hands on skill to the youth of FATA. FATA supported 13 additional students for a two years diploma course from 2016-2017. This program was in addition to the current ongoing diploma in Ophthalmic Technicians.

iii. FSC Ophthalmic Technology:-

The Ophthalmic Technician Diploma certificate is a dead end to the career of the Ophthalmic Technicians. With this qualification candidates do not have opportunities to improve their qualifications to a higher level. In order to open venues of further education for the ophthalmic technician, a two year certification course i.e FSc. Ophthalmic Technology has been initiated since 2014.

The affiliation of this two years course is with the Board of Intermediate and Secondary Education Peshawar (BISP).

The total number of seats for FSC Ophthalmic Technology is 10. The Academic session of FSC Ophthalmic Technology started from September 2015 as per the BISEP rules. For this particular course Physics and Chemistry laboratory was established to get hands on training which an integral part of FSC curriculum is. For the year 2016 the total number of students is 10.



3.2 Short Courses:

Refresher Training Course for Trained Ophthalmic Technician:

One week refresher course was organized by PICO for the Ophthalmic Technicians from 12th-17th December, 2016. This year a total of 14 Ophthalmic Technicians participated in the short course.

3.3 Capacity Building of PICO Faculty in Research & SPSS:

Capacity building of the PICO Faculty and staff is the permanent feature of PICO. In this regard, a three days training on SPSS and its uses in Research was organized by PICO for its faculty from 08-10 August, 2016. The training was conducted by Sustainable Development Policy Institute (SDPI), Islamabad. The training was very useful and practical. The PICO faculty fully participated and benefited from the activity.





3.4 New Admissions in 2016:

Admissions in different post graduate and undergraduate courses were advertised on 25th September, 2016. Total number of applications received for undergraduate courses was 275 and for postgraduate courses were 35. The applications were scrutinized by the PICO Scrutiny Committee on 13th&14th October, 2016. Interviews for the shortlisted candidates were held from 14th to 19th November, 2016 and the lists of the final students selected in different courses were displayed on 25th November, 2016. The admission process was completed in December, 2016 and new classes will commence from January, 2017.

Table: 3.6 New Admissions in 2016

	OTC	BVS	MPH (G)	M-Phil	G. Total
Total Applications Received	39	236	05	30 (including two foreigners)	310
Actually Seats filled	15	40	05	14	64

3.5 Accreditation of Courses:

All the courses run at PICO are accredited / affiliated with Pakistan Medical & Dental Council (PMDC), Khyber Medical University (KMU), Medical Faculty (KPK),

MSc. Community Ophthalmology course (01 year) was restructured for 02 years on the recommendation of KMU / HEC / PM&DC. This course was renamed as MPH Community Eye Health. PM&DC inspection team visited PICO for re-recognition of this course as MPH Community Eye Health dated: 21 November, 2014. The team included well known Ophthalmologists and public health specialists of Khyber Pakhtunkhwa. The team

inspected PICO with the perspective of faculty, infrastructure and resources available for the course.

3.6 PICO Faculty:

PICO Faculty consists of highly qualified and experienced personnel of national and international repute. The faculty is of two types, permanent faculty and visiting faculty. The Department of Community Medicine of KGMC has also been notified as the faculty of PICO by the Management of the HMC, Peshawar.



3.7 Co-Curricular Activities

3.7.1 Sports Week:

PICO in order to provide Co-curricular activities organized a sport week in April 2016 on regular basis. This week was fully celebrated by all the students through holding various sports events. The sports week was full of different activities and was participated by all sections of students. The competition in different sports was among M-Phil, BVS, OTC/FSC students. Female students especially participated in Badminton, Mehndi and painting competition. The following sports were played in the week:-

i) Cricket

a cricket tournament was played among the students the students of M-Phil, BVS and OTC students and after a very interesting competitive matches OTC team won the cricket tournament.

ii) Football

Football competition was also organized by PICO in different grounds. Most of the students participated in football competition. Football tournament was won by BVS 3rd year students.

iii) Badminton

Badminton competition was also arranged for the PICO students as co-curricular activities in a sports week which is won by 2nd year students.

iv) Mehndi competition

Mehndi completion took place between the female students of various graduate and undergraduate students. This competition is won by Sidra and Afsha from BVS 4th year.

v) Painting competition

In painting competition students participate and represent their classes. Painting competition was won by Hifsa and Hassam from BVS 4th year.



3.7.2 Farewell Party for BVS 4th Year Students:

On December 17th, 2016, the 3rd year students of PICO arranged a grand farewell party for the outgoing 4th year students. The 3rd year students thanked the senior students for their continuous support and guidance and wished them best of luck for their future. The farewell party started with recitation of the Holly Quraan followed by Naat-e-Rasool(PBUH). Then there was a funny script on the different roles of senior and junior students. There was also a poetry and singing competition. Junior students in a very positive way expressed gratitude towards their senior students for providing step by step guidance. Finally, the senior students thanked the juniors for a wonderful farewell party.

4. IMPROVING & PROMOTING EYE HEALTH

After development of human resources in eye care, improving and promoting eye health in the province is the second most important function of PICO. The Comprehensive Eye Care (CEC) Cell of PICO is responsible for planning, implementing and M&E of the eye care services in the province. The Director PICO is also the Provincial Coordinator of the National program for Prevention and Control of Blindness. The Comprehensive Eye Care (CEC) Cell consisting of a Consultant Community Ophthalmologist, Program Officer and a Sociologist, working under the overall supervision of Director PICO is mainly responsible for planning, promoting, implementation and Monitoring & Evaluation of the comprehensive eye care services throughout the province.

4.1 Comprehensive Eye Care Cell:

Comprehensive Eye Care (CEC) Cell, Pakistan Institute of Community Ophthalmology, HMC, Peshawar established in 2001 is a technical hand of the Government of Khyber Pakhtunkhwa, Health Department in Eye Care Services. Its aim is to provide preventive, promotive, curative and rehabilitative eye care services. It has also been notified as the Focal Point of Health Department, Govt. of Khyber Pakhtunkhwa for all the eye care services throughout the province. It has been notified by the Government of Khyber Pakhtunkhwa, Health Department in 2012-13, as the focal point of Health Department for all the donors (NGOs, & INGOs) working in the eye care sector.



4.2 Update on Comprehensive Eye Care Cell main activities in the year 2016:

4.2.1 4th Meeting of the Provincial Blindness Control Board January, 2016.

Health Department Govt. of Khyber Pakhtunkhwa on the request of PICO notified the Provincial Blindness Control Board in July 2012. This is a high level Board chaired by the Secretary Health and participated by the major Govt. and Pvt. Sector counterparts working in the eye sector. Purpose of the Board is to provide policy guideline to PICO in improvement and promotion of eye care services in the province, review its progress towards achievement of the targets and resolve issues and problems faced in the way of achievement of targets in the eye care sector.

4th meeting of the Provincial Blindness Board was held on January 6th, 2016 under the chairmanship of Director General Health Services deputed by the Secretary Health to chair the meeting at PICO.



Following important issues were discussed and decisions made in the meeting:-

Issues:-

1. Issue of Vacant Posts of District Eye Specialists/Ophthalmologists.
2. Appointment on newly created 32 posts of Optometrists in Khyber Pakhtunkhwa.
3. Inclusion of PICO Proposal of New Academic Block in the Health Sector ADP for the FY 2016-17
4. Inclusion of New project "Provincial Program for Prevention & Control of Blindness" in the Health Sector ADP for the FY 2016-17.
5. Proposal for Utilization of Mobile OT standing in DHO Bannu Office.
6. Non-Utilization of Eye Equipment provided in the THQH SaraiNaurng, LakkiMarwat.
7. Establishment of Optometrist Council in Peshawar.

Decisions:

1. Director PICO will prepare and submit proposal for filling up of vacant posts of District Eye Specialists to DGHS for further appropriate action.
2. Director PICO will submit the draft service rules for optometrists to DGHS Office for further processing for approval.
3. The PBCB recommended the proposal for inclusion in the Health Sector ADP 2016-17.
4. The PBCB recommended the proposal for inclusion in the Health Sector ADP 2016-17.
5. The DGHS Khyber Pakhtunkhwa will look into the matter and take an appropriate action.
6. The DGHS Khyber Pakhtunkhwa will issue directions to DHO LakkiMarwat to resolve the matter and functionalize the eye department of the THQH Sari Naurang.
7. PICO will first conduct a detailed feasibility study and then present it to Govt. for further necessary action.

4.2.2 5th Meeting of the Provincial Blindness Control Board November, 2016:-

5th meeting of the Provincial Blindness Board was held on November 7th, 2016 under the chairmanship of Special Secretary Health in the conference room of PICO, HMC, Peshawar. The meeting was attended by all the important members of the board including the Government counterparts and heads of INGOs.



Following important issues were discussed and decisions made in the meeting:-

Issues:-

1. Issue of Vacant Posts of District Eye Specialists/Ophthalmologists.
2. Appointment on newly created posts of Optometrists in Khyber Pakhtunkhwa
3. Establishment of Council for Optometry.
4. Inclusion of “Establishment of PICO New Block” and “Provincial Program for Prevention and Control of Blindness, Khyber Pakhtunkhwa” Projects in Health Sector ADP 2017-18.
5. Eye Care Activities in FATA.
6. Reporting from districts on eye care services.
7. Issue of Eye Specialist in District Mansehra and LHWs Training in SIB project.
8. District Ophthalmologists meeting at PICO.

Decision:-

1. Health Department has appointed District Eye Specialists in District Tank and Shangla and will take further measures to fill other vacant posts.
2. The Chairman directed Director PICO to resubmit the said rules to Health Department for processing for further approval. Then Health Department will take steps for filling up these posts.
3. i) PICO nominated Program Officer from PICO.
ii) Deputy Secretary (Est) Health Department will be the focal person for the said matter.
iii) Health Sector Reforms Unit, Health Department will take lead in framing rules for establishment of the council for optometry
4. The Board endorsed the proposal of PICO and the Chairman directed the Director PICO to resubmit the proposals afresh and He will ensure that the proposals are included in the Health Sector ADP 2017-18.
5. Director Health Services FATA will submit a proposal to Health Department regarding the issues being faced in eye care services in FATA.
6. PICO will review the DHIS list of indicators on Eye Health and will suggest more indicators if it is not satisfied with the existing indicators on Eye Health for inclusion in the said list.
7. I) Deputy Secretary Health will get a report on the District Eye Specialist of the DHQH Mansehra and Health Department will look for some solution of the problem.

ii) Provincial Coordinator, LHWs Program, Country Director Sightsavers will hold a meeting with Deputy Director DGHS Office to resolve the issue of budgeting for LHWs' training under the SIB project.

8. PICO will hold meeting of District Ophthalmologists biannually.

4.2 NP for PCB (Up Gradation of District Eye Departments):-

A fresh PC-1 of the National Program for Prevention and Control of Blindness Khyber Pakhtunkhwa was prepared with a total cost of Rs. 95.445 million for a period of three years (2015-18). Main emphasis of the project was on developing eye care infrastructure, providing ophthalmology equipment and HRD of the Eye Care Staff. Mandate of the new PC-I was to meet the remaining targets of the National Program of Blindness Control. In the FY 2015-16, the Eye Departments of four hospitals (02 teaching and 02 DHQ) i.e. HMC, Peshawar & Ayub Teaching Hospital, Abbottabad and DHQ Hospital, Bannu and Karak were upgraded in terms of provision of ophthalmic equipment worth Rs. 16.000 million.



Thus till recent, a total of 6 Teaching hospitals out of 7, 24 DHQ Hospitals out of 25 and 5 THQ hospitals out of 17 have been upgraded.

4.3 Targets of NP for PCB for FY 2016-17:

In the CFY 2016-17, total allocation is Rs. 24.824 million and the total expected releases to the program in the CFY are Rs. 24.000 million. These funds once released will be spent on Up-gradation of eye departments of three hospitals (One teaching and two DHQH), Holding of 04 free surgical eye camps in the far flung areas of KPK, Advocacy and Awareness activities including celebration of WSD and WGW & HRD Trainings. Capacity Building of Doctors, Eye Specialist and CEC Cell staff will also be done. PICO will

prepare another PC-I for Prevention and Control of Blindness to be funded from the Provincial Govt. Developmental Budget and will be sent to the Health Department, Govt. of Khyber Pakhtunkhwa in March, 2017 for inclusion in its ADP for the FY 2017-18.

4.4 Public Awareness Program:-

Community awareness and development is one of the important function of PICO. PICO conducts various events in the year for general public awareness.

World Glaucoma Week (WGW) celebration (06th-12th March, 2016):-

World Glaucoma Week (WGW) is a joint global initiative of the World Glaucoma Association (WGA) and the World Glaucoma Patients Association (WGPA), to raise awareness of glaucoma, what it does to sight, and how it might affect individual's life. PICO being an important member of International Agency for Prevention of Blindness (IAPB) celebrates WGW each year.

In March 2016, PICO celebrated Glaucoma week with full spirit from 06th to 12th March 2016. Theme for this year was **“BIG” (BEAT INVISIBLE GLAUCOMA)**.



Planned activities for this year as per WGA (World Glaucoma Association) guidelines were;

- Organizing a 6 days screening camp at Hayatabad Medical Complex, Peshawar,
- One day screening activity for journalists at Peshawar Press Club, Peshawar,
- Live talk shows at radio & TV Talk shows about glaucoma,
- Organized one day Glaucoma symposium for trainee medical doctors and for post graduate students of PICO,
- Mega Awareness Seminar at PICO lawn,
- Awareness and screening activity at Roots School Hayatabad, Peshawar,

- One day screening camp for employees of Peshawar TV Station.

Media Campaign for Glaucoma Awareness:-

In this regards media personal meeting was called on 05th march 2016 at CEC Cell PICO in which representative from different printing & electronic media participated. Briefing regarding Glaucoma awareness and Glaucoma week theme was made by Dr. Junaid Faisal Wazir, Mr.Iqbal Shah and Mr. Pervez Akhtar, core team of CEC Cell, PICO.

Pre Glaucoma week press releases and dissemination of information through cable:-

PICO, HMC Media coordinator informed various news agencies for pre-event information releases in different newspapers. Public was informed through Cable messages and release of audio messages in which the importance of eye health was publically exposed.

Display of banners & distribution of informative brochures:

On 5th March, banners, brochures and flyers regarding Glaucoma awareness and importance of Glaucoma week celebration were distributed in different districts throughout the province.

FM Khyber Pakhtunkhwa Radio and Radio Pakistan:-

On 5th March, Radio talk was aired on FM Khyber Pakhtunkhwa Radio and Radio Pakistan in which Dr. Junaid Faisal Wazir participated, Dr. Junaid spot lighted on the cause and consequences of glaucoma to general public. He answered the live questions of listeners.

Screening camp at Farward High School Kareem Pora, Peshawar:-

On 6th March, 2016, a joint screening camp was organized by PICO & Gulbahar Lion's Club Peshawar. PICO team examined about 800 people with eye disease specifically for glaucoma.

Screening Camp for Journalists at Peshawar Press Club, Peshawar:-

On 7th March, 2016, a screening camp was organized by PICO, HMC Peshawar. PICO team examined about 65 journalists for general eye examination where doctors found 12 journalists with glaucoma suspect and referred to HMC for further proper management.

Workshop on Glaucoma at PICO,HMC, Hayatabad Peshawar:-

This workshop was organized by PICO in the premises of HMC. There were prominent speakers like Prof Dr. Muhammad Daud Khan, Prof Dr. Syed Imtiaz Ali, Prof Dr. NaqaishSadiq, Prof Dr. Hina Khan including Dr. Muhammad Tariq Marwat. The workshop was inaugurated by Prof Dr. Nasir Saeed, Director PICO and the workshop moderator was Dr. Muhammad Tariq Marwat, Department of Ophthalmology, HMC.

This workshop was a technical activity and its audience was MPH, M-Phil students and Trainee Medical Officers. Purpose of the workshop was to orient the doctors and students regarding the current eye diseases and impart learning on the prevention and control of the said diseases. Prof. Dr. Muhammad Daud Khan highlighted the pro and cons of the glaucoma disease in the country's perspective. Prof. Dr. Syed Imtiaz Ali highlighted some facts regarding the importance of gonioscopy in glaucoma. Prof. Dr. NaqaishSadiq spoke on different aspects of visual field in glaucoma and Dr. Hina Khan presented the use and importance of OCT in glaucoma. At the end Dr. Tariq Marwat delivered his talk on the medical management in glaucoma.

The workshop was quite informative and number of Trainee Medical Officers of ophthalmology and Seniors MS Community Eye Health Students of PICO benefited from the knowledge sharing on Glaucoma diseases.



Mega awareness seminar at PICO lawn, HMC, Hayatabad Peshawar:-

A mega event was organized at the PICO lawn for sensitizing the medical services personal and general public. The seminar was inaugurated by Prof.Dr. Nasir Saeed. This was a public gathering in which doctors, students; media personnel, general public and patient group participated. Numbers of speeches were delivered by technical personals. Prof. Dr. Muhammad Daud, the Chief Guest shared his technical thoughts and practical experiences on the glaucoma disease. His speech was followed by Prof. Dr. Imtiaz Ali, Ex- President, Pakistan Glaucoma Association (PGA), who stated the role of PGA in prevention and control of



glaucoma. Prof. Dr. Shad Muhammad highlighted some global facts and figures regarding the glaucoma disease. Prof. Dr. Zia ul Islam, President, Ophthalmic Society of Pakistan (OSP), and Prof. Dr. Zia Muhammad, President OSP, Khyber Pakhtunkhwa highlighted the role of OSP in prevention and control of glaucoma in the country and in the province in particular. The technical personnel speeches were followed by an informative speech by a famous columnist, Saadullah Jan Berq, who spoke on the role of media, doctors and general public in the prevention and control of the disease. In the seminar, one success story and another failure story of the glaucoma affected patients was shared. One School teacher who fell victim to this disease shared his thoughts regarding his failure to prevent this disease in time. His sad story was followed by a successful management of the disease by an Engineer, who by chance was able to get this disease diagnosed by the eye specialist in time and was thus able to prevent this disease and saving his sight. AT the end, the Chief Guest thanked the Management of PICO for organizing such a useful and informative event and stressed on continuous efforts for awareness raising and prevention of glaucoma.



Awareness raising seminar & vision screening activity at Root School Jamrud Road Peshawar:-

On March 10th, a team of Doctor, Optometrists including Sociologist of PICO organized one day awareness & vision screening activity at Root School for its employees and students. Presentations were made by PICO students regarding importance of Glaucoma week, Glaucoma risk factors and importance of Glaucoma therapy compliance. Around 41 employees including senior students were screened by technical staff of PICO.

Screening Camp for employee of PTV Center Peshawar:-

Screening camp at PTV center Peshawar was arranged on 11th of March 2015 in which PICO team consisting of two consultants and six optometrists examined 104 PTV employees for Glaucoma. The Glaucoma suspected employees found with Glaucoma were then referred to consultant Eye OPD, HMC for further investigation.

News about the camp activities was telecasted in different channels, in which Glaucoma awareness activities and role of PICO was highlighted in all news bulletins especially in the 9pm News Bulletin.

Hospital based activities free screening camp:-

In this regard free screening camp at casualty HMC was arranged for full week. On 7th March 2016, camp activity was inaugurated by Secretary Health, Khyber Pakhtunkhwa. He was briefed by Director PICO regarding the importance of Glaucoma and celebration of Glaucoma week. Chief Guest appreciated all planned activities about Glaucoma week.

During full week activities, 435 people were screened for Glaucoma. Individuals who were found with raised IOP were referred to consultant Eye OPD, HMC for further management.



Talk Show at National TV, Pakistan:-

On 11th March, Prof. Dr. Nasir Saeed participated in the live talk show of National TV Peshawar Pakistan, where he disseminated information on the Glaucoma week celebration cause, benefits of early diagnosis of glaucoma and its treatment. He also shared success and failure stories of glaucoma patients. Live questions and answers were also covered in the live talk show.

B. WORLD SIGHT DAY (WSD) CELEBRATION OCTOBER, 2016:-

World Sight Day is an annual day of awareness held each year on the second Thursday of October to focus global attention on blindness and vision impairment. This year the World Sight Day was celebrated 13th October, 2016. Theme of World Sight Day this year was “Stronger Together”.

World Sight Day Celebration by PICO

PICO being an important member of International Agency for Prevention of Blindness (IAPB) celebrates this event every year with Great Spirit.



PICO planned the following activities for celebration of the WSD 2016:-

- Printing of awareness material (Banners, Stickers, T-shirts and Balloons printed with WSD logo)
- Organizing a screening camp at Peshawar Development Authority (PDA), Peshawar.
- One day screening activity in District Swat,
- One day awareness walk and seminar in District Haripur.
- One day awareness walk and seminar in District Mansehra.
- Awareness raising activities walk with PICO students.
- Live talk shows at radio & TV Talk shows about world sight day.
- Directions to District Ophthalmologists regarding World Sight Day Celebrations.

World Sight Day press releases and dissemination of information through cable:

PICO, HMC Media coordinator informed different news agencies for pre event information releases in different newspapers. Public was informed through Cable messages and release of audio messages in which the importance of eye health was publically shared.

Display of Banners & Distribution of Informative Broachers:

On 8th October banners, brochures and flyers regarding World Sight Day awareness and importance of its celebration were distributed in different districts throughout the province for awareness rising at the district level.

Awareness raising walk in Hayatbad Medical Complex, HMC:

The major activity of the event was holding of an awareness walk.

On 13th October, 2016 the awareness walk led by Prof. Dr. Nasir Saeed, Director PICO was conducted in the premises of the Hayatabad Medical Complex, Peshawar from the PICO Gate to the Hospital's Administration in which PICO staff, students, Ophthalmologists and Optometrists participated. Awareness material and key messages regarding world sight day were displayed using banners/ billboards / brochures. The Walk was

received by Prof. Dr. Shehzad Akbar, the Medical Director of the hospital at the administration of the hospital. After brief photo session and media coverage, the Medical Director and the Director PICO was interviewed by the anchor person of Dawn News. The Medical Director spoke generally about the event



and the Director PICO highlighted particularly eye diseases and the importance of celebration of World Sight Day.



Screening camp for employees of PDA and general public at Peshawar Development Authority (PDA) Peshawar:

On 14th October, 2016, a screening camp was organized by PICO, HMC Peshawar in the Peshawar Development Authority (PDA), Complex, Peshawar. PICO team examined about 400 people for general eye care, free eye medication and glasses were given to them and those people who needed surgery were referred to HMC for further proper management. On the record, about 300 patients requiring medicines were provided with the medicines and about 200 patients were provided with the near vision glasses. The camp activity started at 9:00 am and continued up to 12:30pm.



Screening Camp at Madrassa in Hayatabad

On 16th October, 2016, another free eye screening camp for the religious students of a Madrassa Darul Furqan Phase-II in Hayatabad was arranged. In this camp eyes of the teaching faculty and students were examined and free medicines and near vision glasses were distributed. A total of 360 students and teachers were examined by PICO Team, about 200 students were given free medicines and 65 students free glasses.

District awareness activities:

Screening camp in District Swat:

On 15th October 2016, a screening camp was conducted in District Swat General Bus Stand. PICO team along with team of Ophthalmology Unit Saidu Teaching Hospital, Swat conducted the camp. General public was examined in the camp for eye diseases, free medicines and glasses were provided to the needed. Those people who needed surgery



were referred to Saidu Teaching Hospital for further proper management where they were operated free of cost.

Awareness session in District Mansehra:

The seminar was started with the recitation from the Holy Quran by Mr. Shahbaz Hussain (optometrist).

Then he invited Dr. Sajjid Naseer (District Ophthalmologist DHQ Mansehra). He welcomed the honorable guests and participants for gracing the occasion by their solemn presence. He took an awareness session with the participants (Medical students and other guests). The lecture was mainly regarding the (common eye diseases and emergency eye trauma).



After awareness session all participant were called to join a walk in hospital premises, after 10-15 minute walk, the ceremony concluded with a refreshment session.

Awareness session in District Haripur:

World Sight Day Seminar started at 11am in Eye Department of DHQ Hospital, Haripur. Dr Aftab Jamal and Dr Iftikhar Ahmad delivered speech regarding sight and blindness to all participants. After that Dr Zakeem Khan Wazir (MS DHQ hospital Haripur) also talked about world sight day.



After the seminar, a walk was carried out from eye department to general OPD and eye ward, subsequently refreshment was arranged in the eye ward.

Press Releases:



4.6 Camps/Out Reach Activities:

A. Free Surgical Eye Camps (Under NP for PCB, KP) in 2016:

Out Reach activities/Free Surgical Eye Camps is one of the approved activity of the NP for PCB KPK. These activities are planned for the poor of the poorest pockets of the Province. PICO has been successfully running its outreach activities since 2012. Each year 4-5 free surgical eye camps are held in the marginalized areas of the province and about 300 free cataract surgeries are done each year which provides door step eye care facilities to the vulnerable groups of people.

In this regard in 2016, four free surgical eye camps in the marginalized districts of Khyber Pakhtunkhwa were conducted. First eye camp was held in Agency Headquarter Hospital, Khar, Bajaur Agency from 22-25th February, 2016, 2nd was conducted in 23rd April 2016 at D.I.Khan, 3rd in RHC/DHQH Kohistan from 26-29th April, 2016, and 4th free eye surgical camp was conducted in Tehsil Warhi, District Dir (U) from 23th-27th May, 2016. The details of the patients seen and operated in these camps are given below:-

Table 4.6.1 Free Surgical Eye Camps Data

S-No	Camp location	Date of camp	Total patients seen	Medicines given	Cataract surgeries done	N.V Glasses given
1	AHQH KharBajaur	22-25 Feb 2016	2070	1550	155	200
2	ChehkanD.I.Khan	23 April 2016	450	280	15	150
3	DHQH Kohistan	26-29 April, 2016	550	450	35	0
4	DHQH WariBajur	23-27 May, 2016	610	500	55	0
Total			3680	2780	260	350





B. Free Eye Screening Camps:-

Apart from free eye surgical camps, holding of free eye screening camps for the poor is also a regular activity of the CEC Cell PICO. These are usually one day eye camps. Following are the details of free eye screening camps conducted in the year 2016:-

Table 4.6.2 Free Eye Screening Camps Data

S-No	Camp location	Date of camp	Total patients seen	Medicines given	N.V Glasses given
1	DHQB Haripur	05/05/2016	800	650	450
2	Mohib Banda Mardan	18/05/2016	600	480	350
Total			1400	1130	800

C. Free Eye Screening Camps with Gulbahar Lions Club, Peshawar (Free Eye Camps in 2016):

PICO also holds regular eye screening camps with the assistance of Gulbahar Lions Club, Peshawar. The patients are screened for eye diseases, given free medicines & glasses and cataract are referred to HMC for further free surgical procedures. Most of these camps are held in the outskirts of district Peshawar in the most marginalized areas. In the calendar year 2016 total 05 free eye screening camps were held in Peshawar, except one eye camp which was held in District Swabi. Total 3681 patients were seen in the OPD, 2673 free medicines and 1562 free glasses were given to the poor patients. A total of 272 cataract patients were referred and operated in HMC, Peshawar. Following is the details of free eye camp patients:-

Table 4.6.3 Free Screening Camps data with Gulbahar Lions Club

S-No	Date	Place	Total OPD	Cataract	Free Medicine	Free Glasses
1	24/01/16	ICMS Warsak Road	830	58	680	326
2	06/03/16	Forward School Gunj	915	62	724	408
3	01/05/16	HundSwabi	782	58	533	390
4	25/09/16	Lahori Gate	724	52	448	279
5	13/11/16	SheroJangi	430	42	288	159
6	25/12/16	ICMS Warsak Road	500	34	300	200
Total			4181	316	2973	1762



4.7 Murad Eye Bank:

PICO has the state of the art eye bank facility, where corneal transplants are made possible for the corneal blind patients. This is remarkable service of PICO, HMC in the Khyber Pakhtunkhwa.

Purpose of the Murad Eye Bank is to fight against the blindness through providing quality corneal services to the poor deserving patients. To do so Murad Eye Bank

collects eyes from donors, within the country and international corneal donor organizations and to provide corneal tissues, operation and treatment facilities to patients of corneal morbidity.

Murad Eye Bank is having collaboration with Sri Lanka Eye Donation Society, to provide Corneal Graft to Murad Eye Bank. Keratoplasty charges are US \$ 600 which includes cost of cornea, Transportation charges and logistics charges, which is very reasonable as compared to private eye banks that charges Pak rupees equivalent to more than US \$ 1000 for the corneal transplant. However some Government Organizations such as TanzeemLissaail-e-walMahroom and Pakistan Bait ul Mal provides full financial



support to the poor deserving patients. Lion's Club is also one of the private organizations that support poor patients of Keratoplasty.

Murad Eye Bank provides following services to corneal blind patients.

- Provision of corneal tissues.
- Provision of corneal transplant facilities.
- Support of poor patients.
- Providing corneal grafts is the main function of Murad Eye Bank.
- In this regards Murad Eye Bank imports Cornea from Sri Lanka Eye Donation Society that are Provided to Corneal Blind Patients.

Progress of Murad Eye Bank in 2016:-

In the year 2016, a total of 16 Cornea patients were operated by PICO Surgeons in the Micro Surgical Training Center (MSTC) of PICO, HMC, Peshawar.

4.8 Surgical & Training Activities in PICO Micro Surgical Training Center (MSTC) in the year 2016:

One of the most important functions of PICO is the improvement of surgical skills of the Medical Officer, Training Medical Officers and District Ophthalmologists in eye diseases. The PICO Micro Surgical Training Centre (MSTC) was established in 2004 and is located in the Eye Department of Hayatabad Medical Complex, Peshawar with a goal to build capacity of the eye care staff in surgical skills for the whole province of Khyber Pakhtunkhwa. It is imparting training to the Training Medical Officers, District Eye Specialists from the whole districts of Khyber Pakhtunkhwa. MSTC since its inception has trained 147 ophthalmologists. PICO and Gulbahar Lions Club hold free eye camps in various locations of District Peshawar. Patients with surgical requirements were referred to MSTC for surgical procedure. Total 277 different surgical procedures were done in MSTC during 2016, including cataract surgery & corneal transplants. Following is the year-wise details of surgeries done in MSTC for the last four years:-

Table 4.8.1 Details of Surgeries done in MSTC over the last four years (2013-2016):-

Year	Total Surgeries	Cataract
2013	176	149
2014	292	232
2015	343	251
2016	277	180
Total	1088	812

4.9 CEC Cell PICO Activities with International Partners in 2016

4.9.1 SIB Project:

In the year 2016, PICO is implementing a project “New Vision for Eye Care in Khyber Pakhtunkhwa”. It is a four years project (2016-19) with a total cost of Rs. 120 million and is being implemented in four districts (Haripur, Mansehra, Swabi and Swat).



Objectives of the Project:

1. Men and women with visual impairment access eye health services in four districts.
2. Eye health systems deliver quality eye health services in four districts.
3. The government commitment to eye health at provincial level increases.

Major targets of the project in four districts in project life are:

- ▶ Total of 53000 (major & minor) cataract surgeries in project districts,
- ▶ Screening of total 679132 people,
- ▶ Refraction with provision of glasses to 399518 people,
- ▶ Awareness raising of 650000 people regarding the disease (blindness),
- ▶ Training of 3000 LHWs, 125 Medical Officers and 125 Medical Technicians in primary eye care,
- ▶ Hiring of 08 Optometrists & their training in low vision,
- ▶ Hiring of 08 Social Organizers for project districts,
- ▶ Conducting two Research Surveys on “Rapid assessment of avoidable blindness (RAAB) in two project districts.

Latest Progress:

1. MoU of the project was signed in June 2016.
2. The project was inaugurated in the districts in August, 2016.
3. Hiring and deploying 08 optometrists, 08 social organizers in 04 districts.
4. RAAB survey has been done in Swabi and Mansehra districts.
5. Training of 125 MOs and 125 MTs was completed in December 2016.

4.9.2 FHF Supported Projects:

4.9.2.1. Health System strengthening for managing Childhood Blindness, Diabetes and Diabetic Retinopathy (HSS CBL, DM & DR) in District Peshawar, PAPAB

Key components of the project are:

1. Community mobilization by awareness-raising about Diabetes, Diabetic Retinopathy and Childhood Blindness.
2. Strengthening capacities for service delivery at the primary, secondary and or tertiary levels.
3. Screening Diabetes, Diabetes related and Childhood Blindness at the Primary level health facilities.
4. Strengthening referral pathways from Primary to Secondary /Tertiary level

Targets and Achievements for Year 2016:

The first planned activity in the project was capacity building of Basic Health Unit's Medical Officers (MOs). This was followed by a one day training workshop of community Lady Health Workers (LHWs) associated with these BHUs in community mobilization and awareness-raising about the diseases. Community support group and LHW refreshers.

i-Medical Officers (MO) Training:

The Two days Medical Officers training workshop was organized on 18th-20th May 2016 at PICO. The primary objective of the training was to orient the MO in the overall problem of diabetes, DR and CB, to increase their level of knowledge about the diseases and to enhance their practical skills in first level screening and primary management of the diseases, DM, DR & CBL.



In the third batch, Medical Officers from 12 BHUs were nominated and trained in the year 2016.. Names of participants along with names of BHUs and catchment population are as follows:



Table 4.9.2.1 List of MOs trained in PEC

S.No	BHU	Medical Officers	LHS	Number of Lhw,s Trained
1	BazidKheil	DrShahnawaz	Rifaqat	11
2	MandraKhiel	DrNowshen	Shazia	12
3	GR Colony	DrAjmal	Fareeda	9
4	Jagra	Dr Adnan	Fareeda	09
5	Kafoordheri	Dr Abdullah Jan	Saira	20
6	Chamkani	DrAneela	AzraShaheen	10
7	Wad Pagga	DrIlyas	AzraShaheen	09
8	LalaKally	DrMasood	NasreenSher	12
9	UrmarMyana	DrIbraheem	SabehaGohar	12
10	UrmarPayan	DrNaveed	FarhatNaaz	11
11	ShagaiBala	Dr Atta urRehman	Seema	13
12	Khazana	DrShoaib	IsmatAra	12

ii-LHW Trainings

The MO training was followed by a one day Training session for LHSs. The LHS Training was followed by 12 LHW training workshops in which 106 LHWs associated with 18 Primary Health Care (PHC) centers participated.

The primary purpose of the training was to prepare LHWs for community mobilization and awareness-raising about the diseases and identifying and referring high risk individuals in the communities. LHWs were given orientation on:

- Diabetes & its complications, Prevention, identifying & referring high risk individuals (family history, weight, life style), DR and its treatment.
- Childhood blindness, common eye diseases in children, their symptoms and treatment Identifying & referring high risk individuals.



iii-Follow up Visits by Project team

Project screening and training team comprising of an Optometrist, Diabetic Educator, Computer Operator and Driver has been deployed which visits the BHUs on a designated day to examine the screened out patients referred to BHUs by the LHW . The patients are either treated/managed on the spot with the help of MO at the BHU or referred to the eye/endo unit for further treatment/management if required. Proper records of patients referred by LHWs, those screened positive for diseases, those treated /managed at BHU and those referred upwards to tertiary hospital along with reason for referral are maintained.

iv .Report on patients Community Referrals & Screening at BHU in 2016

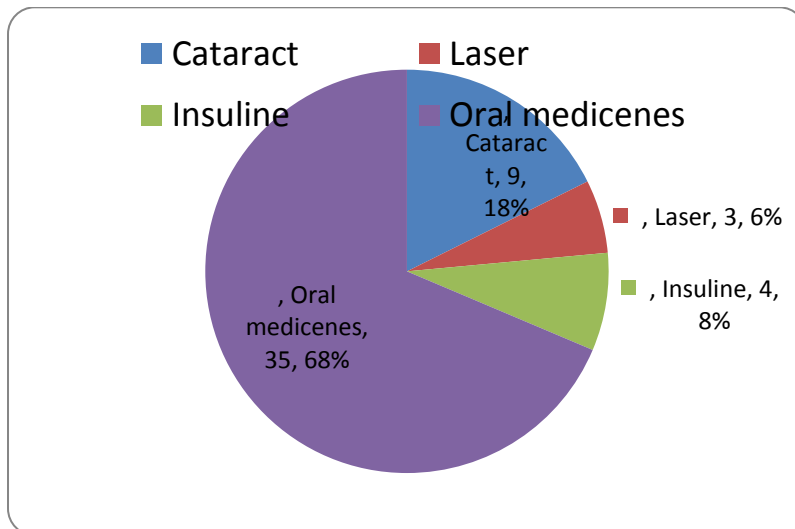
Table 4.9.2.2 Community Referrals

<u>Diabetes (DM) & Diabetic Retinopathy (DR)</u>	
Number of patients referred by LHWs to BHUs for DM	3512
No of patients screened positive for DM/DR at BHUs	1126
No of patients screened positive for DR at BHUs	413
No of patients referred to Endo Dept for diabetes treatment	1126
No of patients referred to Eye Dept for DR treatment	413
No of DM patients reported at Diabetes Department	367
<u>Childhood Blindness (CBL)</u>	
Number of patients referred by LHWs to BHUs for CBL	1056
No of patients screened positive for CBL at BHUs	878(83%)
No of patients referred to Eye Dept for CBL treatment	172
No of CBL patients managed at BHU	706
No of CBL patients reported at Eye Department	103 (60%)

Treatment detail:

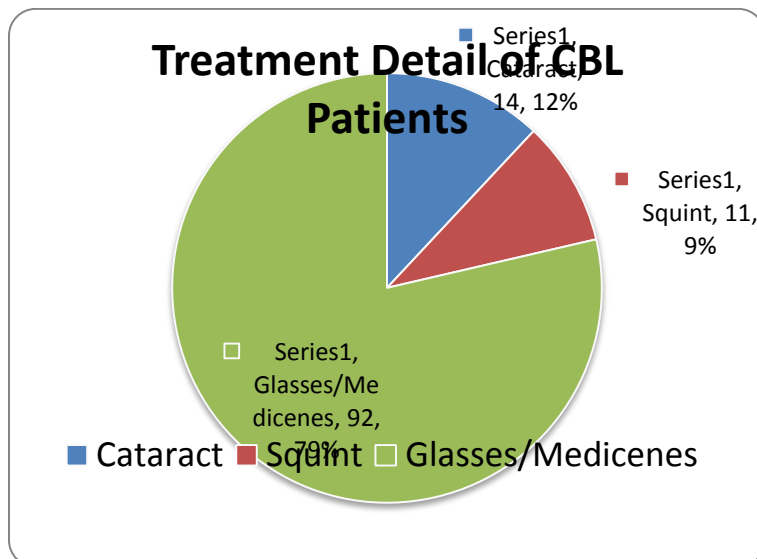
Summary of referred and treated Diabetic patients

Graph 4.9.1



Treatment Detail of CBL Patients:

Graph 4.9.2



4.9.2.2 School Eye Health Program (District Charsadda):

Refractive error remains the second largest cause of visual impairment rather than the reality that it can be corrected with a pair of glasses which can provide the correction of the affected vision. One most important fact about the uncorrected refractive error in school children is that it cannot only lead to amblyopia and loss of vision, but even the academic performance and output of the child is eventually compromised which indirectly effects the economic productivity of the child.

Due to the lack of affordability of the people in the developing countries there is lack of access and also lack of availability of eye care services. And it is already clarified by the studies conducted in the recent past. In Pakistan, 4% of the children below the age of 15 have refractive error and this age group constitutes 40% of the country's population. The effort in extending refractive services to these populations should be designed for creating a significant impact.

The overall objective of the project "is to improve quality of life and educational capabilities by eliminating blindness and visual disability due to uncorrected refractive errors in school children of district/state of Pakistan"

School eye health program Charsadda focuses the students in the government schools of district Charsadda for providing free eye care services at the school level and counseling with the parents of the children for motivation and mobilization towards the available eye care services. Along with there, free eye sessions for awareness about the common eye diseases are arranged at the school level for the children of the respective schools.

Specific objective:

The specific objectives/purpose of the project is that "the prevalence of refractive error and common eye disease should be decreased among children at the government schools of district Charsadda.

Major targets

- Availability of adequate eye services through school visits in the government schools of district Charsadda.
- Changing attitude and behavior among the school going children and their parents towards eye care services

- Training of teachers at each school for periodic visual acuity assessment of the enrolled students in their specific schools
- Providing spectacles to the ametropic students, screened during the schedule school visit for examination of the children

Achievements in 2016 in terms of figures:-

Table 4.9.3.1 Yearly Targets and Progress:

Targets	Children screening	Glasses prescription	Referred cases	Teachers trained
Yearly target	27500	825	No specific target	100
Achieved	22506	690	30	72

Table 4.9.3.2 Quarterly progress:

Quarter	Children screening	Glasses prescription	Referred cases	Teachers trained
1st quarter	5474	219	8	15
2nd quarter	5890	142	6	18
3rd quarter	4815	138	9	20
4th quarter	6327	187	7	19

4.9.3 Support to HRD Regular Programs by CBM Germany and FHF:

The above INGOS/PICO Partners are regularly supporting the HRD Programs of PICO. The total worth of their support for HRD program of PICO in the year 2016 was Rs. 6.185 million. PICO acknowledges and appreciates the support of its partners.

5. PICO RESEARCH & DEVELOPMENT ACTIVITIES IN 2016

Research and Development is one of the most important and permanent features of PICO. PICO conducts both academic research and research surveys to identify the burden of disease in different eye diseases and suggest measures for their prevention and control. Following is the details of the major surveys conducted in the year 2016:-

5.1 GTMP Trachoma Survey:

This survey was conducted to assess the prevalence of Trachoma (Eye Disease) in three districts (Karak, Mansehra and Mardan) of Khyber Pakhtunkhwa. These districts were selected on the basis of high risk factor for trachoma) in fulfillment of Global Trachoma Mapping Project (GTMP). The purpose of the survey was to collect data on the status of Trachoma in these three districts and implement SAFE (Surgery Antibiotics Face wash & Environmental change) strategy if Trachoma is present.



Five teams of trained Optometrists were deputed to work as graders. They were supervised by DR Junaid Faisal Wazir, Consultant community Ophthalmologist, PICO, HMC. The teams carried out comprehensive survey in District Karak, Mansehra and Mardan and then submitted a detailed report after completion of the subject survey.



Following are the results of the study:-

Data collection, analysis & results:

The data was collected through mobile phones given by GTMP, which were sent on daily basis on link provided to the teams.

Host factors:

Age : in endemic areas, children may show signs of disease at the age of only a few months, but typically children from the age of two to five years are the most infected, and this contributes not only to the high rate of blindness but also to the rate of occurrence among children.

Sex:Prevalence equal in younger age groups. In older age groups, females have been found to be affected more than males. The explanation for this may be that women remain more in contact with children who infect them. Further females are more exposed to irritating factors such as smoke than males.

Pre-depositing factors: direct sunlight, dust, smoke and irritants such as kajal or surma may predispose to infection.

Environmental factors:

Season:Seasonal epidemics are associated with vastly increased number of eye-seeking flies. The incidence of active trachoma is found generally high in Pakistan and India during April, May and again during July-September. The higher temperature and rainfall favor the increase in fly population.

Quality of life:Trachoma is associated with poor quality of life. The disease thrives in conditions of poverty ignorance, poor personal hygiene, squalor, illiteracy and poor housing. As living conditions improve the disease tends to regress.

Customs:The customs of applying kajal or surma to the eyes is a positive risk factor.

Major problems faced in survey:

1. Several refusals from households and even 2 clusters.
2. Majority of young female does not want to disclose their names.
3. Remote areas difficult to reach either by foot or by vehicle, with no mobile network so it was problem to communicate with other teams and supervisor.
4. Due to security reasons several clusters were left and alternative clusters were covered.
5. Two of GTMP mobile phones stopped working in field with no other phone in backup.
6. Limited funds and these were not released in time.
7. No backup battery for mobile phone.

Conclusion:

Trachoma is a major preventable cause of blindness in developing countries. According to recent estimates, about 6 million people currently suffer from irreversible blindness due to trachoma in Africa and Asia. Another 152 million suffer from the disease and need treatment and about 540 million are at risk of infection.

The incidence and prevalence of trachoma has shown a significant decrease in many endemic countries of SEAR during the past few decades. This decrease has been mainly due to improved sanitation, water and housing, and implementation of control measures.

5.2 Rapid Assessment of Avoidable Blindness (RAAB) Survey:

Under the “A new Vision Project for eye care in Khyber Pakhtunkhwa” total four RAAB surveys were planned, two at the start of the project and two at the end of the project. The first RAAB survey was conducted in August-September, 2016 in District Swabi and the second RAAB survey was conducted in October-November, 2016 in District Mansehra. Purpose of these surveys was to establish a base line of indicators for monitoring progress of the targets set under the afore-mentioned project.



6. NEW DEVELOPMENTS IN PICO 2016

6.1 Academic/HRD Programs:

i. MPH GENERAL (Launch of 1st Batch)

PICO started new master Program in the the FALL session 2016. In the year 2016, the 1st batch of MPH (G) was enrolled and course formally commenced in January, 2016.

ii. Launch of M Phil Vision Sciences (1st Batch):

In the year 2016, the 1st batch of MPH (G) was enrolled and course formally commenced in January, 2016.

6.2 Up-gradation of IT facilities at PICO:

In order to upgrade the IT facilities to bring at par with the latest technologies; following measures were taken:

Installation of Video Conference System: For enhancement of quality of education system at institute, PICO purchased and installed Video Conferencing System. The objectives of this up-gradation are as under:

- To enhance educational system at institute.
- To tackle unavailability of valuable local facilitators for different modules of different programs.
- Due to current situation of Pakistan and Khyber Pakhtunkhwa International Faculty is unable to visit PICO for providing quality teaching to students; in these circumstances Advanced Video Conference System' installation is the best option.
- PICO students can gain knowledge from International Faculty easily with the help of this system.



Initiation of PICO Management Information System (PMIS): For the enhancement of quality of work at institute PICO is converting its manual work system to computerized system. For that reason PICO is developing PMIS Software. Software is comprised of different modules which are relevant to end user need and some of modules are in developing phase and some of modules are in testing phase. Hopefully the PMIS software will be properly functional till end of December, 2016. Dedicated servers with other IT Accessories have also been purchased for the PMIS Software. The installation of the PMIS software has been completed and the PICO staff is now being trained on the software.



6.3 Improvement of Infrastructure: (Construction of Front Gate Reception, Security Guard Room & Fiber Glass Shed for Vehicle):

PICO is aware of the latest trends for improvement of academics and securing the environment for its students. PICO Management always and continuously plans for improvement of infrastructure and technology. In the year 2016, PICO allocated and spent Rs. 2.500 million on the construction of security room and Fiber Glass Shed for securing of its vehicles.



6.4 Appointment of New Staff at PICO:

In the year 2016, PICO was further strengthened in terms of its human resources. Its teaching department and establishment departments were strengthened. In its teaching department, One Assistant Professor (Anthropology) and One Lecturer Islamiyat were appointed. While, in its administrative & establishment section, One HRM Officer, one Accounts Officer, one Web Manager, Two (Office Assistants), one Account Assistant, one Computer Operator one Electro-Medical Sub-Engineer were appointed. With this the total strength of PICO staff reached to 78 employees in the year 2016.

7. PICO FUTURE PLANS/TARGETS FOR 2017.

- i. Commencing course of Doctor of Optometry
- ii. Establishment of Council for Optometry
- iii. Advocacy for Service Rules for Optometrists
- iv. Approval for Establishment of PICO New Academic Block and Provincial PC-I for Prevention and Control of Blindness, Khyber Pakhtunkhwa.
- v. Establishment of Hostel for PICO students
- vi. Strengthening of MSTC at PICO
- vii. Advocacy for institute of ophthalmology.

