
ARAVIND EYE HOSPITAL

REPORT FOR THE YEAR 1985

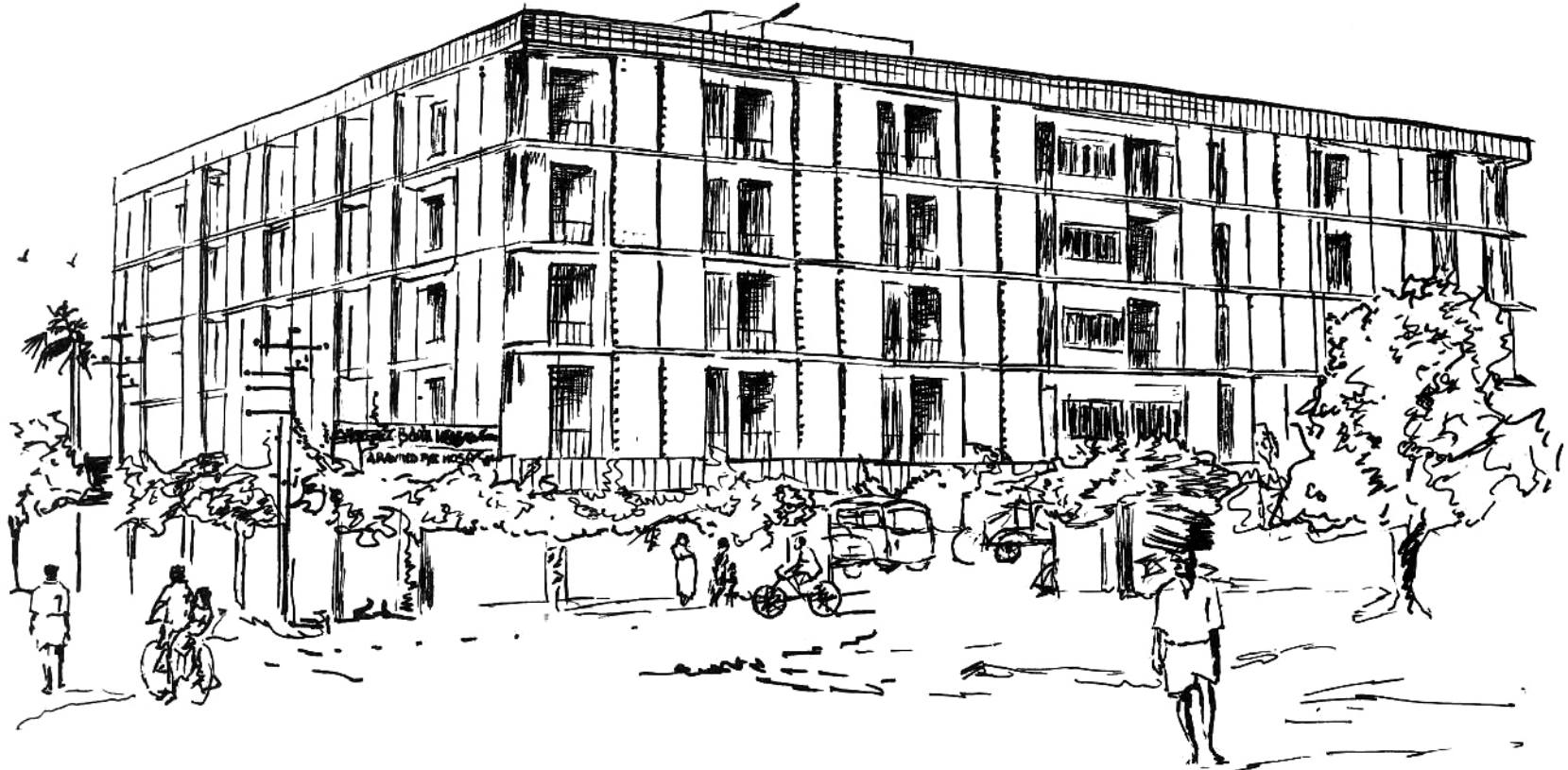


TO SEE is the right of a human being and no one should remain blind for lack of simple delivery of eye care.

THE BEGINNING

Despite conspicuous momentum and priority for national and international action for prevention of blindness there had been little change in the blindness rate. So when Dr. Venkataswamy retired as the Chief of the Eye Department from the Government Hospital in Madurai, he felt he should establish an alternate eye health delivery system which can be self-supporting and also supplement the efforts of other agencies in this direction.

Aravind has thus developed in the past 10 years from a 20 bed hospital to a 250 bed paying hospital that not only is self-supporting but also meets the costs of running the 350 bed free hospital and the camp activities. The paying hospital has four operating rooms, all speciality clinics and support departments like radiology, microbiology, bio-chemistry, photography and ultrasound scanning.





Ms. Kay Renius M.A.,C.L.S., Assistant Professor of Medical Technology at the University of Connecticut, USA, is a Seva sponsored volunteer who has established a well-equipped microbiology laboratory at Aravind. She also served as a consultant to the development of training manuals for the Operations Research Project to reduce the barriers to cataract surgery.

DEVELOPMENTS IN 1985

- Three computer systems have been installed in order to facilitate data management. They are used in research projects, medical records, camp planning and regular administrative work.
- Our Retina & Vitreous Department has added:
 - a Coherent Argon & Krypton Laser photocoagulator
 - Cooper vision Surgical model 8800 Ocutome II Basic System
 - Cooper vision Surgical model 8300 Fragmatome Basic System.
- Intra Ocular Lenses are being implanted in suitable cataract patients on a regular basis since 1980. Three computerised ultrasound "A-Scan" have been installed for determining the power of the IOL to be implanted.
- A radiology department was added to the hospital in January 85. It has a 300 ma X-ray plant.
- A well-equipped Microbiology Department has been established to identify and treat corneal ulcers and other infections.

The Free Hospital:

This five storeyed building can accommodate 350 in-patients, apart from the out-patient unit and operation theatre complex. All the patients are given free surgery, treatment and lodging. The cataract patients who are brought from eye camps get free food during their hospital stay, free glasses and transport too.



Eye Camp Activities:

Eye camps are conducted on a daily basis in the surrounding villages with the help of local voluntary agencies. Treatment is given at the campsite itself and patients who need surgery are brought to the free hospital. When the camps are conducted far away from the Main Hospital and the number of cataract patients is large, surgery is conducted at the campsite itself.



In 1985 we conducted 496 eye camps in collaboration with the following organisations.

No.	Name of the Voluntary Agency	No. of Camps	No. of Cases treated	Operations done		Total
				Cataract	Others	
1.	Bhagwan Sathya Sai Organisation	42	18170	2690	173	2863
2.	Lions Club	49	16404	2074	82	2156
3.	Rotary Club	11	3229	517	20	537
4.	Vivekananda Kendra	14	5464	617	67	684
5.	Jaycees	4	1053	130	7	137
6.	Other Agencies like Co-operative Banks, mills, etc.	375	50528	5094	293	5387
7.	World Health Organization (Republic of Maldives)	1	1498	89	51	140
Total		496	96346	11211	693	11904

PERFORMANCE

Of the total operations 3580 were performed at the campsite itself while the others were transported and operated at our free hospitals either at Madurai or Theni

ARAVIND CHILDREN'S HOSPITAL

This hospital was started in 1984 in the old free hospital building. It provides hospital based paediatric care. In addition the hospital conducts frequent paediatric camps to promote immunisation and bring the benefit of modern medicine to the poor. The hospital can handle about 60 in-patients. Over 90% of the hospital based care and the entire camp services including medicines are provided free.



Education:

- The nursing trainees here are trained at the hospital itself in paediatric nursing.
- Volunteers and workers of other voluntary agencies are given training in Primary Child Care.
- Health education is given to the mothers at the paediatric camps and at the Children's hospital once a week.

ARAVIND CHILDREN'S HOSPITAL STATISTICS FOR 1985

Out-patient visits	7653
In-patients	66
Total no. of camps	112
Patients examined in camps	9095
Immunisation given	1373

ARAVIND CHILDREN'S HOSPITAL PROJECTS:

Training Child Care Workers:

A project for training a cadre of non-medical auxiliary workers in primary child care service is on with the grant of Ford Foundation. Dr. Lincoln Chen, Regional representative of the Ford Foundation from New Delhi visited the hospital to assess the progress.

Eradication of Blinding Malnutrition in Madurai District:

The object of the project is to control xerophthalmia in the District of Madurai to the extent that malnutrition resulting in blindness will be eliminated, i.e. to achieve zero incidence of malnutritional blindness.

Visitors:

Dr. Susan Slowinsky and Dr. Walter Slowinsky from U.S.A. were at the Aravind Children's Hospital for about 4 months. They helped establish the emergency room and train the staff in emergency procedures. In addition they did research work at the Nutrition Rehabilitation Centre.

Ms. Patience Scally, a public health nurse from Ireland spent 6 months at the Aravind Children's Hospital. She established a house-visit system and helped in our paediatric nurses training.

RESEARCH PROJECTS

Clinical Trials to Reduce Hospital Stay of Patients Operated for Cataract

This is a two year study to determine the safety and efficacy of using (Vanadium Stainless Steel) VSS-50 micron sutures for cataract surgery. In addition to drastically reducing the cost of sutures, the procedure has the potential of decreasing hospital stay from 5-7 days to 2-3 days. It is in the developmental stages.

Laboratory and Clinical Studies of Eales' Disease

This project is now in its second year. This has been launched under the Indo-US Science and Technology Initiative, sponsored by Indian Council of Medical Research in collaboration with the Madurai Kamaraj University. This study is to establish the etiology of the disease and evaluate the combined treatment of Xenon photocoagulation and cryopexy. This project is funded by the National Eye Institute, Washington D.C., U.S.A.

Management of Diabetic Retinopathy and Blindness Due to Diabetes

Over a period of 5 years detailed follow up will be made on patients with diabetes in relation to the duration of diabetes, treatment, presence of other systemic illnesses such as hypertension, condition of the eye, response to the eye treatment given, etc.

Operations Research

To optimise the use of available ophthalmic resources by finding methods to overcome the social and economic barriers to cataract surgery in particular and eye care in general. All the material required for the field work such as training materials, questionnaires are all getting ready. This project is carried out in collaboration with the University of Michigan, USA.

Dr. Carl Kupfer, Director of National Eye Institute, as the Principal Investigator of the Eales' Disease Project and as one of the Investigators of the Operations Research Project, reviewed the status of these projects during his visit to Aravind from 8th to 12th October, 1985.

Dr. Richard L. Mowery, Health Scientist Administrator of National Eye Institute and Dr. Leon Ellwein, Associate Dean for Research and Development – University of Nebraska worked on the Operations Research Project to draw up the schedule of activity and also the framework for the research protocol.

Rapid Survey Techniques for Ophthalmic Health Planning and Monitoring

The object is to develop and test a method for diagnosing cataract blindness using para-professional health workers and analysing the data on stand alone microcomputers. This project is funded by the National Academy of Sciences, Washington, D.C., under the BOSTID Project.

Management of Post-Operative Endophthalmitis

The study proposes to document and analyse the surgical management of cases with post-operative complications, especially endophthalmitis by using vitrectomy and other procedures, and also isolate the cause infection through microbiology work.



Dr. P. Namperumalsamy treating a patient – part of the Eales Disease study

Conferences Attended by Our Doctors

- THE 10TH CONGRESS OF THE ASIA PACIFIC ACADEMY OF OPHTHALMOLOGY was attended from 31.1.85 to 5.2.85 at New Delhi by

Dr. G. Venkataswamy
Dr. G. Natchiar
Dr. Sambasiva Rao

Dr. P. Namperumalsamy
Dr. Taraprasad Das
Dr. R. D. Ravindran

Papers were presented by Dr. P. Namperumalsamy and Dr. G. Natchiar.

Dr. P. Namperumalsamy participated in an instruction course on RETINAL DETACHMENT organised by Dr. Ronald C. Pruett of Retina Associates, Boston.

- DR. CHARLES L. SCHEPEN'S ALUMNI MEETING was held on 30.1.85 at New Delhi. This was hosted by Aravind Eye Hospital and organised by Dr. Schepen's Alumni members Dr. P. Namperumalsamy and Dr. G. Natchiar. Twelve Alumni members from different countries attended the meeting and discussed "Recent developments in Retina and Vitreous".
- Dr. G. Venkataswamy attended the meeting of the 3 COMMITTEES OF STANDARDISATION OF TERMINOLOGIES OF DEFINITIONS FOR DISABILITIES held by the Ministry of Social & Women's Welfare on 30th March, 1985 at New Delhi.

- The following doctors attended the 33rd Conference of MADRAS STATE OPHTHALMIC ASSOCIATION on 14th and 15th September 1985 at Thanjavur

Dr. G. Natchiar
 Dr. M. Srinivasan
 Dr. Taraprasad Das
 Dr. Sambasiva Rao
 Dr. R. Raveendran
 Dr. P. Ravichandran
 Dr. Venkatesan

Dr. A. R. Muralidharan
 Dr. Jagadesh
 Dr. Maheswari
 Dr. Manohar
 Dr. Revathy
 Dr. Sujatha

and papers were presented by

Dr. G. Natchiar
 Dr. T. P. Das
 Dr. R. Raveendran

Dr. M. Srinivasan
 Dr. Maheswari
 Dr. P. Ravichandran

Dr. Jagadesh
 Dr. Muralidharan
 Dr. Sambasiva Rao

- Dr. Namperumalsamy attended the NATIONAL SYMPOSIUM ON OCULAR THERAPY from 16th to 18th November 1985, held at Jodhpur.
- Dr. Namperumalsamy attended the Conference on ULTRASOUND organised by Indian Medical Association on 12th and 13th October 1985, at Coonoor and presented paper on "Ultrasound in Ophthalmology".
- Dr. G. Venkataswamy attended the ALL INDIA CONFERENCE ON WORK FOR THE HANDICAPPED from 4th to 8th February 1985, at Bombay and presented a paper.
- Dr. Sambasiva Rao attended the NATIONAL SYMPOSIUM ON LASERS IN OPHTHALMOLOGY on 15-17th November 1985 at New Delhi.
- Mr. R. D. Thulasiraj, our administrator attended an inter-country workshop on "EVALUATION OF NATIONAL PROGRAMMES ON PREVENTION OF BLINDNESS" organised by the World Health Organisation at New Delhi in December 1985.

ACADEMIC PROGRAMMES

Aravind is recognised

- as a post-graduate teaching hospital by the Medical Council of India.
- as a training centre for eye health professionals from other countries by the World Health Organization.
- by the Madurai Kamaraj University for the Diploma in Ophthalmology Course and Ph.D in Ophthalmology.
- by the National Academy of Medical Science to train three candidates per year for Diploma in National Board Examination.

The third batch of 7 students appeared and all of them passed the Diploma in Ophthalmology (D.O.) Course of Madurai Kamaraj University. The fourth batch of 6 students for the Diploma in Ophthalmology Course were admitted in April 85.



Dr. P. Namperumalsamy (above) and Dr. Ronald C. Pruett conducting the Retina-Vitreous Course



Academic programme for foreign nationals

Dr. Mahn Sein Lwin, Dr. Than Lwin, Dr. Hla Myint and Dr. Aung Myint from Burma were sponsored by the World Health Organisation. They underwent training in community-based Prevention of Blindness programmes during their visit here.

As part of their residency programme ophthalmology residents from the Illinois Eye and Ear Infirmary and St. Vincent's Hospital in New York City, come to Aravind for four weeks. Last year the residents from Illinois Eye & Ear Infirmary were

Dr. Jose Pulido	Dr. Alan Spigelman
Dr. Peter Lagouros	Dr. Bruce Goldstick

and from St. Vincent's Hospital, New York

Dr. Russell G. Fumuso	Dr. Richard Spaide
Dr. Todd Bragin	Dr. Michael Campion

The following ophthalmologists were also at Aravind – some for training our staff and the others for gaining further experience

Dr. Benedict Rizzuti	– New York, USA
Dr. Klaus Schott	– W. Germany
Dr. John Gilman	– San Francisco, USA
Dr. Eira Unto	– Finland
Dr. Pasquale Cozzupoli	– Italy
Dr. George Trantas	– Greece
Dr. Jay M. Enoch	– Berkeley, USA
Dr. Sivalingam	– New Jersey, USA
Dr. George Turner	– U.D.
Dr. Giovannella	– Italy
Dr. I. A. Bianchi Bazzi	– W. Germany

Continuing Education

The following courses were conducted here with senior specialists and visiting Indian and foreign faculty for the benefit of ophthalmologists:

- Course on Management of Retinal Detachment and Technique of Vitreo Retinal Surgery was conducted on January 19-20 by

Dr. Ronald C. Pruett, M.D. – Retina Associates, Boston USA
Dr. P. Namperumalsamy, M.S.– Aravind Eye Hospital
No. of Participants: 57

- Workshop on Ultrasound in Ophthalmology and Intraocular Lens was held on 7-8 September 85 by

Dr. K. R. Murthy, – Prabha Eye Clinic, Bangalore
Dr. Tony Fernandez, – Little Flower Hospital, Angamali
Dr. G. Natchiar – Aravind Eye Hospital, Madurai
Dr. P. Namperumalsamy – Aravind Eye Hospital, Madurai
Dr. Taraprasad Das – Aravind Eye Hospital, Madurai
No. of participants: 85

- Course on Neuro-Ophthalmology on 19-20 October 1985 by

Dr. M. Natarajan
Dr. Arjundas
Dr. P. A. Bhaskar
Dr. S. Manoharan
Dr. K. Srinivasan
Dr. P. Subburam
Dr. S. Athiappan
No. of Participants: 145

Dr. P. Namperumalsamy
Dr. G. Natchiar
Dr. Jagannathan
Dr. V. R. K. Rao
Dr. Marthanda Pillai
Dr. K. R. Suresh Babu
Dr. P. Vijayalakshmi

OTHER VISITORS

Dr. Siva Reddy – Hyderabad
Dr. Lalitha Kameswaran – Madras
Dr. Pokhrel – Nepal
Dr. Robert Tilden – U.S.A.
Dr. Gene R. Howard – Baltimore
Ms. Terry Nickolls – UK
Dr. A. K. Gupta – Delhi
Mr. Rameshwar Das – USA
Dr. Tessa Richards – UK
Dr. Barbara Kopf – W. Germany
Mr. Tuttu Maniku – Maldives

MEDICAL STUDENTS

Ms. Jane Dale, UK
Ms. Jennifer Lockyer, UK
Ms. Adrienne Newton, UK

ORTHOPTIST

Ms. Dorothee Nissen, W. Germany

ORTHOPTIST TRAINEE

Ms. Gaby Gerlitz, W. Germany, sponsored by CBM, Trichy

OPTOMETRIST

Ms. Christine McGuigan, U.K.



Dr. A. Pirie and Dr. Indira Bai in discussion with NRC Staff



Aravind Jyoti Members

SUPPORTING AGENCIES

The Royal Commonwealth Society for the Blind and Seva Foundation continue to participate in our work by subsidising a portion of the costs in providing free cataract operation. This support comes partly in form of financial aid, but mostly as gifts of equipments and supplies. Direct Relief International has helped with the shipping of such gifts and has often added some medical equipments from their own inventory.

Mr. David M. Green, Outreach co-ordinator of Seva Foundation, visited the hospital to see our working and identify our needs for future support.

Mr. Arvind Kaji, Executive Secretary of Royal Commonwealth Society for the Blind, Bombay, paid us a brief visit during which he attended an eye camp and also visited our satellite hospital at Theni.

Dr. Antoinette Pirie, a world renowned Biochemist and an expert in vitamin-A, paid a visit to the hospital and assessed the working of the Nutrition Rehabilitation Centre. Dr. Indirabai, Paediatric Consultant of Royal Commonwealth Society for the Blind, Bombay, accompanied her.

"Aravind Jyoti", a voluntary group of service oriented ladies, has started a new project to mobilise funds for the feeding of poor patients who undergo operations in our Free Hospital. This project is called "Food for Sight".



Padmashree Dr. G. Venkataswamy, Director of our hospital, was awarded, in June 1985, the Honorary Degree of "Doctor of Science", the highest honour that the University of Illinois, Chicago, can bestow upon an individual.

VISITS ABROAD

Dr. G. Venkataswamy proceeded to Japan, European countries, Canada, and USA in May 1985. He attended the SEVA Service Meeting at Vancouver (Canada) and the annual meeting of the SEVA Board at San Francisco. He received the Honorary Degree of Doctor of Science awarded by the University of Illinois, Chicago. He also met the Director and other officials of the Royal Commonwealth Society for the Blind at London and had detailed discussions regarding our xerophthalmia project in Madurai District.

In September 1985 Dr. G. Venkataswamy M.S.,F.A.M.S., attended the first co-ordinating meeting of BOSTID Grantees at Washington.

Padmashree Dr. G. Venkataswamy, Director of our hospital was awarded, in June 1985, the Honorary Degree of Doctor of Science, the highest honour that the University of Illinois, Chicago, can bestow upon an individual.

ARAVIND EYE HOSPITAL

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