

**NEPAL NETRA JYOTI SANGH**

# **GETA EYE HOSPITAL**

**GETA, KAILALI, NEPAL**



**The Fred Hollows  
Foundation**

**Email: [info@getaeyehospital.org.np](mailto:info@getaeyehospital.org.np)**

**Phone: +977-91-575112, 575205, 575204**

# Hospital Management Committee



**Mr. Lok Raj Joshi**  
Chairperson



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Member



**Mr. Bishnu Datt Joshi**  
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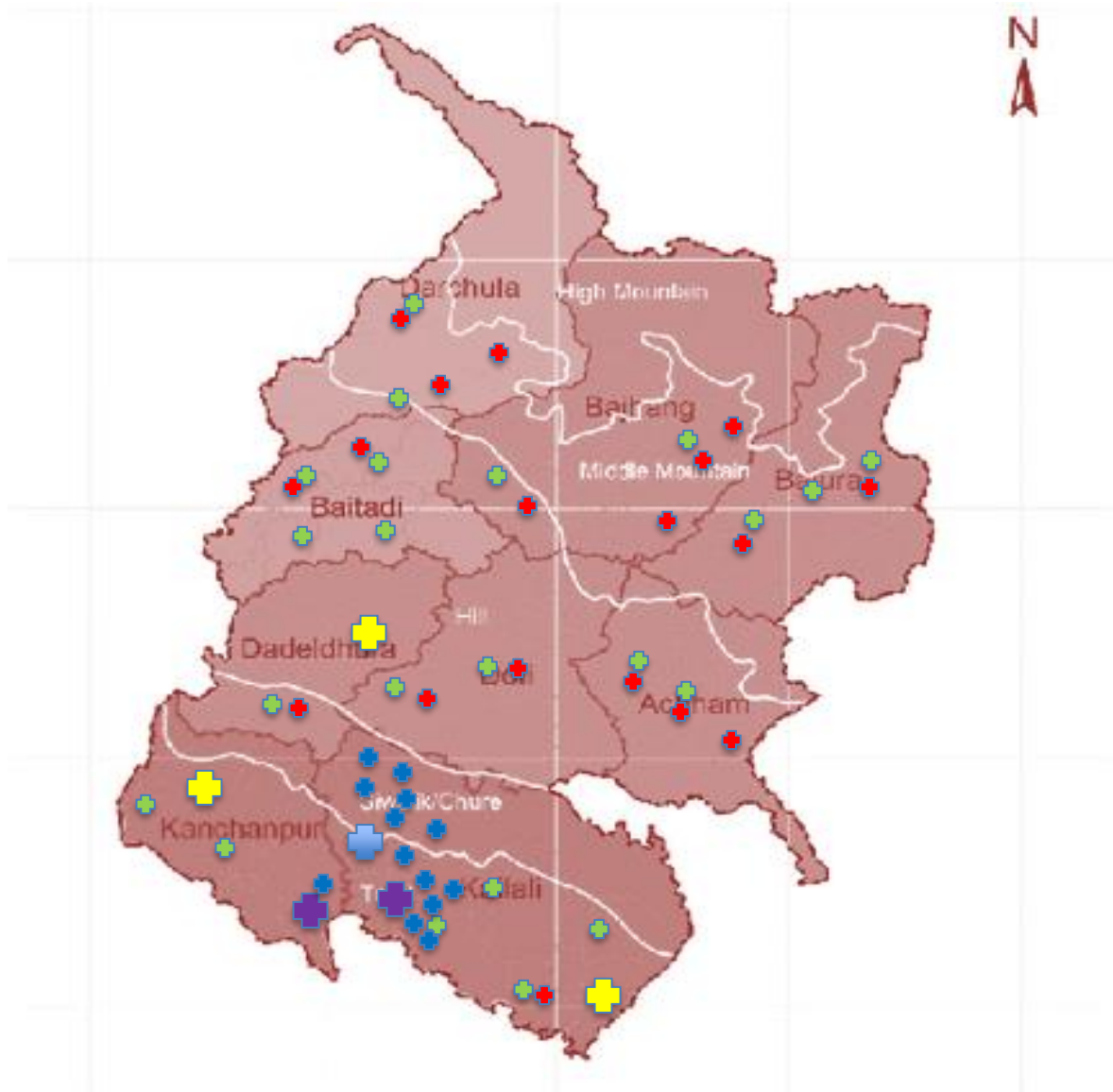
# NEPAL NETRAJYOTI SANGH

## GETA EYE HOSPITAL SOUVENIR 2081

### CONTENTS

Topic	Page Number
1. Eye Care Service coverage in Sudoor Paschim Province of Nepal	3
2. Vision, Mission, and objectives	4
3. Introduction	5
4. Impact 1981 to 2023/24	6
5. Eye Care services in the province	6
6. Partner organizations	14
7. Clinical Activities	15
8. Trainings	16
9. Activities Photographs	17
10. World Sight Day 2024	19
11. Eye health Education Posters	20
12. Abbreviations Used	26

# 1. Eye Care Service coverage in Sudoor Paschim Province of Nepal



- Geta Eye Hospital
- ✚ Secondary Eye Hospital-3
- ✚ Surgical Center-2
- Eye Centers-22
- Surgical Eye Camps-18
- Screening Eye Camps-26

## 2. **Vision**

- Be a center of excellence for eye care services and academics with accessible and affordable network of fully functional hospitals and eye care centers in Sudurpashchim province.

## **Mission**

- Provide sustainable, comprehensive quality eye care services, in the population along with producing skilled human resources.

## **Objectives**

1. To develop as Centre of Excellence (COE)
2. To expand and extend eye care services with Quality of Care (QOC)
3. To generate income through diverse resources
4. To develop leadership and management with motivated and dedicated team of staff
5. To establish Research & Development system
6. To strengthen coordination mechanism and
7. To strengthen Monitoring, Evaluation and information system.

## **Strategies**

- Disease Control
- Infrastructure Development
- Human resource Development
- Coordination and advocacy

### 3. Introduction

The national blindness survey, Nepal 1980/81, conducted by the government of Nepal and the World Health Organization, identified a higher prevalence rate of blindness (1.02%) in the far western region of Nepal and as the home of trachoma, along with other blinding eye diseases. There was an absence of eye care service in the region, and patients had to depend on the service provided by Sitapur Eye Hospital in India, which was far and expensive for the low and middle-income families. To provide eye care services in the region, the Prevention and Control of Blindness Program, run by the joint collaboration of the Nepal Government and the World Health Organization, had established Geta Eye Hospital in 1981 at Geta, of Kailali district. The government of Nepal provided 10 bigaha lands for the hospital after cabinet decision on the request of Nepal Netrajyoti Sangh through Social Service National Coordination Council.

Geta Eye Hospital is a service-oriented, non-profit-making social organization that provides preventative, promotive, curative, and rehabilitative eye care services in the Sudoor Paschim province of Nepal. This hospital was started as a 100-bed hospital made with low-cost local materials and applying a low cost philosophy. This hospital has been providing hospital-based medical and surgical eye care services with community-based outreach activities such as mobile surgical eye camps, screening eye camps in all nine districts, and intensive trachoma camps in Kailali and Kanchanpur since the beginning. It came under the umbrella of Nepal Netra Jyoti Sangh (The National Society for Comprehensive Eye Care in Nepal) in 1985 AD, and was run with the financial and technical support of Norwegian Church Aid and the INFIL Foundation from 1985 to 2004. Nepal Netra Jyoti Sangh is a social, non-profit, service-oriented non-governmental organization established in 2035 BS.

This hospital provides medical and surgical eye care services with community-based outreach activities such as surgical eye camps, screening camps, and school eye health programs in Sudoor Paschim province. To increase access on eye care to the people of the province hospital has established 3 secondary eye hospitals, 2 surgical eye centers, and 22 primary eye centers. The hospital also provides eye care services to a large number of patients from northern India.

The number of patients is increasing every year due to continuous improvement in surgical techniques subspecialty services and relatively low service charges in medical and surgical treatments. These charges are easily affordable by middle-income as well as low-income patients.



#### 4. Impact 1981 to 2024 June

**Impact 1981 - 2024 June**

- Eye Care Service at Base Hospital: 2,110,375
- Eye Care Service at Secondary Hospitals and Eye Centers: 1,854,345
- Eye Care Service at Eye Camps: 910,483
- Cataract surgery at Base Hospital: 485,428
- Other Surgeries at Base Hospital: 90,229
- Surgeries at Sec Hospitals and Eye Centers: 35,878
- Surgeries at Eye Camps: 71,348
- School children screened: 789,103

<b>Total OPD:</b>	<b>4,875,203</b>
<b>Surgeries:</b>	<b>682,883</b>

- Reduction of blindness from 1.02% in 1981 to 0.21% in 2021 in the province
- Reduction of the first major cause of blindness (cataract) from 72% to 36% in 2021
- Elimination of the second major cause of blindness (trachoma) in 2017

**Year 2080-81 BS (2023-24 AD) at a Glance:**

<b>276,759 outpatients</b>	<b>36,079 reached through eye camps</b>
<b>22,093 surgeries</b>	<b>2,759 free surgeries through eye camps</b>
<b>81,657 students screened</b>	<b>1,105 glasses distributed to students</b>
<b>1,728 trained</b>	

#### 5. Eye care services in the province

- Tertiary-level eye care service at Base Hospital
- Secondary-level eye care service through 3 Secondary Eye Hospitals and 2 Surgical Centers
- Primary eye care through **22** Eye Centers
- Tele-ophthalmology
- Eye care service through eye camps
- School Eye Health Program
- Eye health education and awareness through trainings and IEC materials

## **Geta Eye Hospital offers the following eye care services:**

- Cataract and General Ophthalmology.
- Subspecialty services on:
  - Oculoplasty
  - Cornea
  - Glaucoma
  - Vitreo- Retina
  - Pediatric Ophthalmology
- Low Vision Services
- Orthoptic Services
- Contact Lens Services
- Pathology & Microbiology Services
- OCT, Ultrasound, Laser and Fundus photography
- Tel-Ophthalmology service
- Optical dispensing services
- Pharmacy services
- Emergency eye care
- Community Eye Care
- Eye health education

### **Cataract Services:**

Cataract remains the major cause of avoidable blindness globally, and in Nepal. In Sudoor Paschim province, it is also a major cause of blindness (36%), severe visual impairment (85.7%) and moderate visual impairment (55%), of total blindness among 50 and above population as per (Prevalence and causes of blindness and visual impairment 2024).



Cataract surgery has been shown to be one of

the most cost effective health care interventions. It is being done using the small-incision cataract surgery procedure and the phaco-emulsification technique in the base hospital, three secondary-level eye hospitals and two surgical eye centers. Intra-ocular lens implantation is done in all patients after cataract surgery. Geta Eye Hospital and its network performed **15,711** cataract surgeries in the year 2080-81 (2023-24).



## **Subspecialty Eye Care Services:**

### **i. Oculoplasty Services:**

The hospital also provides oculoplasty services to the walk-in patients, referral cases from secondary-level eye hospitals, surgical centers, eye care centers and outreach activities of the hospital. Major oculoplasty surgeries were Pterizium Excision with graft, Excision biopsy of ocular mass, Dacryocystorhinostomy, Ptosis surgery, and lid repair. In the year 2080-81, a total of **2,584** patients were examined in the oculoplastic clinic, and **1,940** oculoplastic surgeries were performed.



### **ii. Cornea Services:**

Corneal lesions are the second major cause of blindness in Sudoor Paschim province comprising **24.2%** of total blindness among above 50 population as per RAAB 2021. Cornea specialty services at Geta Eye Hospital started in 2012 to address the common ocular morbidities associated with the cornea, and ocular surface. Corneal transplantation also started in the same year. Cases have a wide range of variation in the disease spectrum. The most commonly encountered corneal pathologies are:

- Corneal ulcer/keratitis (bacterial/fungal/viral/protozoal), its sequelae, and complications
- Immune-mediated keratitis
- Ocular surface disorders
- Ocular surface neoplasia
- Chemical and thermal injuries
- Corneal laceration and perforation
- Ectasia, dystrophy, and degeneration
- Pseudophakic and aphakic bullous keratopathy



### Currently available services are the management of:

- Corneal ulcer/keratitis
- Ocular surface disorders (dry eye disorders)
- Corneal laceration and perforation repair
- Ocular surface neoplasia: wide margin tumor excision +/- Mitomycin C with conjunctival auto-graft
- Symblepharon release and conjunctival autograft
- Recurrent pterygium: **PERFECT** surgery
- Gunderson's flap and corneal patch graft
- Superficial keratectomy
- Band-shaped keratopathy: **EDTA** chelation
- Therapeutic penetrating keratoplasty (**TPK**)
- Optical penetrating keratoplasty (**PK**)
- Triple Procedure ( penetrating keratoplasty with cataract extraction and intraocular lens implantation)

There is a huge number of patients seeking corneal consultation in our hospital who require transplantation surgery. Since 2012 to June 2024, the total corneal transplant surgery was **428**. Still, there is a huge backlog of patients due to the limited supply of donor tissues. At present there is only one eye bank in Nepal (Nepal Eye Bank at the Tilganga Institute of Ophthalmology) that does donor tissue harvesting, processing, and maintaining the supply and demand chain. Geta Eye Hospital is a donor cornea harvesting center and collects the cornea and supplies to the Eye Bank for further process. So, in the future, Nepal needs more tissue collection and processing centers to meet the demand of the ever-increasing number of patients and the addition of new corneal consultants every year.

In the year 2080-81 (2023-24) **14,295** patients were examined, and **369** corneal surgeries were performed.

### iii. Glaucoma Services:

Glaucoma is the third major cause of blindness in the province, comprising 21.2% of total blindness among 50 and above population in the province as per RAAB 2021. To provide the glaucoma subspecialty service in the hospital a glaucoma subspecialty clinic was established in

2013. In the glaucoma clinic, **2,617** patients were treated medically, **1,198** by laser therapy for glaucoma and **159** glaucoma surgeries were performed in the year **2080-81 (2023-24)**. Glaucoma subspecialty services in GEH are provided on all working days. For early detection and management of glaucoma, the department has installed advanced diagnostic equipment. GEH has been providing medical treatment, laser service, and glaucoma surgery.

**iv. Vitro Retina Services:**

Vitreo-retina subspecialty clinic was established in 2013 to provide medical and surgical vitreo-retina service in the hospital. In the vitreo-retina department, **6014** patients were examined and treated medically, vitreo-retina surgery, and lasers in the fiscal year **2080-81 (2023-24)**. Out of the total patients, **334** provided VR surgeries and **1164** provided retinal laser therapy services.



**v. Pediatric ophthalmology Services:**

ORBIS International has supported Geta Eye Hospital to establish the pediatric ophthalmology unit at the base hospital in 2011 AD. In the pediatric ophthalmology department, **13,411** children were examined and treated at the base hospital of which **414** children were provided surgical treatment in the fiscal year **2080-81 (2023-24)**. Major surgeries offered to pediatric patients were congenital cataracts followed by corneal repair and conjunctival repairs.



**vi. Low Vision Services:**

Low vision services are essential for the patients to use their residual vision to be self-dependent and improve quality of life. Children are rarely encouraged to develop the use of residual vision, and its existence is often ignored by medical and educational staff. The challenge for us is to recognize ways that allow partially sighted children to benefit from their residual vision through the provision of appropriate services, materials and devices. Geta Eye Hospital provides optical low-vision devices to utilize residual vision for study and to support being self-dependent in life. Hospital had provided low vision service to **30** patients in the year **2028-81 (2023-24)**.

**vii. Outreach Activities:**

Geta Eye Hospital provides outreach services through surgical eye camps, diagnostic screening and treatment (DST) eye camps, primary eye centers, and school screening programs to provide preventive, promotive and curative eye care services to unreached people of Far Western province.

**a. Surgical Eye Camps:**

To reach the unreached population in remote location and provide preventive, promotive and curative eye care services, Geta Eye Hospital conducts surgical eye camps in different locations of the Far West province to cover the whole province with the support of governmental and nongovernmental organizations. The hospital conducts surgical eye camps for 2 to 3 days at a place and organizes 3 to 4 camps in a trip to save travel time and minimize operating costs. Patients examined in the eye camps were treated medically and cataract surgeries were performed with intra-ocular lens implantation and some other minor ocular surgeries free of charge at the same site. Patients with refractive errors were also offered retinoscopic refraction and provided glasses free of charge or with subsidized costs at the same site. Opportunistic screening was performed for glaucoma, diabetic retinopathy, and other conditions and referred to Geta Eye Hospital for further investigation and management. In surgical eye camps Nepal Netrajyoti Sangh members, local social organizations, Nepal Red Cross Society volunteers, school teachers, students, social workers, female community health volunteers, and government health workers actively participate in advertisement and management of eye camp.

In the Year **2080-81 (2023-24)** hospital conducted **18** surgical eye camps, performed **12,819** patient examinations and performed **2,186** surgeries, of which **2,157** were cataract surgeries, and the rest were provided either optical correction or medical treatment. Financial support for eye camp was provided by SEVA, The Fred Hollows Foundation, Tej Kohli Ruit Foundation, Provincial Health Directorate, District Public Health office Achham, Rotary club of Elverum Norway, Hamar Rotary Club Norway, Municipalities, Ek EK Paila Nepal and Commercial Banks.

**b. Screening Eye Camps:**

Geta Eye Hospital and its network conduct one day diagnostic screening and treatment (DST) camps to reach the unreached to provide comprehensive eye care service. Operable cataract patients screened at such camps are referred to base hospital or secondary-level eye hospital, or surgical eye center or surgical eye camps to provide surgery free of charge. Opportunistic

screening was performed for glaucoma, diabetic retinopathy, and other conditions and referred to hospitals for further investigations. To address visual impairment due to refractive error, the eye camp team performs retinoscopic refraction and provides glass free of charge or at subsidized rates at the same site. The hospital and its network conducted **165** screening camps in **F/Y 2080-81 (2023-24)** where **23,260** patients were examined and operable patients were referred to base hospital, surgical eye camps, secondary eye hospitals or surgical centers for surgical intervention.

### **c. School Eye Health Program:**

Geta Eye Hospital and its network conduct school eye health programs in all districts of this province to support in elimination of visual impairment and avoidable blindness in school children.

Under this program, the hospital or eye center team visits the schools and examines the school children for eye problems. Children with ocular problems are treated medically on the spot and children with refractive error are referred to the base hospital or eye care centers or retinoscopic refraction performed at the same school for refractive correction, and provided spectacles free of charge. In addition trained school teachers screen school children and refer to an eye center or ophthalmic assistant visit to the school for refractive corrections.

Children who required special ocular examinations such as orthoptics, low vision and surgical intervention were referred to the base hospital for respective services. All services and treatment including ocular examination, spectacle and surgery have been provided free of charge or subsidized charge. In the year **2080-81 (2023-24)** hospital and its network screened **359** schools to cover **81,657** children and provided spectacle to **1105** children free of charge. The financial support for the school eye health program in the Far West province is being provided by the SEVA Foundation, Fred Hollows Foundation, the Government of Nepal through the Nepal Netra Jyoti Sangh central office, and Nepal National Social Welfare Association Kanchanpur.

## **SECONDARY EYE HOSPITAL AND EYE CARE CENTERS OF GEH**

1. Secondary Eye Hospital Mahendranagar, Kanchanpur
2. Secondary Eye Hospital Tikapur, Kailali
3. Secondary Eye Hospital Dadeldhura
4. Surgical Center Dhangadhi, Kailali
5. Surgical Center, Belauri Kanchanpur
6. Eye Center Dodhara Chadani, Kanchanpur

7. Eye Center Patan, Baitadi
8. Eye Center Gothalapani, Baitadi
9. Eye Center Silgadhi Doti
10. Eye Center Sikhar, Doti
11. Eye Center Sanfebager, Achham
12. Eye Center Darchula
13. Eye Center Chainpur Bajhang
14. Eye Center Martadi Bajura
15. Eye Center Bhajani Kailali
16. Eye Center Hasuliya Kailali
17. Eye Center Lamki, Kailali
18. Eye Center Sukhad, Kailali
19. Eye Center Jogbudha, Dadeldhura
20. Eye Center Mangalsen Achham
21. Eye Center Tante, Bajura
22. Eye Center Deulek Bajhang
23. Eye Center Gokuleshwar, Darchula
24. Eye Center Kolti Bajura
25. Eye Center Dogadakedar, Baitadi (Owned by Dogadakedar R Municipality)
26. Eye Center Melauli Baitadi (Owned by Melauli Municipality)
27. Eye Center Beldandi, Kanchanpur (Owned by Beldandi R Municipality)

### Telemedicine:

To provide Ophthalmologist consultation for eye care service to the patients located in remote areas, the hospital had established telemedicine service at Geta Eye Hospital and its Eye Care Centers. The hospital had installed a third eye camera on a slit lamp bi-microscope to capture a live image of the patient's eye, which can be



consulted with the Ophthalmologist at Geta Eye Hospital through an internet connection and treatment provided as per advice given by ophthalmologist. In the year **2080-81**, a total of **660** patients from different eye centers benefited through telemedicine.

## **6. Partner Organizations**

Geta Eye Hospital is grateful for the continuous support of our partner organizations. The financial donations we receive, enable us to upgrade our facilities to provide better patient care, purchase medical equipment and conduct outreach activities throughout the Far West province of Nepal.

### **Major Partner Organizations are as follows:**

#### **Nepal Government**

Nepal Government has been providing financial support to perform cataract surgery by organizing eye camps, free spectacles to students through school screening program, and program expenditure of nine eye centers in remote locations of the province through Nepal Netrajyoti Sangh Central office since the year 2009.

#### **SEVA foundation:**

SEVA Foundation has been supporting the outreach programs, equipment, and support on the establishment of the eye centers, human resource development and awareness in the community since the year 2008-09.

#### **Fred Hollows Foundation:**

Fred Hollows Foundation has been supporting to Geta Eye Hospital in Human resource development, strengthening sub-specialty services, outreach activities, establishment of eye centers, upgrading of eye centers to secondary level eye hospital and equipment since the year 2013.

#### **Rotary clubs, Elverum and Hamar, Norway:**

The Rotary clubs, Elverum and Hamar Rotary Club, Norway have been supporting the Outreach program to conduct the eye camps in remote locations, and equipment for the hospital since the year 2008. The hospital is conducting 4 eye camps each year with the support of both the clubs.

#### **Tej Kohli Ruit Foundation (TKRF)**

Tej Kohli Ruit Foundation has been supporting cataract surgery through outreach program for conducting eye camps in the far western province and to the walk-in poor patients at the base hospital and its secondary hospitals as well as surgical centers since the year 2021. GEH and its network performed **569** cataract surgeries free of charge to patients under TKRF program in the year 2020-21 (2023-24).

## 7. Clinical Activities 2080-81 ( 2023-24)

A total of **276,759** patients were examined in the outpatient department (OPD) of Geta Eye Hospital, Secondary level eye hospitals, eye centers and its outreach program in the year 2080-81. Out of which **22,476** patients were provided surgical treatment and the rest were treated medically or optical correction.

### ✦ THREE YEAR CLINICAL DATA :

CLINICAL ACTIVITY	2078-79	2079-80	2080-81	TARGET 2081-82
<b>OPD</b>				
Geta Eye Hospital	99787	97607	95243	104000
Eye Hospital, Mahendranagar	23851	23586	24945	25000
Eye Hospital, Tikapur	28337	23552	22916	25000
Eye Hospital, Dadeldhura	8919	11723	9924	13200
Eye Camps (DST+Surgical)	24922	21379	36079	26500
Eye Centers	66068	92649	87652	97200
<b>TOTAL OPD</b>	<b>251884</b>	<b>270496</b>	<b>276759</b>	<b>290900</b>
<b>CATARACT SURGERY</b>				
Geta Eye Hospital, Geta Kailali	13911	11851	10585	11700
Eye Hospital, Mahendranagar	652	826	871	1000
Eye Hospital, Tikapur, Kailali	1040	894	633	700
Eye Hospital, Dadeldhura	102	488	431	550
Surgical Eye Center, Dhangadhi	166	784	528	600
Surgical Eye Center, Belauri	12	153	119	150
Eye Center Mangalsen		11		
Surgical Eye Camp	2346	2544	2157	2700
<b>TOTAL CATARACT</b>	<b>18229</b>	<b>17551</b>	<b>15324</b>	<b>17400</b>
<b>LASER AND OTHER INTRA-OCULAR SURGERY</b>				
Geta Eye Hospital	3919	4511	4343	4500
Surgical Eye Camp	0	14	3	
<b>Total other Intra-ocular surgery</b>	<b>3919</b>	<b>4525</b>	<b>4346</b>	<b>4500</b>
<b>EXTRA-OCULAR SURGERY</b>				
Geta Eye Hospital	1751	2298	1940	3500
Eye Hospital, Mahendranagar	53	70	139	150
Eye Hospital, Tikapur, Kailali	114	59	143	150
Eye Hospital, Dadeldhura	1	134	80	50
Surgical Eye Center, Dhangadhi, Kailali	41	92	61	50
Surgical Eye Center, Belauri	4	5	18	30
Surgical Eye Camp	23	11	27	45
Other Eye Centers	11	16	15	50
<b>Total Extra-ocular Surgery</b>	<b>1998</b>	<b>2685</b>	<b>2423</b>	<b>4025</b>
<b>Grand Total Surgery</b>	<b>24146</b>	<b>24761</b>	<b>22093</b>	<b>25925</b>
Number of School Screened	328	446	359	635
Number of Students Screened	60117	96107	81657	124850
Number of Free Spectacle Distribution	685	1072	1105	2790



## 8. Trainings:

At Geta Eye Hospital, we also provide training for eye health workers, anterior segment fellowship for ophthalmologists, clinical exposure for ophthalmology residents, manual SICS training for ophthalmologists, clinical exposure training for Optometrists and ophthalmic assistants, practical training for nursing and health assistant students and primary eye health care training for health workers, school teachers, female community health



volunteers (FCHV), social volunteers and drug retailers.

In the year **2080-81**, GEH provided Anterior segment fellowship training to one ophthalmologist, Eye Center Management training for **9** Ophthalmic Assistants, equipment maintenance training to **23** OAs, clinical exposure training for **22** OA trainees, Primary eye health training to **268** health workers, basic eye health training to **908** FCHVs, optical dispensing training for **4** optical dispensers, basic eye health training to **477** school teachers, at Geta Eye Hospital and its hospital / eye care centers.

**9. Activities Photographs:**



**Registration Eye Camp Bhajani, Kailali**



**Operated cases Bhajani**



**Surgical eye Camp Kolti Bajura**



**Surgery at Eye Camp Bhajani**



**Inauguration of Eye Center Dogadakedar**



**Inauguration Eye Center Kolti Bajura**



**Inauguration of Eye Center Melauli, Baitadi**



**Training on Equipment Maintenance**



**Annual Planning Meeting**



**Mid-term Review Meeting**



**Primary Eye Care Training to HW**



**Tele-ophthalmology**



**FCHV Training**



**World Sight Day 2023**



**School Teachers Training**

# विश्व दृष्टि दिवस

## अक्टोबर १०, २०२४

"विश्व दृष्टि दिवस" अन्धोपन तथा न्यून दृष्टिको विषयमा जन चेतना जगाउन संसारको ध्यान केन्द्रीत गर्न प्रत्येक वर्ष अक्टोवर महिनाको दोश्रो बिहिवार मनाईने दिवस हो । यो दिवस अन्धोपन को रोकथाममा सहभागी सम्पूर्ण संघ संस्थाहरुले संसार भरी नै मनाउने गर्दछन् ।

यस बर्षको नारा: "आँखालाई माया गरौं" "बालबालिकाको आँखाको विशेष ख्याल गरौं  
("Children, Love Your Eyes") रहेको छ ।

- संसारमा २ अरब २० करोड मानिसहरुको टाढाको वा नजिकको दृष्टि कमजोर छ जस मध्ये १ अरब मानिसलाई सेवा पुर्याउन सकिएको छैन ।
- जस मध्ये ३ करोड ६० लाख मानिसहरु दृष्टि विहीन छन् ।
- संसारमा ८० प्रतिशत भन्दा बढि दृष्टि विहीन तथा न्यून दृष्टि भएकाहरु अनावस्यक कारणले अर्थात उपचार बाट निको हुन सक्ने रोगको कारणले दृष्टि विहीन वा न्यून दृष्टि भएर बाच्च बाध्य छन् ।
- अन्धोपन तथा न्यून दृष्टिबाट पिडित ९०% मानिसहरु अल्पविकसित र विकासोन्मुख देशमा बसोबास गर्दछन् ।
- अध्ययनबाट दृष्टि कमजोर भएका बालबालिकामा चश्माको प्रयोगले शैक्षिक असफलता दर ४४ % ले घटाएको देखाएको छ ।

## आँखा स्वास्थ्य सम्बन्धी महत्वपूर्ण जानकारी

- ❖ बच्चा जन्मिएको ४२ दिन भित्र कम्तिमा एक पटक र अन्य बाल बालिकाहरुले बर्षमा एक पटक आँखा जाँच गराई रहनु पर्दछ ।
- ❖ बाल बालिकाले विद्यालयमा कालो पाटीमा राम्ररी नदेखेमा वा धेरै नजिक गरेर लेखपढ गर्न थालेमा तुरुन्तै आँखा जाँच गराउनु पर्दछ ।
- ❖ यदि ४० वर्ष पार गरि सक्नुभएको वा मधुमेह/उच्च रक्तचाप छ भने नियमित आँखा जाँचाई राखौं ।
- ❖ आँखाको नानीमा सेतो देखिएमा वा फुलो परेमा तुरुन्तै आँखा अस्पताल वा उपचार केन्द्रमा जाँच गराई उपचार गराऔं ।
- ❖ आँखाले धमिलो देखिने, लेख पढ गर्न गाह्रो भएमा, टाउको दुख्ने भएमा, आँखा डेढो देखिने, आँखामा थकान महसूस भएमा वा बत्तीमा इन्द्रेणी जस्तो देखिएमा आँखा जाँच गराउनु पर्दछ ।
- ❖ आँखामा चोट पटक लागेमा, झार वा कसिंगर परेमा, आँखा पाक्ने भएमा तुरुन्तै आँखा उपचार केन्द्र वा अस्पतालमा जाँचाएर उपचार गराऔं । सानो चोटले समेत दृष्टि गुम्न सक्दछ ।
- ❖ अचानक आँखा तथा टाउको दुख्ने, वान्ता हुने भएमा तुरुन्तै आँखा जाँच गराऔं ।
- ❖ आँखामा फुलो परेमा झार फूक गर्ने, आफु खुसी जथाभावी औषधि वा जडीबुटीको प्रयोग गर्ने नगरौं
- ❖ अचानक आँखाको दृष्टि कम भएमा तुरुन्तै आँखा जाँच गराऔं ।

10. Eye health Education Posters

**आँखा स्वस्थ राख्ने उपायहरू**

आँखा (द र ध) दुब्रे, रातो वा धमिलो भएमा तुरुन्तै आँखा अस्पताल वा आँखा उपचार केन्द्रमा जाँच गराउनु पर्दछ



हरियो सागसब्जी र पहेला फलफुल प्रशस्त खानु पर्दछ

आँखामा धुलो वा कसिंगर परेमा मिच्चु हुदैन, सफा पानीले धुने र नजिकको आँखा उपचार केन्द्रमा जाँच गराउनु पर्दछ



वेल्डिङ गर्दा / तेजिलो वस्तु / सूर्यलाई नांगो आँखाले नहेरौं



तिखा र धारिला वस्तुहरू बच्चाहरूले खेल्ने स्थानमा नराखौं



स्वास्थ्यकर्मीको सल्लाह बिना औषधि वा जडिबुटीको प्रयोग नगरौं



नियमित कम्तिमा दुई पटक सफा पानीले आँखा धुनु पर्दछ



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गेटा आँखा अस्पताल वा नजिकको आँखा उपचार केन्द्रमा सम्पर्क राख्नुहोला

## भात बहादुर



## साग बहादुर



हरियो साग सब्जी खाए, आँखा स्वस्थ राखी ।

## आँखा पाक्ने रोगका प्रमुख लक्षणहरु :

- एक्कासी एउटा अथवा दुवै आँखा रातो हुने ।
- आँखा धेरै चिलाउने ।
- आँखामा कचेरा लाग्ने तथा टासिने ।
- आँखाबाट आसु बगिरहने ।
- आँखा सुन्निने, दुख्ने/बिभाउने ।
- घाम तथा उज्यालो प्रकासमा हेर्न समस्या हुने ।

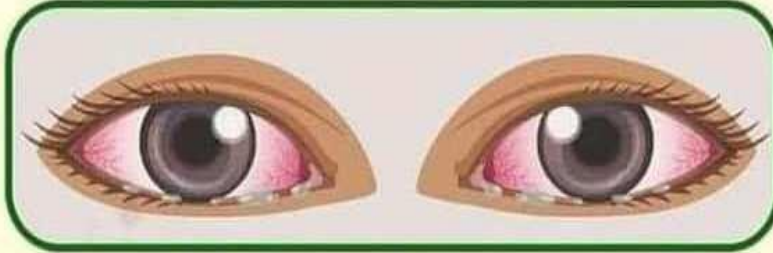


## आँखा पाक्ने रोगबाट बच्ने उपायहरु :



- जथाभावी रूपमा आँखा नछुने/आँखा छुनु भन्दा पहिले राम्ररी साबुन पानीले हात सफा गर्ने ।
- सफा पानीले आँखा सफा गर्ने ।
- हरूले प्रयोग गरेका तौलिया/रुमाल प्रयोग नगर्ने ।
- व्यक्तिगत सरसफाइमा ध्यान दिने ।

## आँखा पाक्ने रोग लागिहालेमा के गर्ने :



- पटक पटक सफा चिसो पानीले आँखा सफा गर्ने ।
- आँखा छोडिसकेपछि हरेक पटक साबुन पानीले हात सफा गर्ने ।
- आफूले प्रयोग गर्ने रुमाल, तौलिया, कपडा छुट्टाछुट्टै राख्ने र अरुलाई प्रयोग गर्न वा छुन नदिने ।
- कालो चस्माको प्रयोग गर्ने ।
- आफूले प्रयोग गरेको सिरानीको खोल, तन्ना हरेक दिन सफा गर्ने ।
- जथाभावी रूपमा आँखामा औषधिको प्रयोग नगर्ने ।



# मधुमेहका कारणले हुने अन्धोपन (Diabetic Retinopathy)

मधुमेह अर्थात चिनी रोगका बिरामीहरुमा आँखाको दृष्टि पर्दा (रेटिना) मा रक्तश्राव भइ स्थायी अन्धोपन आउन सक्ने भएकोले नियमित आँखा जाँच गराउनु पर्दछ



सामान्य दृष्टि

मधुमेहका कारण हुन सक्ने दृष्टि



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## मोतिविन्दु

मोतिविन्दुको कारणले आँखाको दृष्टि विस्तारै धमिलो हुँदै जान्छ र नदेख्ने गराउँछ। यो औषधिको प्रयोगबाट निको पार्न सकिदैन तर अप्रेसनद्वारा गुमेको दृष्टि पुनः फर्काउन सकिन्छ।

यसको अप्रेसन दुई विधिबाट गर्न सकिन्छ:

✦ Phaco (फेको मसीनबाट)

✦ SICS (सानो चिरा दिएर हातले)

यदि मोतिविन्दु धेरै पाक्दा सम्म पर्खेर रहेमा यसबाट जलविन्दु पनि हुन सक्छ।

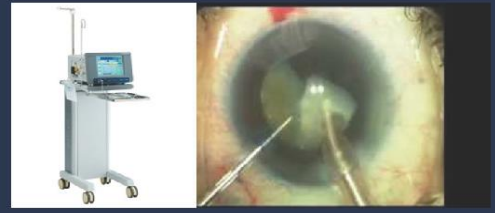
जलविन्दु भई सके पछि अप्रेसन गरेर पनि दृष्टि नआउने गरि बिग्रन सक्छ।



मोतिविन्दु



SICS (सानो चिरा दिएर हातले गरिने)



Phaco (फेको मसीनबाट)



थप जानकारी तथा उपचारको लागि:

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# आँखा सफा र स्वस्थ राख्ने उपाय

## WAYS TO KEEP EYES CLEAN AND HEALTHY



बिहान र बेलुका सुत्ने बेलामा मुख र आँखा सफासंग धुनु पर्दछ।



दिनहुँ नुहाउनु राम्रो हो। तर कम्तीमा हप्तामा एक पटक नुहाउनु पर्छ।



मुख पुछ्ने रुमाल छुट्टै छुट्टै प्रयोग गर्नु पर्दछ।



भित्ताले आँखामा रोग साँठ, फेहर हातले पनि साँठ। घर आँगन सफा राखौ



भिटामीन 'ए' पाइने खानेकुराहरू दिनहुँ खानु पर्दछ।



आँखा रातो भएमा, दुखेमा वा आँखामा सानै चोट लागेमा पनि तुरुन्तै उपचार गराउनु पर्दछ।



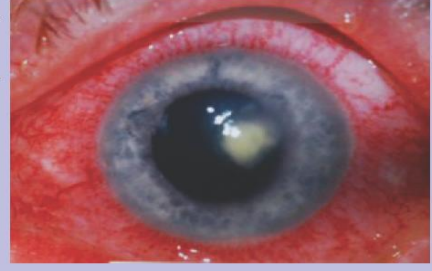
नेपाल नेत्रज्योती संघ  
राष्ट्रिय आँखा स्वास्थ्य शिक्षा एकाई

पोष्ट बक्स नं. ३३५  
काठमाडौं, नेपाल



# आँखाको नानीमा घाउ (Corneal ulcer)

आँखामा चोट पटक लागेर अथवा कहिले काँही चोट नलागेर नै पनि आँखाको नानीमा घाउ हुन सक्छ। यस्तो हुन गएमा तुरुन्तै नजिकको आँखा उपचार केन्द्र अथवा आँखा अस्पतालमा गई जचाउनु पर्दछ। बताईए अनुसार आँखामा नियमित रूपमा औषधि राख्नु पर्दछ। नियमित औषधि नराखेमा आँखाको दृष्टि पुरै जान सक्छ। यस्मा जडीबुटी तथा जथाभावी औषधिको प्रयोग गर्नु हुँदैन र भगरफुक बाट पनि यो निको पार्न सकिदैन। यदि तपाईंले खेतमा काम गर्दा चशमाको प्रयोग गरेमा यस प्रकारको चोट पटक लाग्नबाट धेरै हद सम्म बचाउन सकिन्छ।



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रात्रो आँखाले देखिने



जलविन्दु लाग्ने पछि देखिने

## जलविन्दु

जलविन्दुका रोगीको सुरुको अवस्थामा आँखाको दृष्टि कम भएको थाहा नै हुँदैन तर उपचार नपाएमा विस्तारै आँखाको दृष्टि पुरै जान सक्छ।



आँखाको दृष्टि बचाउनको लागि चालिस वर्षमाथिका सबैले वर्षमा एकपटक आँखा जाँच गराउने र जलविन्दु लाग्ने हाले सल्लाह अनुसार औषधिको प्रयोग गरि रहनु होस।



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# चश्मा लगाउनु पर्ने अवस्था

कुनै पनि बस्तुबाट आएका प्रकाशका किरणहरू दृष्टि पर्दा (Retina) मा केन्द्रित नभई, पर्दा भन्दा अगाडी वा पछाडी केन्द्रित भएर वस्तु स्पष्ट नदेखिने अवस्था चश्मा लगाउनु पर्ने अवस्था (Refractive Error) हो ।



**सामान्य बबस्था (Normal)**  
प्रकाशका किरणहरू दृष्टि पर्दामा केन्द्रित भएको



**बदूर दृष्टि (Myopia)**  
प्रकाशका किरणहरू दृष्टि पर्दा भन्दा अगाडी केन्द्रित भएको



**दूर दृष्टि (Hypermetropia)**  
प्रकाशका किरणहरू दृष्टि पर्दा भन्दा पछाडी केन्द्रित भएको



आँखा उपचार केन्द्र वा अस्पतालमा जाँच गराई आवश्यकता अनुसार चश्माको प्रयोगले सामान्य देख्न सक्ने बन्न सकिन्छ ।



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## खान नहुने कुराहरू

चुरोट, बिडी, तमाखु, सुती, खैनी जस्ता लागु पदार्थ सेवन गरे मधुमेहसँग सम्बन्धित अरु रोगहरू बलिवन्ध र थप समस्याहरू निम्त्याउ छ ।

## साधारण खान नहुने कुराहरू

- कृतिम गुलियो पदार्थहरू, मिठाई, सरसुखर, जाम, मह टिनमा राखेको फलफूलहरू, कोकाकोला आदि पेय पदार्थहरू, आईसक्रिम, चकलेट, केक गुलियो बिस्केटहरू बर्नमिट, हर्लिवस आदि
- धेरै चिल्लो (ध्यू वा तेल भएका खानेकुरा

## ठिक अवस्था

BP-130/80 mmHg भन्दा कम  
BMI-18.5-24.9  
Wais/Hit Ratio- पुरुष १ भन्दा कम  
महिला: 0.८ भन्दा कम  
FG 80-110 mg/dl  
PPG 110-140 mg/dl  
Total Cholesterol-200 mg/dl भन्दा कम  
TG-150mg/dl  
LDL-70 mg/dl  
HDL महिला ५० mg/dl भन्दा बढी  
पुरुष ८० mg/dl भन्दा बढी

## ठिक मात्रामा खान नहुने कुराहरू

सुरूसा रोटी, मात, दाल कम चिल्लो भएको तरकारीहरू, आलु, मासु, माछा, दुध, दही, फलफूल पाउरोटी चाउचाउ, च्युरा, चना, अण्डा क्रिमत्रोकेर बिस्कुट आदि

## इच्छ अनुसार खान हुने कुराहरू

- सालाद: काक्रो, प्याज, गोलभेडा, कागती आदि
- उमालेका तरकारी सागपातहरू बन्दाकोमी, हरिया सागपातहरू भन्टा, च्याउ, सिमी आदि

के  
तपाईं लाई मधुमेह  
छ

## व्यायाम

- डाक्टरको सल्लाह अनुसार नियमित व्यायाम गर्ने
- खाली पेटमा शरीरको ग्लुकोजको मात्रामा परिवर्तन हुन्छ, त्यसैले ठिक मात्रामा व्यायाम गर्ने
- व्यायाम गर्नु अघि, बीच बीचमा र गरेपछि पर्याप्त मात्रामा पानी पिउनु लाभदायक हुन्छ ।
- ग्लुकोजको मात्रा राम्रै नियन्त्रण नभए वा अन्य मधुमेह (जटिलताहरूको खतरा छ भने डाक्टरको सल्लाह लिने ।

बिरामीले आफ्नो स्वास्थ्यको बारेमा सजक हुनु पर्ने कुराहरू



11. **Abbreviations used:**

<b>RAAB:</b>	Rapid Assessment of Avoidable Blindness
<b>GEH:</b>	Geta Eye Hospital
<b>ECC:</b>	Eye Care Center
<b>COE:</b>	Centre of Excellence
<b>QOC:</b>	Quality of Care
<b>NNJS:</b>	Nepal Netrajyoti Sangh
<b>OPD:</b>	Out Patient Department
<b>TPK:</b>	Therapeutic penetrating keratoplasty
<b>PERFECT:</b>	Pterygium Extended Removal Followed by Extended Conjunctival Transplant.
<b>EDTA:</b>	Ethylenediamine tetraacetic acid.
<b>VR:</b>	Vitreo- Retina
<b>DST:</b>	Diagnostic Screening and Treatment
<b>ARMD:</b>	Age Related Macular Degeneration
<b>EVI:</b>	Early Visual Impairment
<b>MVI:</b>	Moderate Visual Impairment
<b>SVI:</b>	Severe Visual Impairment
<b>VA:</b>	Visual Acuity
<b>CNS:</b>	Central Nervous System
<b>SICS:</b>	Small Incision Cataract Surgery
<b>FCHV:</b>	Female Community Health Volunteer



# **NEPAL NETRAJYOTI SANGH GETA EYE HOSPITAL**

**Godavari Municipality- 5 Geta, Kailali**

**Phone: +977 91575112,575205,575204**

**EMAIL: [info@getaeyehospital.org.np](mailto:info@getaeyehospital.org.np)**