



MTD YEAR REPORT

(January-June)

2015



**Pakistan Institute of Community Ophthalmology
Hayatabad Medical Complex, Peshawar**

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Preface

Pakistan Institute of Community Ophthalmology (PICO), Hayatabad Medical Complex, Peshawar is an internationally renowned Institute of Ophthalmology. Human Resource Development, Research, and Comprehensive Eye Care Program are the three main pillars of the institute and all its functions and progress revolve around them.

Pakistan Institute of Community Ophthalmology (PICO), as an institutional requirement develops different reports showing its progress. 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 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 the midterm report, progress on the above mentioned three main pillars will be highlighted from January-June 2015.

1. Human Resource Development

Teaching & Training:

a. M.Phil Vision Sciences:

M. Phil Vision Sciences, a two years' program started from 1st March 2015. Total students enrolled in this program are 11 including 01 foreign student from Nigeria. Senior most faculties of HMC & KGMC are involved in teaching of M.Phil Vision Sciences. Each student has been awarded with an individual Supervisor for the purpose of practical training in OPD as well as for research. PICO is in process of arranging online / video conferencing international teaching facilities for students of this program. Fully equipped Computer Lab for this program is also in the process of establishment. Mid-term examination is planned in end of July 2015.



b. MPH (Community Eye Health):

TERM 1: Started from January 2015—June 2015 included 20 teaching module and ended successfully at Mid Term exam which is going to be held on **15/06 /2015**. Students shall be assigned their new research projects which they have to complete during the summer vacations started from starting from June to end of August 2015.

Workshop on management and communication skills was conducted by Mr. Zia Khan (Public Administration & Communication)

In February 2015 Dr. Raja Para Segaram conducted one week workshop on Vision 2020.



In April students visited DMRC Charsadda which is the only nearby eye health care center and also done a qualitative study by taking Interviews from staff and Patients.



In May 2014 six days workshop on “Health System Research” was conducted by Prof. Dr. Tasleem Akhtar (Prof. / Amaratus Research KMU). Students were taught on all aspects of Operational Research in Health System to identify and solve problems different fields of health systems.

In June 2015 Students conducted a small scale hospital based study on prevalence of Blindness and learn how to collect and compile Data. A four days session on Formulation of PC –1 and governments developmental process was conducted by Mr. Pervez Akhtar in which the students were oriented on different proforma of planning commission used for developmental projects and different tiers of the provincial government for processing and approval of developmental projects.

Annual exam which usually takes place in first week of December was delayed due to non availability of Chief examiner Dr. Raja Para Segaram. The exam was conducted from 17 Feb.—20 Feb 2015.



TERM 2: Term 2 will start after summer vacations.

TERM 3: The students of senior batch i.e. 2014-2015 were allotted supervisors and research topics for their dissertations. Most of the students have submitted their Dissertations to supervisors which are under review.

c. Bachelor of Vision Sciences

This program is of four years duration which is consisting of eight semesters. In 2015 total numbers of students were 179. From the 2nd Year, students join the clinical Department in the department of Ophthalmology Hayatabad Medical Complex as to learn practical work in the field of Vision Sciences. The objective of the course is to provide advanced training to the best of these graduates so that get specialization in their area of interest. These graduates will meet the needs / requirements of optometry in secondary and tertiary eye care institution.

All the courses activities are being conducted in four semesters which includes sessions of;

- Theory (augmented by practical demonstrations).
- Clinical placements at the clinical department of Ophthalmology, Hayatabad Medical Complex (HMC), Peshawar.

In the 2nd year BVS, Ophthalmologists from the Department of Ophthalmology along with internal faculty teaches eye diseases aiming to enhance knowledge and skills.

To improve and maintain the quality of education the institute invites senior faculty from Department of Ophthalmology HMC to teach the 7th semester students in relevant fields.

BVS Examination

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. KMU changed the examination pattern from subjective to objective type. The following evaluation criteria was shared by the KMU i.e.

Internal Assessment = 10%

Mid-Term Examination = 20%

Final-Term Examination = 70%

The spring semester examinations of all the classes were conducted by the Khyber Medical University in 22 June to 11 July, 2015. After the examination students will go on summer vacation.

Distribution of Medical Kit

Ophthalmic Medical Kits were distributed among the 10 students of Ophthalmic Technician Course and the 20 students of BVS 2nd year and 3rd year each aiming to enhance their practical skills.

Intake in the year 2015

- Number of students in BVS 1st year = 55
- Number of students in BVS 2nd year = 51
- Number of students in BVS 3rd year = 46
- Number of students in BVS 4th year = 27
- Total graduates in BVS = 179

d. Ophthalmic Technician Course

This program is of Two Years duration and from the 2nd Year students join the Ophthalmology Department, Hayatabad Medical Complex.

Intake in the year 2015

- Ophthalmic Technician Course 1st year =09
- Ophthalmic Technician Course 2nd year=30

Trained graduates till December 2014

- 405 Ophthalmic Technicians

Examination of Ophthalmic Technician Course

The examination of ophthalmic technician was held in May 2015 by the Medical Faculty.

e. F.Sc Ophthalmic Technology

FSc Ophthalmic Technology two years course, affiliated with Board of Intermediate and Secondary Education Peshawar was started in year 2014. The purpose was to provide the students the opportunity to be able to get further education.

f. Examination 2015

FSc. Ophthalmic Technology 1st year examination was held in March 2015 organized by BISE Peshawar.

g. International Examination and Certifications:

JCAHPO Certification Examination:

The Joint Commission on Allied Health Personnel (JCAHPO) has been done in March 2015. Total 24 students appeared in the COA and COT certification examination.

S.No	JCAHPO Certification Examination	Total Candidates	Pass	Fail
1	COA Certification Examination	20	15	05
2	COT Certification Examination	04	02	02

ICO Certification Examination:

International Council of Ophthalmology Certification examination in Basic Sciences, Optics & Refraction and Clinical Sciences was held at PICO April 2015.

S.No	ICO Certification Examination	Total Candidates	Pass	Fail
1	Basic Sciences Certification Examination	12	11	01
2	Optics & Refraction Certification Examination	13	11	02
3	Clinical Sciences Certification Examination	21	09	12



2. Eye Health Promotion & the Prevention Of Blindness

ACTIVITIES OF COMPREHENSIVE EYE CARE CELL:

Comprehensive Eye Care (CEC) Cell, Pakistan Institute of Community Ophthalmology, HMC, Peshawar 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.

1. DISTRICT OPHTHALMOLOGISTS WORKSHOP 9TH-11TH JUNE, 2015.

A 3 days' District Ophthalmologist Workshop was conducted from 9th to 11th June, 2015 at PICO under the National Program for Prevention and Control of Blindness, Khyber Pakhtunkhwa. Total 12 persons from different districts participated in the workshop. Lectures on different areas of medical and general health care issues were delivered. The specific areas included Diabetes, Diabetic Retinopathy, Vision 2020, Community Eye Health, Government working in budgeting and the Govt. Procurement process. At the end of the workshop the participants were awarded with certificates.





2. COMMUNITY DEVELOPMENT WORKSHOP FOR TRAINEE MEDICAL OFFICERS 15TH-20TH JUNE, 2015.

As a part of Continues Medical Education (CME), one week Workshop was conducted for TMOs from 15th to 20th June, 2015 at PICO. Total 15 TMOs from the three teaching hospitals i.e. LRH, KTH and HMC participated in the workshop. Lectures on Vision 2020, Cataract Program in Pakistan, Developmental Planning Process in the Govt. Sector and different aspects of Health Care Management, Team building and Leadership were given. At the end of the workshop the participants were awarded with certificates.



3. **CELEBRATION OF WORLD GLAUCOMA WEEK (8TH-14TH MARCH, 2015).**

PICO celebrated Glaucoma week with full spirit. This year it was celebrated from 08th to 14th March 2015. Theme for this year was “BIG” (BEAT INVISIBLE GLAUCOMA).

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

- Involving glaucoma patients by organizing a screening event at Hayatabad Medical Complex, Peshawar.
- Give a lecture to a patient support group
- Participate in radio & TV shows to talk about glaucoma and to answer questions,
- Contact newspapers to publish information about glaucoma.

PICO planned following activities for this year World Glaucoma Week

- Media campaign for Glaucoma awareness.
- Hospital based activities free screening camp.
- Patient group discussion for dissemination of awareness regarding Glaucoma.
- Outreach activities & screening camps.
- School & College activities regarding awareness of Glaucoma.

MEDIA CAMPAIGN FOR GLAUCOMA AWARENESS:

In this regards media personal meeting was called on 04th march 2015 at PICO conference room in which representative from different printing & electronic media participated. They were briefed regarding the Glaucoma awareness and Glaucoma week theme.

Talk shows on FM Khyber Pakhtunkhwa Radio and Radio Pakistan were also arranged on awareness and importance of WGW celebration.



MAIN HIGHLIGHTS OF WGW CELEBRATION:

On 8th of March 2015 regarding Glaucoma awareness, detail coverage was given in different daily news papers including English, Urdu & Pashto.

On 9th of March 2015 coverage was given by media personal to inaugural ceremony of free screening camp at casualty Hayatabad Medical Complex, Peshawar. Telephonic interviews by different FM Radio stations were arranged regarding Glaucoma awareness.

On 10th of March 2015 special interviews were arranged by FM Khyber Pakhtunkhwa official channel and radio Pakistan Peshawar regarding Glaucoma week. In which detail discussion was made regarding Glaucoma awareness.

On 11th of March 2015 a team from PICO visited PTV center Peshawar and arranged free screening camp. Media coverage by PTV News Islamabad and Peshawar center was given. In which Glaucoma awareness activities and role of PICO was highlighted in all news bulletins especially in Khabarnama at 9pm.

On 12th of March 2015 a team from PICO visited Radio Pakistan Peshawar and arranged free screening camp. Seminar on Glaucoma awareness at radio Pakistan auditorium was also arranged in which PICO students and Dr. Junaid Faisal Wazir deliver their talks related with Glaucoma awareness and Glaucoma week celebrations.

At the end of WGW, a press release was issued by PICO and was shared with all printing and electronic media.

HOSPITAL BASED ACTIVITIES FREE SCREENING CAMP:

In this regard free screening camp at casualty HMC was arranged for full week. During full week 720 people were screened for Glaucoma with air puff tonometer in which 160 people were found with raised IOP and were referred to consultant Eye OPD, HMC for further management.



PATIENT GROUP DISCUSSION FOR DISSEMINATION OF AWARENESS REGARDING GLAUCOMA:

In this regard one day activity was arranged at PICO Conference Hall on 10th March 2015 in which Glaucoma patients and their relative participated. Advocacy was done with Glaucoma patient group and their relatives regarding Glaucoma risk factors, nature of disease and importance of regular screening.



OUTREACH ACTIVITIES & SCREENING CAMPS:

Banners, brochures and flyers regarding Glaucoma awareness and importance of Glaucoma week celebration were distributed in different districts throughout the Province. Screening camp at PTV center Peshawar was arranged on 11th of March 2015 in which 215 PTV employees were screened for Glaucoma. Out of 215, 32 PTV employees were found to be with raised IOP and were referred to consultant Eye OPD, HMC.



Second screening camp at Radio Pakistan Peshawar was arranged on 12th March 2015. In which 110 employees were screened for Glaucoma. Out of which 13 were came out with raised IOP and were referred to consultant Eye OPD, HMC for further management.



SCHOOL & COLLEGE ACTIVITIES REGARDING AWARENESS OF GLAUCOMA:

In this regard activity was arranged for Eye Care Professionals at PICO Conference Hall on 14th of March 2015. Presentations were made by PICO students regarding importance of Glaucoma week, Glaucoma risk factors and importance of Glaucoma therapy compliance.



4. **SUPPLY OF OPHTHALMOLOGY EQUIPMENT TO TWO HOSPITALS.**

In the CFY 2014-15, Rs. 28.000 million were allocated for supply of ophthalmology equipment to two hospitals i.e. Ayub Teaching Hospital, Abbottabad and THQ Hospital Naurang, Lakki Marwat under the National Program for Prevention and Control of Blindness, Khyber Pakhtunkhwa. The purchase process was completed in March 2015 and the supply was completed in May 2015. Total cost of ophthalmology equipment supplied during the CFY 2014-15 was Rs. 27.927 million.

5. **FREE SURGICAL EYE CAMPS.**

In the CFY 2014-15, Rs. 3.380 million were allocated for total Eight free surgical eye camps under the National Program for Prevention and Control of Blindness, Khyber Pakhtunkhwa. Under the said program, medicines, IOIs and consumables were purchased for the eye camps.

The first free surgical eye camp was held in DHQH Hangu from 24th-28th March, 2015 in which total 600 patients were seen in the OPD, 300 patients were provided free medicines and total 97 surgeries were performed.

The 2nd free surgical eye camp was conducted at DHQ Teaching Hospital, D.I Khan from 12th-16th May, 2015. In this camp total 1410 patients were seen in the OPD, 300 free medicines were given and a total of 92 patients were operated for cataract surgeries.

The 3rd free surgical eye camp was conducted at DHQ Teaching Hospital, Bannu from 25th-29th May, 2015. In this camp total 1290 patients were seen in the OPD, 674 free medicines were given and a total of 117 patients were operated for cataract surgeries.

In six months' period a total of 3300 patients were seen in the OPD, free medicines were given to 1274 patients and total 306 cataract surgeries were performed. The remaining 5 camps will be conducted in the financial year 2015-16.

S.No	Camps	OPD	Free Medicine	Surgeries
1	DHQH Hangu (24 th – 28 th March, 2015)	600	300	97
2	DHQTH D.I.Khan (12 th – 16 th May, 2015)	1410	300	92
3	DHQTH Bannu (25 th - 29 th May, 2015)	1290	674	117
Grand Total		3300	1274	306





6. **FREE EYE SCREENING CAMPS IN PARTNERSHIP WITH GULBAHAR LIONS CLUB, PESHAWAR.**

Apart from the Free Surgical Eye Camps, PICO also conducts free eye screening camps, in which patients are screened for refractive errors, provided with medicines and glasses and the patients screened for cataract surgeries are then referred to HMC. Following is the details of the free eye screening camps:-

i) Free Eye camp at Village Tarnab, Peshawar on 1st Feb. 2015. In this camp, three doctors and 6 optometrists participated from PICO. While the Lions Club provided administrative support. In this camp 850 patients were seen, about 500 patients were provided with free medicines and glasses for refractive errors.

ii) Free Eye camp at Village Jabasni, Gadoon Area Distt. Swabi on 25th April, 2015. In this camp, the Honorable Secretary Health, Govt. of Khyber Pakhtunkhwa, Mr. Mushtaq Jadoon also accompanied the PICO Team of Doctors and Optometrists. This camp was conducted on the special directions of the Secretary Health. In this camp, more than 1000 patients were seen, about 600 patients were provided with free medicines and glasses. This was a very successful camp.

iii) Free Eye camp at Village Speenkhak, Pabbi, Cherat Road, Peshawar on 14th June, 2015. This camp was also conducted by a PICO Team of three doctors and 6 optometrists. In this camp 900 patients were seen, about 550 patients were provided with free medicines and glasses for refractive errors.

S.No	Camps	OPD	Free Medicine / Glasses
1	Village Tarnab (1 st Feb, 2015)	850	500
2	Village Jabasni, Gadoon, Sawabi (25 th April, 2015)	1000	600
3	Village Speenkhak, Pabbi (14 th June, 2015)	900	550
Grand Total		2750	1650

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. Murad Eye Bank is having international collaboration with Sri Lanka Eye Donation Society for providing corneal tissues and support of poor patients. From 1st Jan- 30th June 2015 eleven patients under went corneal transplant through Murad Eye Bank.

8. **Micro Surgical Training Center (MSTC)**

MSTC is now partially supported by FHF in the form of training of Ophthalmologists from Afghanistan. Gulbahar Lions Club, Peshawar also provides support in the form of medicine and IOL's. Salaries of the staff are supported by PICO.

S.No	Surgical Procedures	Months						Grand Total
		Jan	Feb	March	April	May	June	
1	Cataract	36	22	22	31	34	19	164
2	Phaco					05	01	06
3	Keratoplasty	01	02	02			01	06
4	Pterygium	03	01	02			01	07
5	Chalazion	01	01	01	01			04
6	Entropion	02				01	01	04
7	Minor Procedure	06	09	11	08	04	06	44

3. Extra Curricular Activities

1. Sports Week:

Was organized in the 2nd week of March 2015. Series of sports activities including cricket, football, badminton, speech competition and painting were carried out throughout the week.

S.No	Games	Final Positions
1	Badminton (Girls)	Sidra (3 rd Year) Shah Rukh (2 nd year)
2	Badminton (Boys)	Adnan (4 th Year) Omer (1 st Year)
3	Football (Joint Team)	1 st Year, 3 rd Year, MPH (CEH), M. Phil (Vision Sciences)
4	Cricket	2 nd Year
5	Painting	Simra (1 st Year)
6	Speech Competition (English)	Palwasha (1 st Year)
7	Poetry	1 st & 3 rd Year





2. Education Expo 2015:

PICO participated in Education Expo 2015 organized by Jung Media Group held on 19 May, 2015 at Pearl Continental Hotel Peshawar. The Honorable Governor Khyber Pakhtunkhwa was a chief guest of the event. PICO stall in the expo consisted of awareness material regarding different courses offered in Vision Sciences at PICO. Besides, refraction facility was also provided on the stall for the visitors. The Honorable Chief Guest underwent refraction in the said stall.



4. New Developments in PICO 2015

1. Physics and Chemistry lab developed for of FSc. Ophthalmic Technology.
2. Construction work of PICO Hostel started in June 2015.
3. Finance department issued sanction for creation of 32 posts of optometrists in 24 district and 08 tertiary care hospitals.
4. Keeping in view the security of students and staff of PICO, CCTV system was installed in June 2015.
5. The 3rd meeting Provincial Blindness Control Board was held in February 2015 at PICO. The Honorable Secretary Health chaired the meeting. Important decisions on issues related to deficiency of Eye Care staff in the hospitals, the Provincial Eye Health Plan and establishment of new academic block of PICO were made in the meeting.



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6. Mr. Brain Doolan (FHF CEO) along with his senior management Mrs. Rashin Choudary (Program Development Coordinator), Mr. Farooq Awan (Acting Country Manager) & Mr. Mustafa Khan (Project Officer) visited PICO and received briefing on different projects being executed by FHF and PICO in collaboration. Some areas for future partnership with PICO were also discussed.





7. Training of 13 Medical Officers in Primary Eye Care, health system strengthening for managing childhood blindness, diabetes and diabetic retinopathy of district Peshawar held at PICO with collaboration of FHF on 18th – 20th April, 2015.



8. PICO Evaluation: In the PICO international partners meeting held in February, 2014, it was decided that evaluation of the PICO in terms of its management, HRD function and Comprehensive Eye Care Cell functioning may be carried out prior to making funding decisions to PICO by the partners. Owing to this decision, the partners selected the consultancy firm “CHIP Training & Consultations” for the job. The firm carried out the initial need assessment during March-May 2015 and is in process of finalizing the evaluation report.



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9. A joint initial meeting of PICO, SightSavers & FHF to discuss the concept paper of their new project for improvement of eye care services in 04 districts of Khyber Pakhtunkhwa was held at PICO in June 2015. It was decided that a team representative of PICO, FHF and SightSavers to conduct situational analysis survey in four districts of Khyber Pakhtunkhwa including Haripur, Mansehra, Swabi & Swat to examine OPD & OT particularly cataract surgeries annual output, existing human resources, current equipments being used, to explore the strength and weaknesses of each stakeholder and to see cross sectoral linkages and collaboration among different eye care services providers. The role and responsibilities of the partners in this new project were discussed and agreed to build a capacity of the existing health work force in primary eye care, extensive awareness raising, information, education and communication material with simple and straight messages, to develop a referral recording system at the district level, role of LHWs, Paramedics, Ophthalmic Technicians and Medical Technicians in recording the referrals at the district level.
 10. CEC Cell of PICO started the RAAB DR Survey in district Nowshera, involving MPH CEH students, in June 2015. The survey is in process and the results of the survey will be shared with all important stakeholders. It will provide basis for planning the Eye Care Program in the said district.