
ANNUAL REPORT

2022-23

VISION FOR ALL, SWITZERLAND

SWAMI SIVANANDA MEMORIAL INSTITUTE, NEW DELHI

DR. R.P. CENTRE, AIIMS

COMMUNITY EYE CARE PROGRAM



SSMI works in partnership with the R.P. Centre for Ophthalmology at the All-India Institute Medical Sciences (AIIMS) and Vision for All, a charity based in Switzerland to help the poor and needy receive medical care for eye problems. Accessing medical care for common eye conditions is beyond most people living in slums yet simple procedures can revolutionize the life of those suffering. In 13 years, we've been able to help more than 70,000 people.



"The only treatment of Cataract is Surgery"

Objective of the PEC Program

The objective of the programme is to deliver the most advanced medical care at the doorstep of people living in slums and children studying in schools. The programme includes;

- *Primary eye care services*
- *Awareness in community on Primary eye care, Hereditary diseases, vector borne diseases and social problems*
- *School based screening for Delhi's Schools.*
- *Reach the unreached and vulnerable population of cataract patients.*
- *Diabetic retinopathy screening camps not only at urban slums but Delhi's rural areas also.*
- *Under the project, SSMI Team able to create awareness on eye related ailments and precautions among more than 20,000 people through community camps, clinics and Door to Door Survey.*

COMMUNITY OUTREACH

- 1. Free Eye Camps**
- 2. Free Diabetic Retinopathy screening Camps**
- 3. Vision Centre**
- 4. Cataract Patient Mobilization and Encourage them to reach Hospital(Through Counseling)**



Project Overview



Community Survey



Vision Screening



Health Talk



Screened by Ophthalmologist



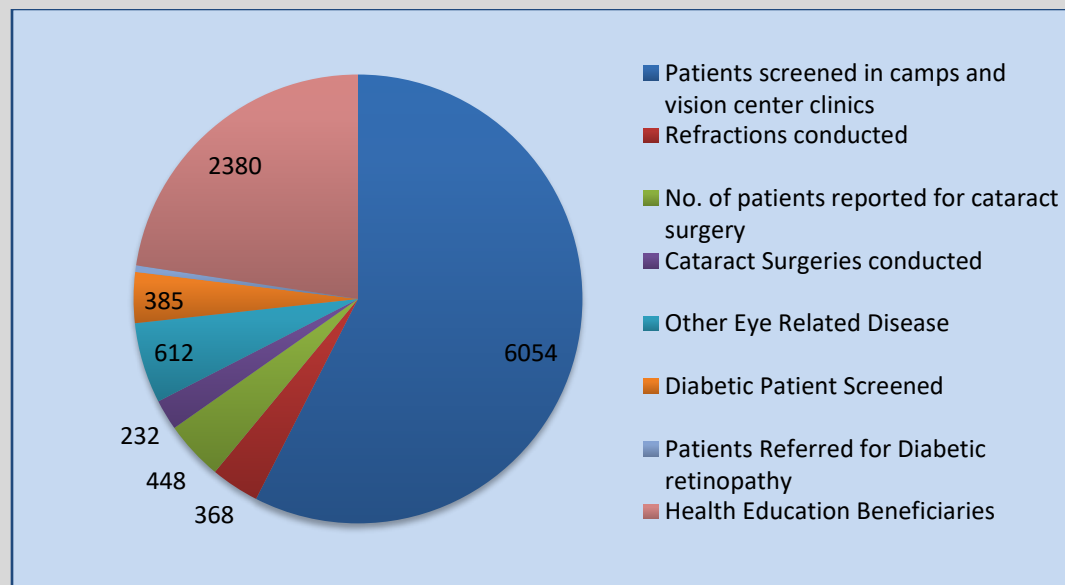
Screened for Diabetic Retinopathy



Satisfied Patient after Cataract Surgery

Outcomes of Community Eye Care Project

SSMI-VFA-Dr. R. P. Centre Project outcomes (April 2022 To March 2023)	
Details	Total
Patients screened in camps and vision center clinics	6054
Refractions conducted	368
No. of patients reported for cataract surgery	448
Cataract Surgeries conducted	232
Other Eye Related Disease	612
Diabetic Patient Screened	410
Patients Referred for Diabetic retinopathy	49
Health Education Beneficiaries	2380



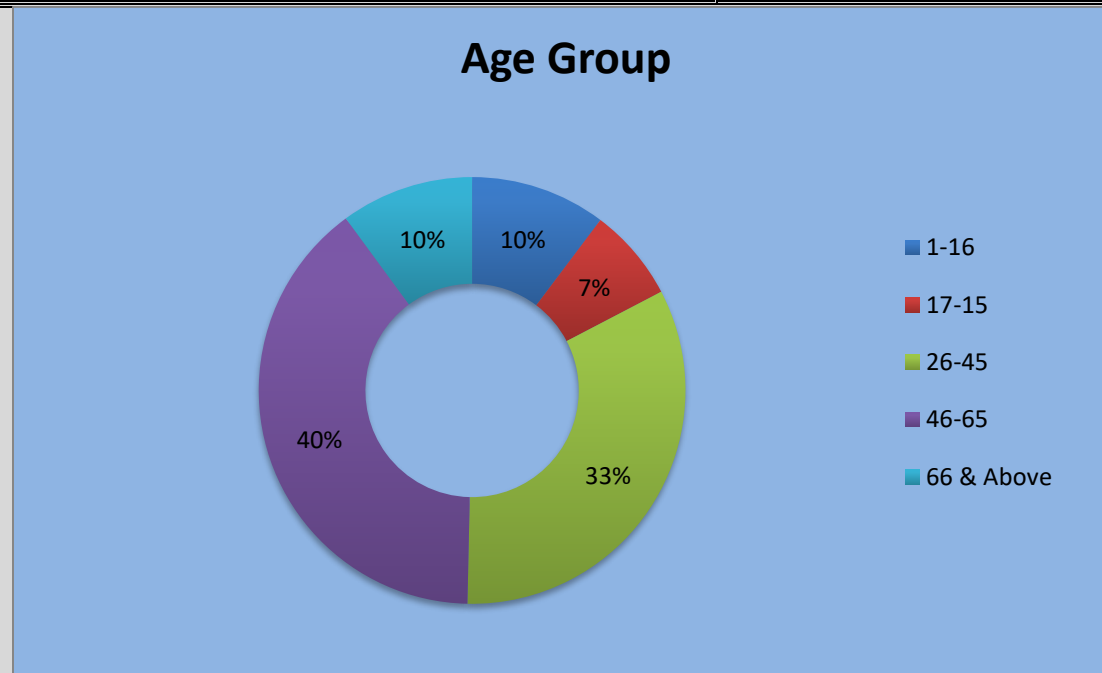
Age wise distribution of the benefitted beneficiaries

During the period Situated Clinics are conducted at - Nangli & Punjabi Bagh. Moveable Clinics are conducted at different community areas.

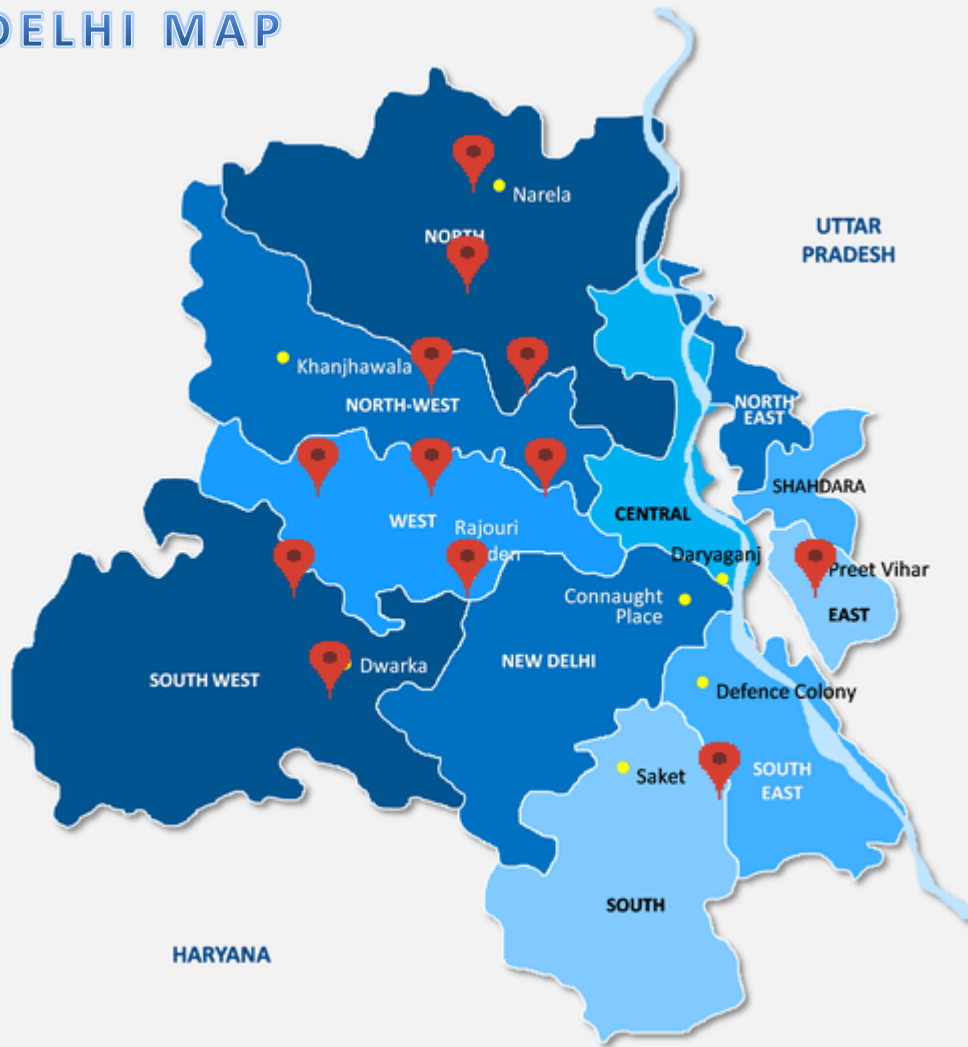
The beneficiaries are all residents of the community of all age groups. These beneficiaries are underserved people.

83% patients are in the age of 25-65 years. 60% patients are Women.

S. No.	Age Group	Total Number of Beneficiaries
1	1-16	622
2	17-25	428
3	26-45	1998
4	46-65	2396
5	66 and above	610
Total		6054



DELHI MAP



Vision Centers

Through the programme SSMI deliver Primary eye care services in these areas:-

- Punjabi bagh
- Bakkarwala
- Nangli Sakrawati
- Madipur
- Inderlok
- Raghuvir nagar
- Naya Baans
- Khera Khurd
- Budh Vihar
- Uttamnagar (Near area)
- Ashok Nagar,
- Baprola Village
- Haiderpur
- Vikas Nagar
- Dwarkapuri
- Tilak Vihar
- Tuglakabad



Volunteer Training Program



Volunteer training program and Eye health awareness session had been organised regularly. Volunteers can help in prevention and control of blindness by eye health promotion in the community, creating awareness about the blinding conditions, identification of common eye conditions and mobilizing them to the higher-level eye care centres. Training of volunteer through non-formal education methodologies and materials is preferred as most of the volunteers may have only basic education. Empowering the community to take responsibility for its own eye health is one way of ensuring effective. More than 2380 people attended the eye health awareness session and more than 140 volunteers trained on the issues and most of them is actively participating and helped the community on eradication of blindness.



Health Awareness Sessions

"Main motive of sessions is to aware public about prevention and timely treatment of eye ailment"

Eye Care Awareness Sessions

- **Cataract**
- **Glaucoma**
- **Diabetic retinopathy**
- **Conjunctivitis**
- **Eye Donation**
- **Hypertensive retinopathy**
- **Refractive Error**



General Health Awareness Sessions

- **Health and Eye related diseases**
- **Water Born diseases**
- **Vector borne diseases**
- **Life styles related diseases**
- **Infectious diseases**
- **Deficiency diseases**
- **Hereditary diseases.**

School Screening

Healthy vision plays an important role in academic success and better development of the children. Vision is closely linked to the learning process and undetected problems often will cause trouble with schoolwork. Often, children don't know they have vision problems because they do not understand when something is wrong. Regular eye screenings can detect vision and eye problems early. Children tend to be more responsive to treatment at a younger age. Best results come from treatment started at age 4, but good results can be achieved if action is taken before 7 years of age.



For School screening steps taken by VFA-SSMI-AIIMS Community Eye Care Project team.

- Identifications of the school.
- Meetings with all School's HOD.
- Pre-Screening of the school.
- Complete eye checks up activities of the identified students.
- Special Clinic Organised for those who need dilation.
- Spectacles bookings and distribution at subsidized rate and
- Free spectacles booking those who unable to pay the subsidized
- Amount also.
- Parents as well as students counseling.
- Regular follow up those who referred at AIIMS.

School Screening Milestone

Services	No. of Students
Total Students screened	5790
Total Refraction	1243
Spectacles Prescribed	794
Spectacles Booked	463
Students referred to AIIMS for other eye related ailments	79
Need Dilation	107

Drawing Competition on Eye Donation

An earnest appeal to everyone

Awareness among public on eye donation. Swami Sivananda Memorial Institute's VFA-SSMI-AIIMS community eye care project's team celebrated the fortnight from 25th August 2022 to 8th September 2022 with 7 school's students by disseminating lecture on corneal blindness in our country, detail discussion held on we should come forward to pledge, and donate our eyes. We must overcome any superstitions, myths and wrong beliefs and try to make a positive impact on someone's life. When we donate our eyes, we change someone's life forever, for the better. The gift of sight is a gift which will never be forgotten and will earn for you eternal gratitude from someone who will see the world through your eyes, granting your eyes immortality. Apart from this Poster making and slogan writing competition had been organized. With selected students 7 schools and more than 450 students participated in the activity.

The best short listed poster makers were given prizes on 8th of September at AIIMS.



"Let's Pledge for Eye Donation for our self and also for our family"

Appreciation Certificate by National Eye Bank, AIIMS



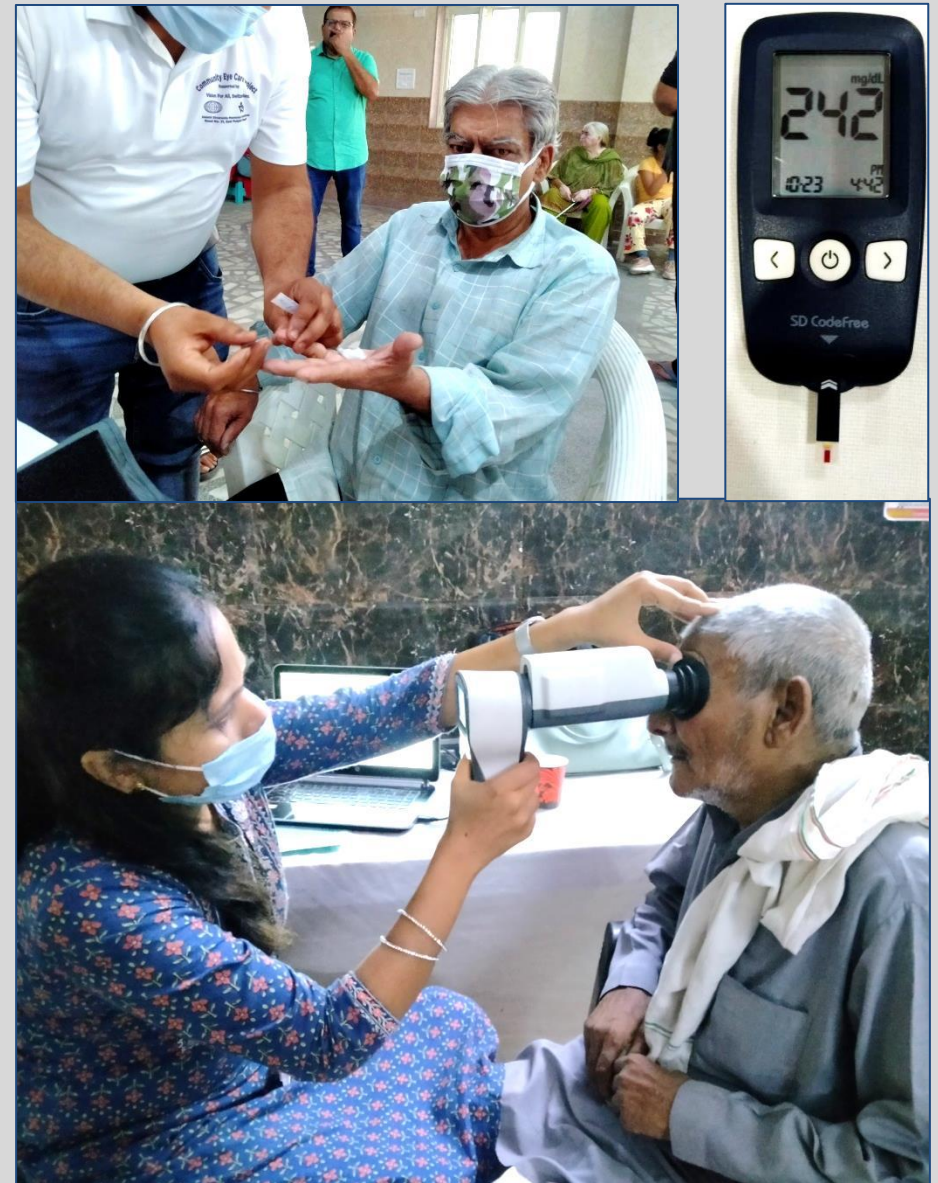
It fills us with joy that SSMI has completed 13 years in Community Eye care

Diabetic Retinopathy

Diabetic retinopathy is an eye condition that can cause vision loss and blindness in people who have type 1 or 2 diabetes and a long history of uncontrolled high blood sugar levels. It affects blood vessels in the retina (the light-sensitive layer of tissue in the back of your eye).

If you have diabetes, it's important for you to get a comprehensive dilated eye exam at least once a year. Diabetic retinopathy may not have any symptoms at first — but finding it early can help you take steps to protect your vision.

550 Diabetic patients Identified through door to door survey



“All the family members of a person with positive history of Diabetic should be referred to eye specialist for fundus evaluation at least once in a year

“Untreated or under-managed glaucoma can lead to permanent and irreversible vision loss and blindness”.

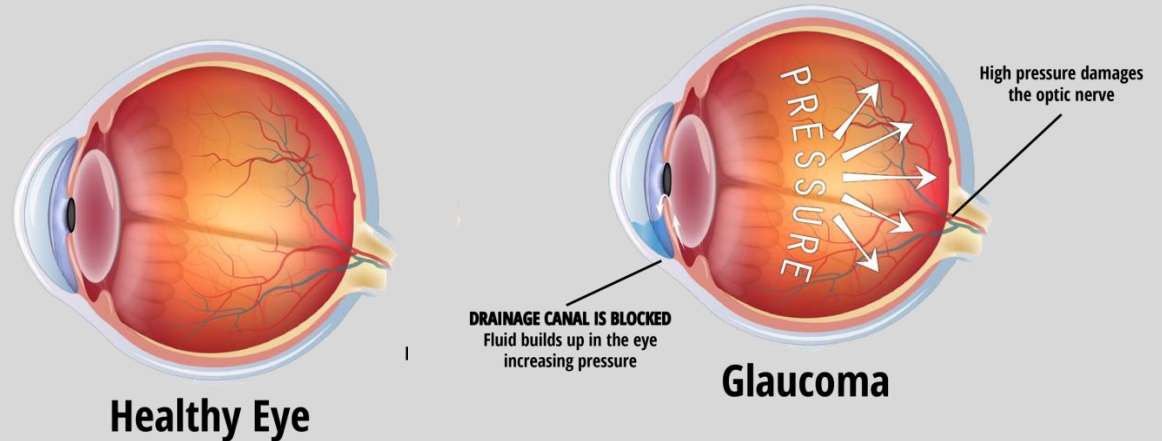
Glaucoma is a general term used to describe a group of eye disorders that damage the optic nerve. It's the most common form of optic nerve damage leading to vision loss. In most cases, fluid builds up in the front part of the eye. This extra fluid puts pressure on the eye, gradually damaging the optic nerve. This pressure is known as intraocular pressure (IOP), or eye pressure. Some people have normal eye pressure and still get glaucoma.

With any type of Glaucoma, patient may experience:

- Eye pain or pressure.
- Headaches.
- Rainbow-colored halos around lights.
- Blurred vision, low vision, narrowed vision (tunnel vision) or blind spots.
- Red eyes.
- Nausea and vomiting.

“It is incredibly important to have routine eye exams to detect this disease in its earlier stages. Because glaucoma damage is irreversible. early detection and treatment is

Glaucoma



“All the people above the 40 years of age should be referred to eye specialist for Glaucoma screening

SUCCESS STORY

Kuldip, a Child age of 10 years, residing at Village Khurja, District BulandShehar (Uttar Pradesh), India. Kuldip's both eyes vision was 2/60. He lived his life like a blind child as his family members were not aware about his blindness. One day Kuldip's cousin brother noticed that he is acting like a blind child as he was not able to find one article lying on the ground which anyone could easily see it. but Kuldip was not able to find it. So, the cousin brother discussed about his sight related issues to the family. On 5th October 2022 SSMI team conducted their regular eye Camp at Nangli Sakrawati, Najafgarh, Delhi where Kuldip was diagnosed for cataract surgery for both eyes and was referred to Dr. R.P. Centre, AIIMS for further investigations. After investigations, the family was advised for cataract surgery for both the eyes. The family was not able to bear the cost of surgery although it was very minimum as his father is a daily wager. Under special surgery case VFA-SSMI team helped the family and borne the surgery cost.

Cataract surgery was done successfully on 16th October 2022 and his both eye's Vision improved to 6/18.

After the eye operations, Kuldip and his family was overwhelmed and expressed their joy to see the beautiful world through clear vision.



*Kuldeep
Before and after Cataract Surgery*



I can't tell you how good it feels and how happy I am to be able to see and able to re-join my duty again. I gave up not only my job but my daily routine works also. These are the words of Ms. Sumitra after her cataract surgery.

Ms. Sumitra residing in J.J. Cluster Indira colony very near to Punjabi Bagh. She is a divorcee woman lived with her 3 daughters and a son in a relative's Jhuggi and doing as a thread cutter job in a factory and able to earn 5000 to 6000 per month. Through banners and pamphlets, she reached at Punjabi Bagh's VFA-AIIMS-SSMI's Community eye care camp Due to her PL+ Vision (very low) in her left eye she faced lots of problem in thread cutting job. On 18th of August 2022 she underwent for left eye cataract surgery and found her 6/6 vision back



Dr. Ragendra Prasad Centre for Ophthalmic Sciences
ALL INDIA INSTITUTE OF MEDICAL SCIENCES (AIIMS), New Delhi, 110029
Discharge Report

NAME	MS. SUMITRA SINGH	Dr. No.	8-100000-22
Age/Sex	48 years / Female	Registration	AIIMS, New Delhi
Address	2/108 INDRA COLONY, INDRA, DELHI	Ref. No.	100000-22
Referral	Ref. No. 100000-22	Drug Allergy/If any	None
Date of Admission	18/08/2022	Discharge Date	19/08/2022
Referral	Ref. No. 100000-22	Referral	Ref. No. 100000-22

Diagnosis: Cataract (Left Eye)

Treatment: Cataract Surgery (Left Eye)

Post-operative Care: Follow-up at 1 week, 1 month, and 3 months.

Discharge Instructions: Continue with the prescribed eye drops and maintain good eye hygiene.

सांभुदायिक नेत्र विज्ञान
Community Ophthalmology
संस्थानी भवन / 7th Floor
डॉ. रागेंद्र प्रसाद नेत्र विज्ञान केंद्र
Dr. Ragendra Prasad Centre for Ophthalmic Sciences

NAME	MS. SUMITRA SINGH	Ref. No.	100000-22
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Manbhari, female age 60 years, resident of a remote village of Rajasthan, India was brought to Delhi by her daughter for a cataract operation.

Manbhari's daughter resides at Railway Colony Punjabi Bagh, Delhi. She came to know about the eye camp being held near her house. At the camp, she was told about the VFA-SSMI-AIIMS free eye checkup and free surgery program.

Manbhari was more than 80% blind due to cataract. She was living her life like a blind person. She had five daughters and her husband is a farmer. She unable to bear surgery cost due to low family income. It is unfortunate that despite the fact that Manbhari's eye was operable and vision could be restored, poverty pushed her into near blindness.

Pari Devi (daughter of Manbhari) brought her mother from the village to the VFA-SSMI-AIIMS camp. After checkup, Manbhari was transferred to AIIMS. Cataract surgery was done successfully on her left eye and very soon she will be treated for her right eye. Her vision improved from HMCF to 6/9

After the eye operations, Manbhari was overwhelmed and said "without your support it was not possible to me to see. I do not have words to express my joy at being able to see again. Your work has given a new meaning to my life"

Visual Outcome

We are committed to ensure that all patients get the best quality eye treatment. The visual outcome of the patients was beyond satisfaction level after surgery. Out of 235 patients who underwent for cataract surgery more than 50 % patient's vision was at 6/6. 30% patient's vision were up to 6/12 level, and very selected patients who were with other eye related ailments vision were at 6/24 or down. Although before cataract surgery their eye sight was either 6/60, FCCF, PL+ etc.



“What started as a dream of bringing light, happiness and self-sufficiency in the lives of patients with curable blindness has become a movement today”

Challenges: 2

- After Covid-19 surgery for cataract patient's load was so much and limited admissions were allowed.
- For Surgery 4 day's admission in AIIMS was too long for some patients, so those patients decided other hospital.
- During Festival season – community does not respond well. During survey team worked hard with hope that OPD may be heavy but due to festival no of patients in OPD is very low.
- Maximum patients were daily wagers and their main priority is their work and health especially eye health is secondary for them although during survey team emphasized a lot to avail the facilities.
- Changing weather patterns- of extreme winters and summers not only lower number of Cataract surgery, but no of patients in OPD also
- Apart from this team during survey also faced a lot of seasonal problems like due to rain, waiting for survey is high, during high summer time, patients were not available at day time and survey team go for survey at early morning.
- Maximum patients preferred surgery during winter season and we unable to control the balance.
- Due to Family problems, some clinical problems like high Blood Pressure, high Blood Sugar, Asthma, heart patient's etc. patients were unable to avail timely surgery. Although rigorous counseling was done by the team.
- Sometimes patients and family do not follow the post-operative care and norms.



Thank you Team