

MECHI EYE HOSPITAL (SANGH)
MECHI EYE CARE PROGRAM
MECHI EYE HOSPITAL

Annual Report

2023



In co-operation with:
Social Welfare Council

Supported by:
Eye Care Foundation, the Netherlands
Mechi Eye Hospital (Sangh), Jhapa





Message from the Chairman



Mechi Eye Hospital is at present moving upward in the phase of growth and performance. It is a beautiful hospital, indeed. People trust it for the service qualities and love it for the very reasonable fees, uncommon elsewhere. And, we are thrilled with its popularity spilling across the border and extending over far-off places.

I am so glad that I am leading the organization as the representative of the larger community that owns it. And, my satisfaction chiefly stems from the fact that I am presiding over the top management team when the organization is being recognized in all strata for its authenticity and organic impact.

The 27 years for a community hospital in a complex social and economic context should not have been an easy journey. The tireless efforts and perseverance on part of the local champions have nevertheless made this organization a cut above the rest across the nation. It stands out by means of strengths and promises a lot more through dreams shared by a deeply motivated team.

Mechi Eye Hospital epitomizes a solid team work, uncommon elsewhere. A successful public organization has a defined framework of discipline and code working with optimum efficacy all the way through executive levels and the rank and file. We have doctors and health professionals serving the patients for years. We have a continuously trained team of support staffs. We have a rooster of loyal vendors always happy to work on call for the hospital. I cannot ask for more!

The credentials of this hospital could hardly be any issue as it has been benefiting people across the border with the flow of patients that hail from West Bengal, the entire North East states of India and even Bhutan. And, you all know, this is a hospital from Jhapa, the eastern end of Nepal.

Mechi Eye Hospital nurtures its core principle of equity and equality in the delivery of services. All the patients have to undergo the same process to receive the services of the hospital. We are focused on the underprivileged, and we ensure they can get a maximum of free treatment. Apart from delivering quality eye care services, we are also advancing in the production of trained skilled manpower in Optometric Science in order that skillful medical personnel for eye care service does not happen to be a shortfall in any way. Lately, we have been able to add up several specialized services for the people.

On the occasion of its 27th anniversary, I would like to acknowledge all the valued leaders and executive members of the hospital who, from the commencement of the services till today, have dished out their valuable efforts towards the advancement of this hospital. I would like to thank Eye Care Foundation, the Netherlands aplenty for its enormous support to the hospital as the key donor. I would like to recall the efforts of the medical director and the staff of the hospital who, with their sincere efforts, have been able to restore the sight of millions of people and let them see the beauty of the world with their physical eyes.

We always adhere to the key motto set by the founders of this organization: 'Better Eyesight, Better Life'. And, of course, there are a lot of promises for which we will be toiling away!

Thank you.

Jal Kumar Gurung
Chairman
Mechi Eye Hospital (Sangh)

Message from Eye Care Foundation



It is with great pride and appreciation, I want to reflect on the origin and evolution of Mechi Eye Hospital through this message on behalf of the Supervisory Board of Eye Care Foundation, on the occasion of 27th Anniversary of Mechi Eye Hospital. Eye Care Foundation's involvement in conventionalization and mobilization of resources for a good eye hospital in Mechi now proves our long-standing partnership with the hospital has been a source of tremendous pride, and it is inspiring to see how far Mechi Eye Hospital has come, evolving into a center of excellence that reaches deep into underserved communities with life-changing eye care services, further aiming to be established as academic institute.

Over the years, the collaboration between Eye Care Foundation and Mechi Eye Hospital has fostered incredible progress in both the accessibility and quality of eye care and we are glad that it has been sustaining on its own now. We are confident, our support towards School Eye Health Program in near future, will be able to benefit many school children whom we consider the pillar of the Nation. Together, we have worked diligently toward a shared vision of improving eye health services for those who need most, creating lasting impacts in the region. We believe, now on also our focus is to promote for improving the life of poor and vulnerable people with the affordable services and ownership among staffs.

Looking to the future, Eye Care Foundation remains deeply committed to continuing this meaningful partnership. We are excited to work even more closely with Mechi Eye Hospital to further strengthen eye care infrastructure and ensure that high-quality, affordable eye care within reach of all.

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Congratulations

A handwritten signature in black ink, appearing to read 'AMV', with a long horizontal stroke extending to the right.

Arthur Matthijs Van Praag
Chairman of the Board
Eye Care Foundation
The Netherlands

Message from the Medical Director



It is a matter of great honor to share our key achievements in 2023 with the publication of this report. I am very much hopeful that readers will find it very informative & useful.

In 2023, we have focused our priority in diversifying eye care services and launched refractive eye surgery in collaboration with Matrika Eye Center that will help patients restore the vision in persons having refractive error without the use of the spectacles. Hence, I would like to express my sincere thanks to Dr. Kishore Pradhan for his valuable support in this matter. Similarly, we have also acquired advance ophthalmic equipment like Pentacam, Multi-spot LASER, OCT machine, Myopia Master, Endoscopic DCR etc. for the advancement of our sub-specialty services in Cornea, Retina, Oculoplasty & Optometry.

It is noteworthy to mention that we have put a lot of effort to develop our hospital as a tertiary eye center. In this context, our teams of highly competent, motivated & dedicated ophthalmologists & supporting staff have always been at the core of our success in promoting & consolidating sustainable community eye care services in this region. Thus, we have made deliberate attempt to stabilize our teams with the available resources. We have focused more than ever on the recruitment & retention of staff, and we are collaborating to find new ways to support the hardworking team members in this hospital.

We have also succeeded in connecting our eye care centers to the main hospital server which is beneficial for the management of patients' medical record in our hospital information management system.

Meanwhile, we are very grateful to local government (municipalities/rural municipalities) & NGOs for their tremendous support to fulfill our main goal of promoting equitable, affordable, accessible, inclusive and quality eye care services at the grass-root level thereby supporting sustainable development goals.

Further, I would like to thank Chairman & all distinguished members of Mechi Eye Hospital (Sangh), Eye Care Foundation, the Netherlands, Nepal Netra Jyoti Sangh, Social Welfare Council, Ministry of Health & Population and our collaborating partners at local, national & international level for their tremendous support in our quest to reduce avoidable blindness in this region.

I would like to conclude with my sincere thanks to all my colleagues & team members for their unwavering support in catering high volume high quality eye care services in this region. Hopefully, our inspiration, commitment, integrity & passion towards our profession will tremendously support to serve charity & humanity.

A handwritten signature in black ink, reading "Purushottam Joshi". The signature is written in a cursive style with a horizontal line underneath.

Dr. Purushottam Joshi, MD
Medical Director



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1. Introduction

Mechi Eye Hospital has been successfully promoting & delivering comprehensive community eye care services incorporating its basic principles of charity, equity, accessibility, affordability, inclusive & quality in its 27 years of existence in this region. At this moment, it is very much relevant to mention that we have retained our sustainability under the guidance of Mechi Eye Hospital (Sangh) despite the adversity & uncertainty caused by the pandemic.

It was also visible in our overall annual output that our post pandemic performance had surged significantly as our surgical performance reached to its all time high to 36,358 cases with a nominal increment of 3.31% whereas patient-flow in OPD increased by 20.36% to 2,76,893 cases.

In case of hospital performance, out-patient volume reached to 1,97,872 whereas surgical volume was also increased to 34,545 – an all time high number of surgeries from direct hospital admission on OPD basis. Similarly, in-patient service was utilized by 14,629 patients which is a slight decrease by 0.77% compared to last year.



The increment was also significant in hospital OPD which was increased by 9.80% whereas outpatient flow in eye care centers has witnessed a massive growth of 44.40%.

Patients benefitting from OPD in screening camps were increased significantly by 170.97% as we organized 43 camps in 2023 thereby examining 13,898 patients and performed free eye operation on 633 patients at the base hospital i.e. 205.80% growth in screening camp surgery.

Similarly, we treated 9,464 patients from nine surgical eye camps and performed surgery in 1,100 patients. Surgical eye camp output raised by 53.63% in OPD & 34.47% in surgery. Further, 55,659 patients examined their eyes in eight eye care centers and 80 patients underwent eye surgery at Bhadrapur Eye Care Centre which was a decline of 26.61% in surgical output.

In 2023, we celebrated our 27th Anniversary and certificates were awarded to our partners-hospital staff as well as government & non-government organizations. Some of the most important construction works were completed; be it either garden, furnishing of special clinic, air-condition installation or truss work in front of the hospital building.

Another important aspect that needs our attention is to enhance our technical capabilities by acquiring state of the art equipment and we did it accordingly with the investment of NRs. 95.36 million on new equipments.



In case of our performance in other regular activities like sub-specialty services, training of different category of human resources (ophthalmologist, optometrist, ophthalmic assistant etc.) & eye health education training is also satisfactory with the support from collaborating partners.

MECP Performance Summary

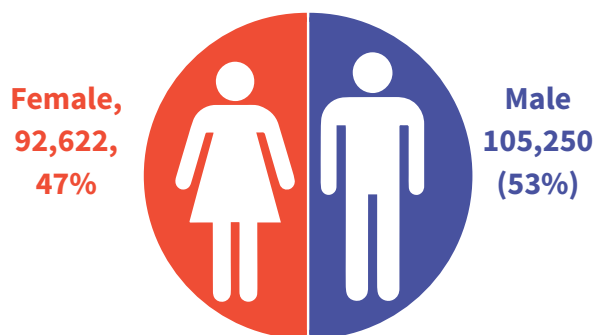
S. N.	Description	2022	2023	Diff	In %
OPD					
1	Hospital	180,204	197,872	17,668	9.80
2	Scr. Camp	5,129	13,898	8,769	170.97
3	Surg Camp	6,171	9,464	3,293	53.36
4	PECC	38,545	55,659	17,114	44.40
Surgery					
1	Hospital	34,058	34,545	487	1.43
2	Screening Camp	207	633	426	205.80
3	Surgical Camp	818	1,100	282	34.47
4	PECC	109	80	-29	-26.61
A	Total-OPD	230,049	276,893	46,844	20.36
B	Total-Surgery	35,192	36,358	1,166	3.31

In 2023, our partnership with municipality & rural municipalities in Jhapa enabled us to train 74 female community health volunteers, 112 school teachers and 71 health personnel in primary eye care and common ocular conditions. Further, 13,468 children were screened in their schools whereas free spectacles were distributed to 276 children with refractive error.

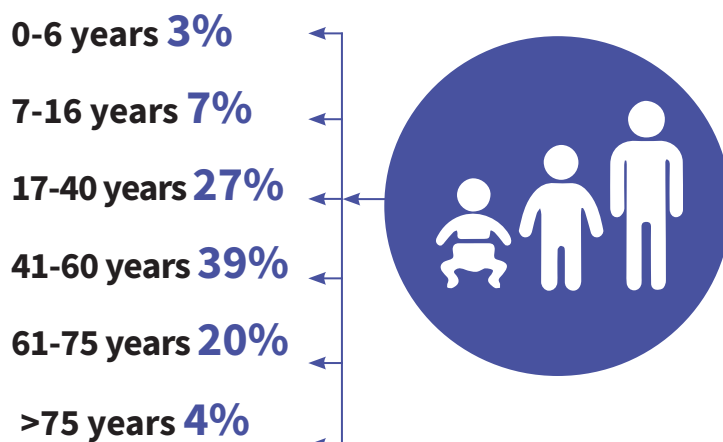
In case of gender equity in accessibility to the existing eye care services, only 46.81% female patients utilized our services compared to 53.19% male patients in 2023.

The age-wise distribution data also indicates that majority of patients visiting OPD were under the productive age group of 17-60 years i.e. 66.14% whereas only 10.06% falls under pediatric age group of 0-16 years. Similarly, 19.74% patients fall under old age of 61-75 years whereas only 4.06% patients were respected senior citizens above 75 years age.

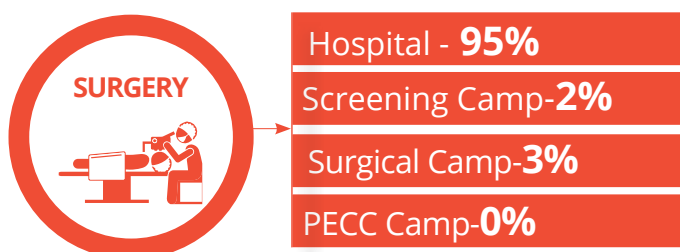
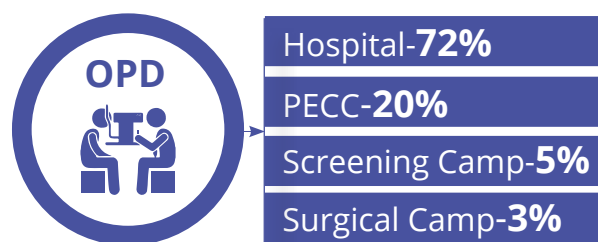
Gender-wise Distribution 2023



Age-wise Distribution 2023



Out of 276,893 outpatients examined, hospital contribution was 71.46% whereas outreach contribution was 28.54% i.e. screening camp-5.02%, surgical eye camp-3.42% and primary eye care centre-20.10% (See chart). Similarly, out of 36,358 surgeries performed, 95.01% was based on direct hospital visit where as outreach program made a contribution of 4.99%.



2. Hospital Services

A modest growth was witnessed in service uptake by patients in OPD by 9.80% whereas surgery was increased by a nominal rate of 1.43% in comparison to last year.

Moreover, three major surgical procedures followed modest growth trend by a minimum of 3.66% in cornea, however, cataract & squint surgeries were decreased by 9.55% & 11.44% respectively. The highest growth rate was seen in retina by 42.81% followed by glaucoma & oculoplasty by 40.91% & 10.88% respectively. In addition to this, we examined 19,900 children in OPD and provided 2,272 spectacles besides performing surgery on 1,205 children as well.



(a) Out-patient

The number of outpatients reached to 197,872 during this year with a modest increment of 9.80% in comparison to last year. Similarly, the table showed the highest growth in Review OPD by 37.33% whereas Emergency & Paying OPD were also increased sufficiently by 16.24% & 3.84% respectively but General OPD witnessed a modest decline of 13.69%.

Hospital OPD

S. N.	Description	2022	2023	Diff.	In %
1	General	29,824	25,742	-4,082	-13.69
2	Paying	102,420	106,350	3,930	3.84
3	Emergency	394	458	64	16.24
4	Review	47,566	65,322	17,756	37.33
5	Total	180,204	197,872	17,668	9.80



(b) Operation Theatre

Our surgical output grew to an all time high to 34,545 surgeries in 2023 from direct hospital admission with a nominal growth of 1.43%. The major contributor was Retina surgery which was increased by 42.81% to a total number of 7,402 surgeries. The table indicated increasing trend in all major surgeries except cataract & Squint; the second highest in Glaucoma by 40.91% and the lowest in Cornea by 3.66%. However, we can witness a decrease in Squint & Cataract surgeries by 11.44% & 9.55% respectively.



Major Surgery

1	Cataract	22,270	20,144	-2,126	-9.55
2	Glaucoma	44	62	18	40.91
3	Cornea	2,706	2,805	99	3.66
4	Retina	5,183	7,402	2,219	42.81
5	Squint & Others	638	565	-73	-11.44
6	Orbit & Oculoplasty	3,217	3,567	350	10.88
	Total	34,058	34,545	487	1.43



(c) In-patient

Our nursing team offered patient care including eye health education and post-operative medication to 14,629 patients admitted into different wards. The highest number of occupancy was seen in paying ward by 6,152 patients whereas General ward and Single cabin were occupied by 5,154 and 3,323 patients respectively.

Hospital bed occupancy was increased the highest in Single cabin by 16.72% and the lowest increment was found in Paying ward by 7.59% compared to last year.

Ward Admission Detail

S. N.	Description	2022	2023	Diff	In %
1	General Bed	6,177	5,154	-1,023	-16.56
2	Paying Bed	5,718	6,152	434	7.59
3	Cabin-Single	2,847	3,323	476	16.72
	Total	14,742	14,629	-113	-0.77



(d) Sub-Specialty Services

I. Pediatric

The total number of children screened in pediatric department was 19,900 out of which 11,533 were male & 8,367 were female i.e. 57.95% & 42.05% respectively. The pediatric OPD has increased significantly by 20.23% in 2023.

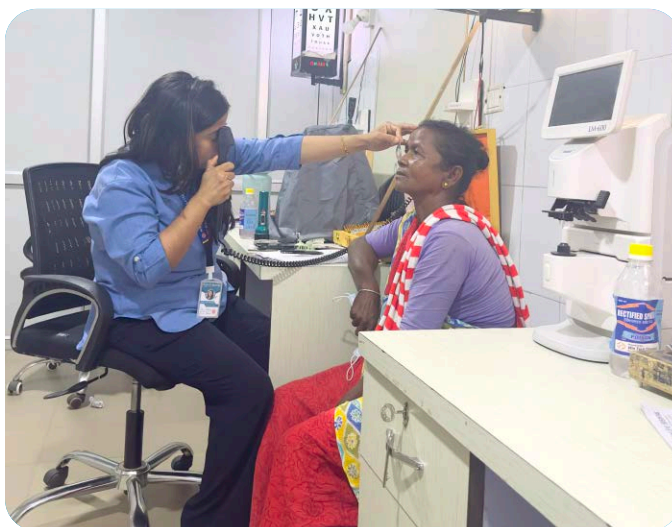
Pediatric OPD, Spectacles & Surgery

Pediatric Type of Service	2022	2023	Diff	In %
OPD	16,552	19,900	3,348	20.23
Spectacles Provided	1,865	2,272	407	21.82
Surgery				
Cataract	467	502	35	7.49
Squint	16	15	-1	-6.25
Pterygium	12	6	-6	-50.00
DCT/DCR	46	31	-15	-32.61
Glaucoma	14	10	-4	-28.57
Corneal Repair	99	124	25	25.25
Ptosis/Lid Surgery	16	19	3	18.75
Vitreous/Retina	152	188	36	23.68
Others	370	310	-60	-16.22
Total	1,192	1,205	13	1.09

**Including referral cases from school screening camps*

Similarly, pediatric surgery was also increased nominally by 1.09% in 2023; a total number of 1,205 surgeries were performed in children and most of them were cataract (502) followed by other procedures (310), vitreo-retina (188) and Corneal repair (124). However, most of the surgeries were decreased except corneal repair, vitreo-retina and Extra-ocular procedures where the growth rates were evident by 25.25%, 23.68% & 18.75% respectively.

The gender ratio in pediatric surgery was found to be 38.26% male compared to 61.74% female. Similarly, 643 (53.36%) surgeries were done under general anesthesia and 489 surgeries (40.58%) were done under local anesthesia. Further, spectacles were provided to only 2,272 children i.e. 11.42% of the total pediatric OPD.



II. Glaucoma

We performed trabeculectomy surgery in 61 patients and combined glaucoma surgeries were performed in 126 patients all of them were combined with cataract surgery (Combined with SICS-46 and Combined with Phaco-80).

Glaucoma Surgery

S. N.	Description	2022	2023	Diff	In %
1	TRAB	43	61	18	41.86
2	YAG PI	1	1	0	
	Sub-total	44	62	18	40.91



III. Retina

In retina surgical procedures, we observed that the highest number of surgery performed was pars-plana vitrectomy in 917 patients followed by silicon oil procedures in 423 patients whereas intra-cameral injection was administered in 5,636 cases. Similarly, combined PPV surgeries were performed in 57 patients and autologus PRP was done in 154 cases. The overall growth in retina surgery was increased significantly to 42.81% in 2023.

Major Retina Procedures

S. N.	Description	2022	2023	Diff	In %
1	Anterior Vitrectomy	52	63	11	21.15
2	Band & Buckle+Others	36	47	11	30.56
3	Core Vitrectomy	37	47	10	27.03
4	Pars Plana Vitrectomy	711	917	206	28.97
5	Combined PPV Surgery	159	57	-102	-64.15
6	Silicon Oil Procedures	342	423	81	23.68
7	Injection Avastin	3,628	5,636	2,008	55.35
8	Autologus PRP	91	154	63	69.23
9	Other VR Procedures	24	47	23	95.83
10	PPV+Inj. Avastin	103	11	-92	-89.32
	Sub-total	5,183	7,402	2,219	42.81



IV. Cornea

In cornea surgery, Pterygium surgery was increased minimally by 2.82% i.e., from 2,444 in 2022 to 2,513 in 2023. Repair procedure was carried out in 168 patients. Despite the inadequate supply of donor cornea in comparison to its demand, we were able to transplant donor cornea altogether in 70 patients (Therapeutic Penetrating Keratoplasty-42 cases & Optical Penetrating Keratoplasty-28 cases) & the annual output in TPK was decreased by 2.33% but in case of OPK, it was increased by 40.00% in 2023.

A total number of 2,805 surgeries were performed under major corneal procedures and the overall growth was increased by 3.66% in 2023.

Major Cornea Procedures

S. N.	Description	2022	2023	Diff	In %
1	Pterygium	2,444	2,513	69	2.82
2	Corneal/+OGI Repair	139	168	29	20.86
3	Corneal FB/Suture Removal	55	52	-3	-5.45
4	Cornea Transplant	63	70	7	11.11
5	Corneal Scraping	5	2	-3	-60.00
	Sub-total	2,706	2,805	99	3.66



V. Orbit & Oculoplasty

In orbit & oculoplasty surgery, the highest numbers of surgeries performed were DCR & DCT surgeries in 828 & 657 patients respectively followed by minor surgery performed in 624 cases, tarsoraphy in 555 cases and mass excision procedure carried out in 248 cases. Further, entropion/ectropion surgery was performed in 142 patients whereas chalazion & enucleation/evisceration procedure were done in 128 cases each. Altogether, 3,567 patients benefited from orbit & oculoplasty surgeries and the overall performance was increased by 10.88% in 2023.

Orbit & Oculoplasty Procedures

S. N.	Description	2022	2023	Diff	In %
1	Entropion/Ectropion	145	142	-3	-2.07
2	Enucleation/Evisceration	149	128	-21	-14.09
3	Tarsoraphy	340	555	215	63.24
4	I & C/ I & D	43	31	-12	-27.91
5	OGL Repair	111	104	-7	-6.31
6	DCT	575	657	82	14.26
7	DCR	862	828	-34	-3.94
8	Botox Inj.	3	20	17	566.67
9	Pupilloplasty	32	17	-15	-46.88
10	Canthotomy	5	5	0	0.00
11	Ptosis Correction	56	48	-8	-14.29
12	Chalazion	145	128	-17	-11.72
13	Minor Surgery	464	624	160	34.48
14	Other Major Procedures	44	32	-12	-27.27
15	Skin Graft/Mass Excision	243	248	5	2.06
	Sub-total	3,217	3,567	350	10.88

VI. Strabismus & Other Surgery:

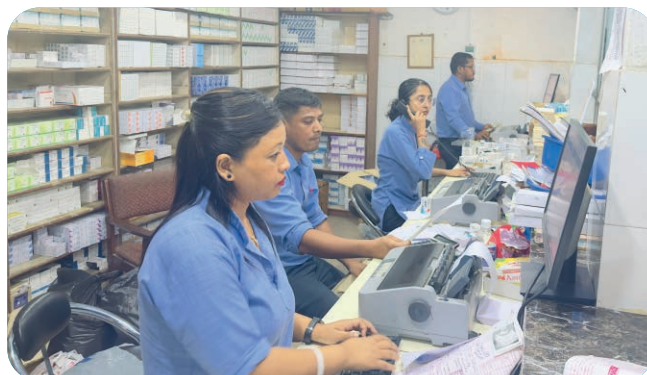
In this sub-specialty service, squint surgery was decreased by 9.48% from 116 cases in 2022 to 105 cases in 2023. Similarly, number of patient undergone AC wash procedure was also decreased by 15.11%, i.e. 354 cases in 2023 compared to 417 cases in 2022. However, suture removal procedure was increased by 52.08% but the overall surgery was decreased by 11.44% in this sub-specialty service in 2023.

Strabismus & Other Surgery

S. N.	Description	2022	2023	Diff	In %
1	Squint-Functional	116	105	-11	-9.48
2	EUA	42	23	-19	-45.24
3	AC Wash	417	354	-63	-15.11
4	Suture Removal	48	73	25	52.08
5	Bandage Contact Lens+Glue	15	10	-5	-33.33
	Sub-total	638	565	-73	-11.44

(e) Optical Dispensing and Pharmacy

A total number of 64,480 patients obtained spectacles from optical dispensing unit out of which 2,272 were pediatric patients and pharmacy had dispensed medicines to 152,419 patients including repeat visits.



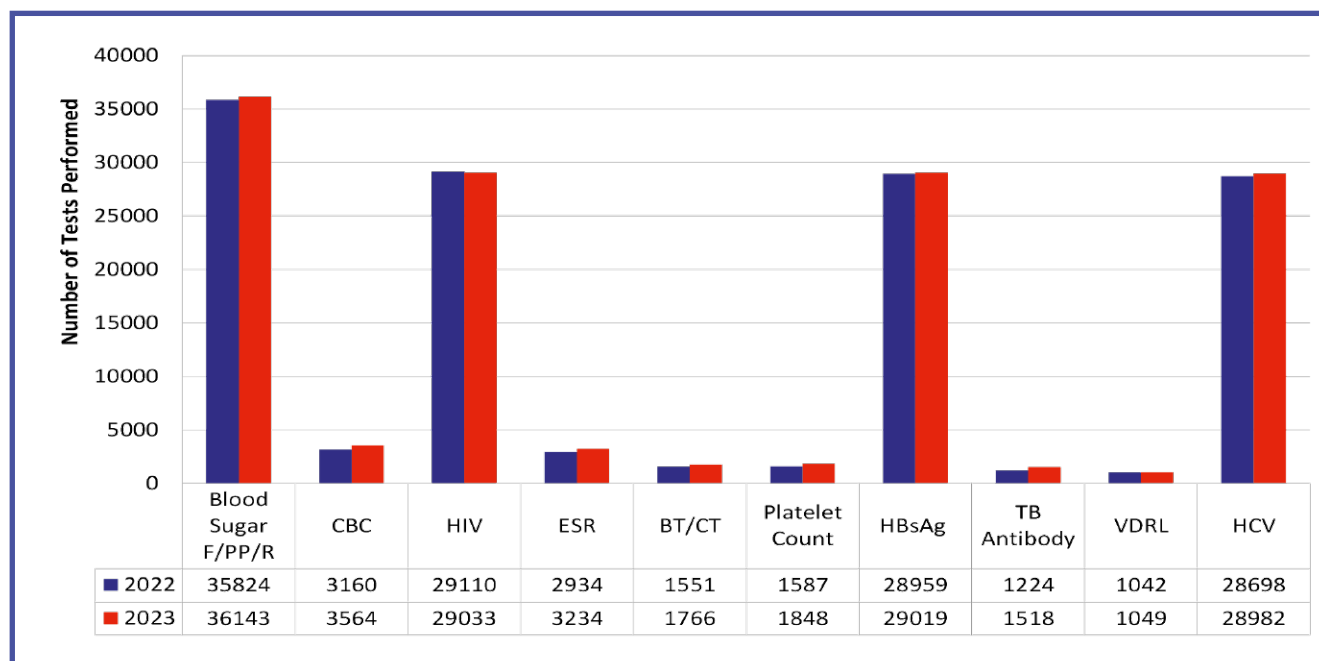
(f) Other Services

Laboratory Service: We have been providing the following services on regular basis:

- A total number of 33,953 patients (Male:18,773 & Female:14,990) obtained different laboratory test services in 2023. Some of the major tests conducted in patients were blood sugar, HIV, HBsAg & HCV in 36,143, 29,033, 29,019 & 28,982 cases respectively.



Comparative Lab Performance 2023



Optometry Service: Some of the major services offered by optometry department in 2023 were GAT and Orthoptic evaluation tests that were performed in 18,961 & 4,711 patients respectively. Similarly, Ptosis & contact lens evaluation were carried out in 335 & 1,967 patients respectively whereas color vision and diplopia tests were performed in 1,051 & 409 patients respectively. Further, Low Vision evaluation was carried out in 303 cases.

Major Optometry Procedures

S. N.	Description	2022	2023	Diff.	In %
1	Orthoptic Evaluation	3,947	4,711	764	19.36
2	Low Vision Evaluation	108	303	195	180.56
3	Contact Lens Evaluation	405	1,967	1,562	385.68
4	GAT	15,099	1,8961	3,862	25.58
5	Contrast Sensitivity	297	675	378	127.27
6	Repeat Refraction	1,853	2,462	609	32.87
7	Color Vision Test	769	1,051	282	36.67
8	Hartel's Test	271	289	18	6.64
9	Amsler's Grid Test	36	51	15	41.67
10	Ptosis	411	335	-76	-18.49
11	Diplopia Chart	407	409	2	0.49

Counseling Service: Counselors informed and educated 27,404 patients for various ophthalmic services which was a slight decrease by 7.32% compared to last year.

The highest number of patients counseled was 17,022 for cataract surgery followed by retina surgery to 5,457 patients, oculoplasty surgery to 2,163 patients and cornea surgery to 2,279 patients. Similarly, patients counseled for combined surgery, squint & glaucoma surgeries were 335, 93 & 55 cases respectively.



Major Counseling Procedures

S. N.	Description	2022	2023	Diff.	In %
1	Cataract	20,172	17,022	-3,150	-15.62
2	Cornea	2,254	2,279	25	1.11
3	Retina	4,037	5,457	1,420	35.17
4	Glaucoma	36	55	19	52.78
5	Oculoplasty	2,497	2,163	-334	-13.38
6	Squint	102	93	-9	-8.82
7	Combined Surgery	470	335	-135	-28.72
	Sub-total	29,568	27,404	-2,164	-7.32

3. Human Resource Development

Training

- **Oculoplasty:** Dr. Binita Thapa & Dr. Ashesh Koirala were enrolled to undergo one-year training in oculoplasty commencing from 22nd January, 2023 in collaboration with B. P. Koirala Lions' Center for Ophthalmic Studies (TUTH-IOM), Kathmandu.
- **Vitreo-Retina:** Dr. Subash KC was selected to undergo eighteen months vitreo-retina training fellowship commencing from 18th August, 2023 in partnership with BPKLOS (TUTH-IOM), Kathmandu.
- **Corena:** Dr. Sumit Pandey & Dr. Khusboo Thakur joined one-year cornea training from 13th February, 2023.
- **Anterior Segment:** Four ophthalmologists were selected to pursue two-year surgical training in anterior segment in 2023. (Dr. Subreena Dangol & Dr. Rubina Shakya from 13th February, 2023, Dr. Sudir Ghimire from 15th May, 2023 and Dr. Sameer Chapagain from 17th November, 2023).

MD Resident Training

In 2023, our hospital provided hands on surgical exposure to ten MD in Ophthalmology residents posted from B. P. Koirala Lions Center for Ophthalmic Studies (IOM-TUTH), Kathmandu, B. P. Koirala Institute of Health Sciences, Dharan & Nepal Eye Hospital, Kathmandu in a high volume set-up. (4 residents - BPKLCOS, 3 residents each from BPKIHS & NEH).

• Continued Medical Education:

Mr. Hom Prasad Dhital was enrolled in a three months training program on "Pediatric Audiology & Auditory-Verbal Therapy Workshop-1" organized by B. P. Eye Foundation CHEERS, Bhaktapur from 14 January, 2023.



Internship

In 2023, two optometry final year students were enrolled to undergo one-year internship training to fulfill their B. Optometry curriculum requirement commencing from 17th July, 2023.

Altogether, thirty-five ophthalmic science students (3rd year) attended a 1-2 months on-the-job training from 13th August, 2023 onwards.

- Himalaya Eye Hospital-15 students from 13th August 2023 & 14 students from 18th September, 2023.
- Nepal Eye Hospital-2 students from 18th September, 2023 for 3 months.
- Tilganga Institute of Ophthalmology-3 students from 20th August, 2023 for two months & 3 more students from 18th October, 2023 for one month.



Students pursuing certificate courses in general medicine visited our hospital to obtain exposure of eye hospital for two weeks as per the curriculum requirement.

- Lifeline Hospital Institute of Health Science, Damak – 30 students (3rd year general medicine faculty) from 22nd January, 2023.
- AMDA Institute of Health Science, Damak - 19 students (3rd year general medicine faculty) from 08th October, 2023.

Further, three months on-the-job training was provided to eight & two ophthalmic assistant trainees from Nepal from 26th March, 2023 & 18th August, 2023 respectively. Similarly, four ophthalmic assistant trainees from New Shree Shantini Paramedical College of Nursing & Science, Bangalore, India obtained six months training from December, 2023.



4. Workshop/Seminar/Conference

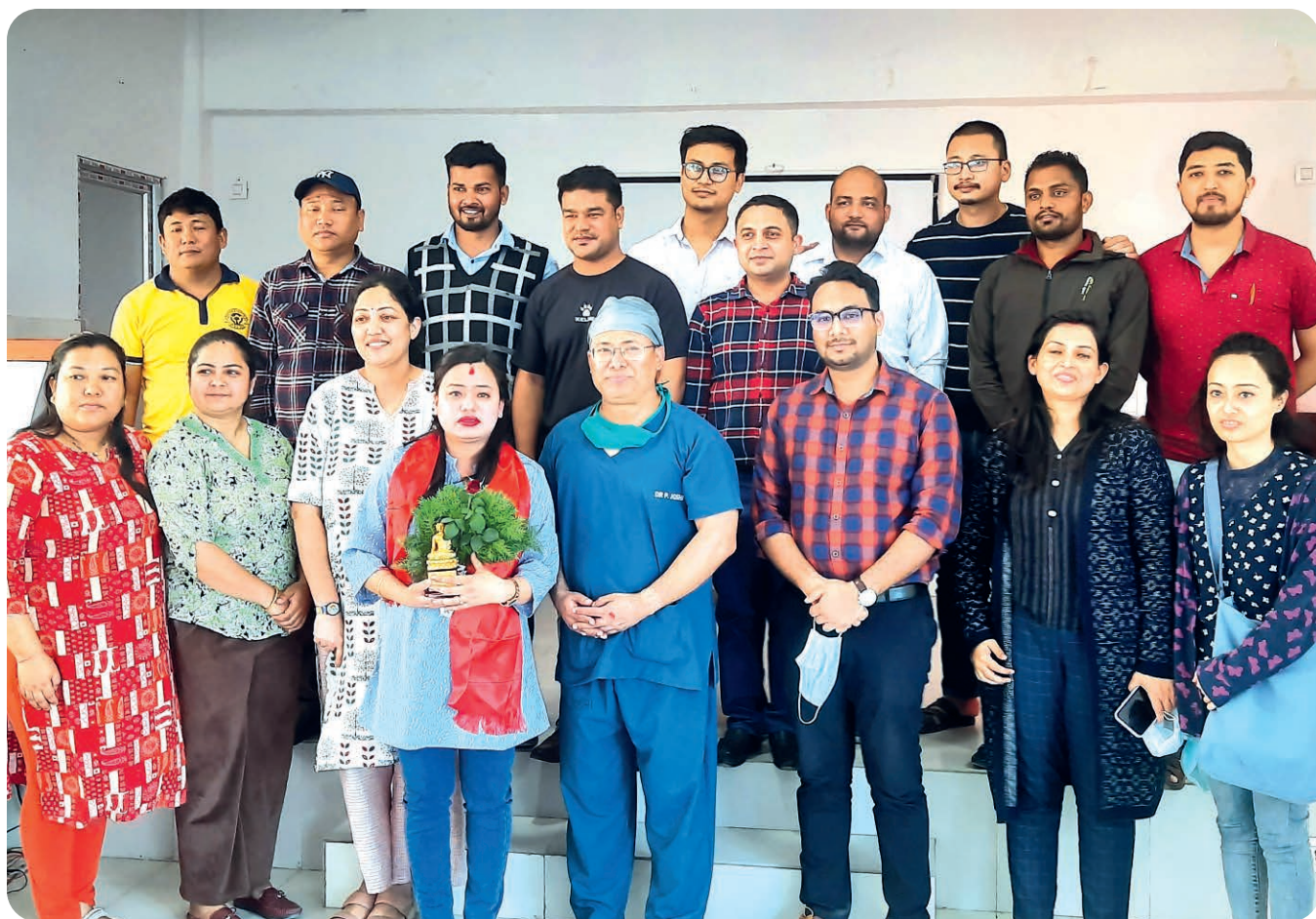
- Dr. Purushottam Joshi joined a meeting on Health Research Methodology jointly organized by Nepal Ophthalmic Society and Nepal Health Research Council in Kathmandu from 28 January to 02 February, 2023.
- Dr. Indra Raj Waiba joined a workshop on Research Methodology organized by Nepal Health Research Council in collaboration with Nepal Ophthalmic Society, Kathmandu from 02-04 February, 2023 in Kathmandu.
- Dr. Purushottam Joshi (Medical Director) travelled to Bangladesh to conduct eye care project observation visit supported by Deep Eye Care Foundation from 21-25 February, 2023.
- Mr. Santosh Labh Karn participated in Yatra (Global Lab) program organized by Carl Zeiss, India from 18-20 April, 2023 in New Delhi, India.
- Dr. Purushottam Joshi (Medical Director) attended Quality Consciousness Program Workshop organized in Pokhara from 12-13 May, 2023.
- Mr. Santosh Labh Karn attended 1st Myopia Symposium program organized by Biratnagar Eye Hospital on 26 May, 2023 in Biratnagar.
- Dr. Purushottam Joshi (Medical Director), Dr. Isha Bista (Cornea Consultant) & Dr. Khusboo Thakur participated in NCCRS conference organized by Nepal Cornea, Cataract and Refractive Surgeons Society (NCCRS) at Tilganga Institute of Ophthalmology from 29 May to 03 June, 2023 in Kathmandu.
- Mr. Pushpa Adhikari participated in the Annual Eye Bank & Corneal Surgeon Training organized by Nepal Eye Bank from 02-04 June, 2023 at Tilganga Institute of Ophthalmology, Kathmandu.
- Mr. Amit Kumar Singh attended 23rd Asia Pacific Optometry Conference organized by Asia Pacific Council of Optometry from 02-04 June, 2023 in New Delhi, India.
- Dr. Purushottam Joshi (Medical Director) participated in a workshop on Retina Services in Nepal organized by Nepal Eye Hospital in collaboration with Nepal Vitreo-Retina Society on 24 June, 2023 in Kathmandu.
- Dr. Purushottam Joshi (Medical Director) attended LEICON 2023 conference as guest organized by Lumbini Eye Institute, Bhairahawa on 01 July, 2023.
- Mr. Pravat Bikram Tamang (MRD Assistant) participated in District Health Information Training-2 organized by Regional Health Directorate, Dhankutta from 05-07 July, 2023 in Biratnagar.
- Dr. Purushottam Joshi (Medical Director) attended Annual Vitreo Retina Society of Bihar Conference 2023 from 28-30 July, 2023 in Siliguri, India.
- Dr. Purushottam Joshi (Medical Director) & Dr. Bipisha Shrestha participated in a CME organized by Nepal Vitreo-Retina Society from 04-05 August, 2023 in Kathmandu.
- Mr. Niraj Dahal (Ophthalmic Assistant) participated in "Outreach Coordinator's Training" organized by Bharatpur Eye Hospital from 06-28 August, 2023 in Bharatpur.
- Dr. Isha Bista attended LASIK observation and DMEK skill training organized by Matrika Eye Center from 20-25 August, 2023 in Kathmandu
- Dr. Purushottam Joshi (Medical Director) participated in Glaucoma Symposium organized on 26 August, 2023 in Dhulikhel.

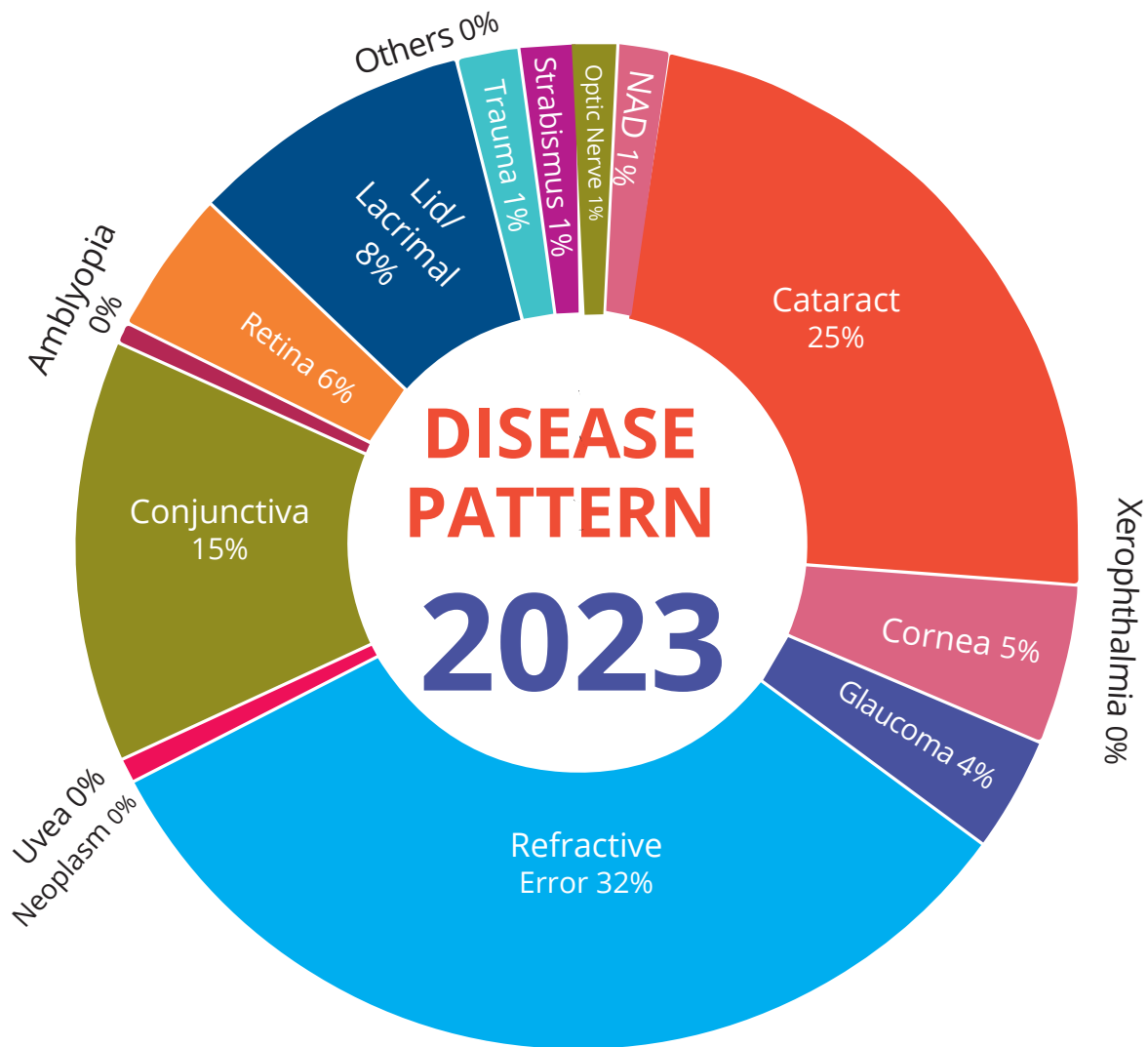
- Dr. Purushottam Joshi (Medical Director) participated in NEPJOPH CME & NNJS CME (Sight & Hearing) organized from 01-05 September, 2023 in Kathmandu.
- Dr. Purushottam Joshi (Medical Director) attended 16th SAO Conference organized by South Asian Academy of Ophthalmology from 15-17 September, 2023 in Maldives.
- Dr. Purushottam Joshi (Medical Director), Mr. Amit Kumar Singh (Optometrist), Ms. Kaushalya Dahal (Optometrist), Ms. Nikita Niraula (Optometrist), Mr. Pushpa Prasad Adhikari (Ophthalmic Assistant), Mr. Hom Prasad Dhital (Ophthalmic Assistant) & Ms. Samikshya Lamsal (Ophthalmic Assistant) attended a CME on Comprehensive Update in Ophthalmic specialties organized by Nepalese Association of Optometris (Madhesh Pradesh) on 23 September, 2023 in Janakpur.
- Mr. Pushpa Prasad Adhikari (Ophthalmic Assistant) participated in 13th National Conference on Cornea and Eye Banking organized by Eye Bank Association of India from 30 September to 01 October, 2023 in Varanasi, India.
- Mr. Hom Prasad Dhital participated in Pediatric Audiology and Auditory-Verbal Therapy Workshop-2 organized by B. P. Eye Foundation CHEERS, Bhaktapur from 02-13 October, 2023
- Dr. Purushottam Joshi (Medical Director), Dr. Prava Subedi (Deputy Medical Director), Dr. Aditya Prasad, Dr. Saman Shrestha, Dr. Ankit Bista, Dr. Bipisha Shrestha, Dr. Praniti Joshi, Dr. Subreena Dangol, Dr. Sudhir Ghimire, Mr. Prashant Shrestha (Program Officer), Mr. Ajay Kumar Ray (Optometrist), Ms. Nikita



Niraula (Optometrist), Ms. Kaushilya Dahal (Optometrist), Ms. Kabita Karki (Outreach Officer), Mr. Yuba Raj Bohora (Health Education Officer) and Mr. Santosh Kumar Labh Karna (OPD In-charge) participated in 25th Nepal Ophthalmic Society Annual Conference (NOSCON 2023) and 15th Eastern Regional Ophthalmic Conference (EROPHCON 2023) organized by Nepal Ophthalmic Society and hosted by Biratnagar Eye Hospital with the theme “Enhancing Quality Eye Care” from 13-14 October, 2023 in Biratnagar.

- Dr. Ashesh Koirala participated in 33rd Annual Conference of the Oculoplastic Association of India from 20-22 October, 2023 in Hyderabad, India.
- Dr. Purushottam Joshi (Medical Director), Dr. Bipisha Shrestha & Dr. Bipin Bista participated in 7th Nepal Vitreo Retina Society Annual Conference organized from 16-18 November, 2023 in Kathmandu.
- Dr. Saman Shrestha attended REMEH-ORS conference (Reiyukai Eiko Masunaga Eye Hospital-Operation Restore Sight Team Conference) organized by Reiyukai Eiko Masunaga Eye Hospital, Banepa in Dhulikhel on 09 December, 2023.
- Mechi Eye Hospital (Sangh) members – Mr. Jal Kumar Gurung-Chairman, Mr. Ganesh Pokhrel-Secretary, Mrs. Manju Sitaula Pokhrel-Treasurer, Mr. Bharat Lal Giri-Member, Mr. Chhatra Prasad Adhikari-Member, Mr. Chandi Parajuli-Member, Mr. Suraj Khatri-Member and Dr. Purushottam Joshi (Medical Director) made observation visit to different eye hospitals in Thailand, Cambodia, Vietnam & Singapore from 09-20 December, 2023.





5. Outreach Activities

a. Surgical Eye Camp

In 2023, we successfully organized nine surgical eye camps; four camps in Panchathar, two camps in Sunsari and one camp each in Udaypur, Jhapa & Ilam respectively. Altogether, 9,464 patients were examined in the camp OPD whereas 1,100 patients underwent eye surgery out of which 929 cases were cataract surgery with intra-ocular lens implant whereas pterygium surgery was performed in 144 patients & other major surgical procedures like squint, DCT, entropion etc. were performed in 27 patients. Further, 3,743 patients benefitted from the optical dispensing facility made available in the camp.

Surgical Eye Camp Summary

S. N.	Description		2022	2023	Diff.	In %
1	Screening Camps	No.	6	9	3	50.00
		OPD	6,171	9,464	3,293	53.36
		Surgery	818	1,100	282	34.47

b. Screening Camp

A total number of 43 screening eye camps were organized out of which 37 camps (86%) were organized in Jhapa district, 2 camps each in Morang & Panchthar and 1 camp each in Sunsari & Ilam. The total number of out-patient examined in the camp OPD reached to 13,898 (Male: 6,598 & Female: 7,300) and 633 patients (Male: 322 & Female: 310) had benefitted from surgery at the base hospital. (See table below)

Screening Camp Summary

S. N.	Description		2022	2023	Diff.	In %
1	Screening Camps	No.	18	43	25	138.89
		OPD	5,129	13,898	8,769	170.97
		Surgery	207	633	426	205.80

Altogether, 3,386 patients took advantage of the optical dispensing facility made available during screening eye camps.





c. School Screening Camp

Last year, we conducted school screening camps in 53 schools; majority of them i.e. 40 schools were supported by Gaurigunj Rural Municipality in Jhapa. Altogether, 13,468 students benefitted from eye check-up and 276 students obtained free spectacles as per their prescriptions.

School Screening Camp Summary

S. N.	Description		2022	2023	Diff.	In %
1	School Screening Camps	No.	17	53	36	211.76
		OPD	6,473	13,468	6,995	108.06
		Specs.	173	276	103	59.54



6. Satellite Clinic Services

The total number of patients benefitted from the out-patient service from eight eye care centers reached to 55,659 in 2023 i.e., 44.40% staggering growth compared to last year. This year, the out-patient volume was the highest at Surunga eye care centre i.e. 11,898 followed by Gauradaha (10,900) and Belaka (7,533). The highest OPD growth rate was found in Surunga followed by Panchathar by 123.10% and 58.72% respectively. (See table below).

Further, 9,749 patients benefitted from optical dispensing service available at primary eye care centers, a significant increase of 70.68% compared to previous year.

PECCs Performance Summary

S. N.	Description	2022	2023	Diff.	In %
1	Panchathar	3,394	5,387	1,993	58.72
2	Rajgadh	2,127	2,686	559	26.28
3	Gauradaha	8,784	10,900	2,116	24.09
4	Damak	6,484	6,689	205	3.16
5	Bhadrapur	4,536	6,340	1,804	39.77
6	Baniyani	3,089	4,226	1,137	36.81
7	Belaka	4,798	7,533	2,735	57.00
8	Surunga	5,333	11,898	6,565	123.10
	Total	38,545	55,659	17,114	44.40

Similarly, surgical service was continuously provided at Bhadrapur Eye Care Center in 2023 and the number of beneficiaries reached to 80 patients. (See table for Detail).

Bhadrapur Eye Care Center

PECC Bhadrapur 2023				
S.No.	Types of Surgery	Male	Female	Total
1	SICS+PCIOL	16	22	38
2	PHACO+PCIOL	19	16	35
3	Pterygium		6	6
4	Others	1		1
	Total	36	44	80



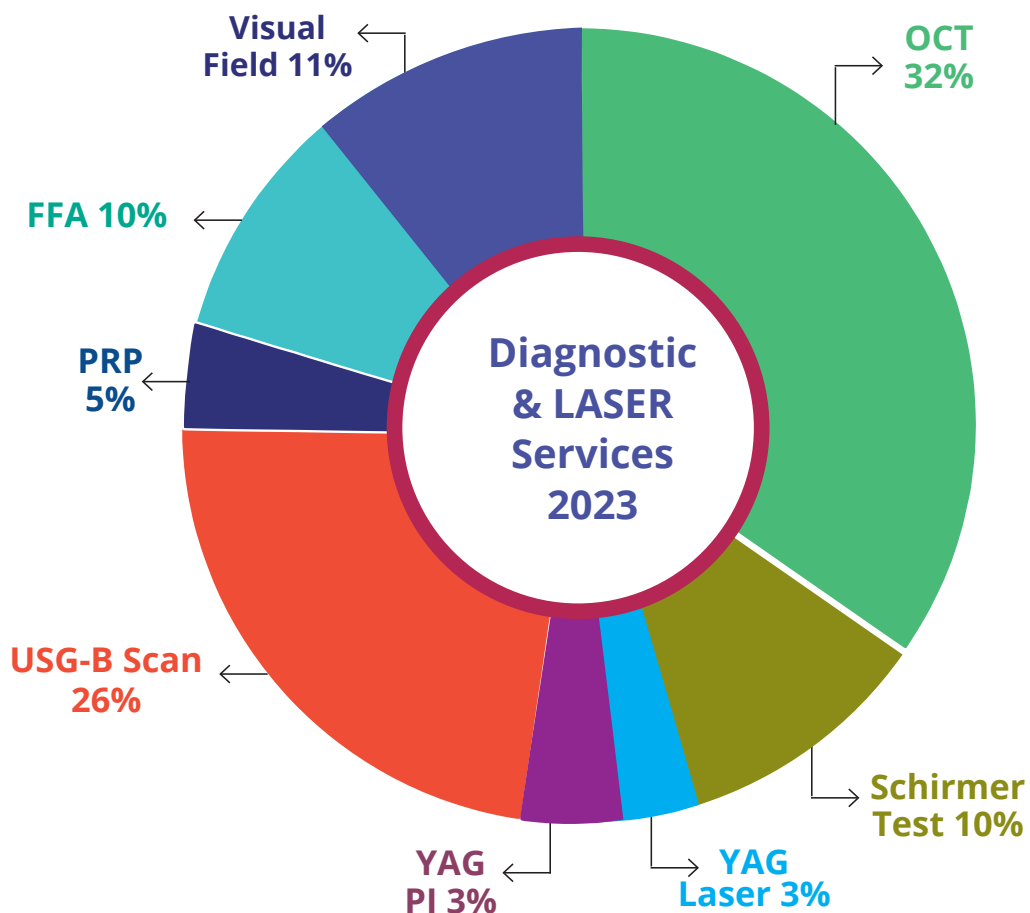
7. Diagnostic & LASER Services

Diagnostic services are vital for the management of various ocular conditions since most of the medical management is solely based on the findings of various test reports. In 2023, Optical Coherence Topography (OCT) & USG B-scan were performed in 20,119 & 16,485 patients respectively. Other tests carried out in significant numbers were visual field in 7,073 patients and fundus photography in 6,416 patients. Similarly, LASER & PRP therapies were performed in 3,376 (YAG-1,774 & YAG PI-1,602) & 3,131 patients respectively.

Diagnostics & LASER Services

S. N.	Description	2022	2023	Diff	In %
1	USG-B Scan	18,457	16,485	-1,972	-10.68
2	Visual Field	5,142	7,073	1,931	37.55
3	FFA / Fundus Photo	1,646	6,416	4,770	289.79
4	YAG Laser	1,774	1,774	0	0.00
5	YAG PI	1,055	1,602	547	51.85
6	OCT	14,798	20,199	5,401	36.50
7	PRP	2,389	3,131	742	31.06
8	Schirmer Test	5,334	5,862	528	9.90

A chart is presented below depicting some of the major diagnostic tests performed with their contribution:



8. Eye Health Education

Creating public awareness is one of the most important aspects of community eye care service providers apart from the delivery of curative services. It creates a positive impact on the perception of common people about their health service seeking behavior thereby supports in effectively breaking down some of the commonest barriers to seek available services at the local level. Further, it can be managed efficiently with the help



of target groups actively engaged at the grass-root level. Hence, we regularly organize primary eye health education training programs in collaboration with local government authorities to key target groups for early detection & referral of patients residing in rural areas for required treatment without delay.

With the main objective of increasing awareness and strengthening referral network in the local community, we organized eye health education training to various target groups e.g. female community health volunteers, school teachers and health personnel in co-operation with Gaurigunj Rural Municipality & Arjundhara Municipality.

Major training activities organized in 2023 are tabulated below:

Major Training Activities

S. N.	Description	2022	2023	Diff.	In %
1	Radio Program	0	12	12	
2	FCHV	113	74	-39	-34.51
3	School Teachers	65	112	47	72.31
4	Health Personnel	66	71	5	7.58
	Total	244	257	13	5.33



9. Events

We celebrated our 27th Anniversary on 09th February, 2024. The program was chaired by Mr. Jal Kumar Gurung; Chairman-Mechi Eye Hospital (Sangh) and the formal session was conducted by Mr. Ganesh Pokharel (Secretary-MEHS). Honorable Health & Population Minister Mr. Mohan Bahadur Basnet was present as chief guest of the program.

Distinguished members of MEHS were also present to observe the ceremony; namely Mr. Suresh Kumar Bansal (Vice chairman), Ms. Manju Sitaula Pokharel (Treasurer), Mr. Bharatlal Giri (Member), Mr. Dinesh Kumar Mittal (Member), Mr. Bhim Bahadur Gurung (Member), Mr. Chandi Prasad Parajuli (Member) and Mr. Suraj Khatri (Member).



Some key dignitaries present in this event were Dr. Minu Chaudhary (BPKLCOS), Mr. Ekraj Karki (Koshi Province House Member), Mr. Dev Kumar Thebe (NC President, Jhapa), Mr. Ashok Karki (Mayor-Belka Municipality), Ms. Phoolmati Rajbanshi (Chairperson, Gaurigunj Rural Municipality), Mr. Nagendra Prasad Sangraula (Deputy Mayor, Birtamod Municipality), Dr. Kishor Pradhan (Director, Matrika Eye Center). The dignitaries had also offered their best wishes & messages for our future progress. Other representatives from local government entities including

municipalities & rural municipalities were also present in this program. Further, journalists representing local & national media publication houses had also participated in this event.

During the formal session, Mr. Chandi Prasad Parajuli (Member-MEHS) offered warm welcome to all the guests and Dr. Purushottam Joshi (Medical Director-Mechi Eye Hospital) briefly presented important achievements of the hospital made last year. The function was officially concluded with the “note of thanks” by Mr. Jal Kumar Gurung (Chairman-MEHS).

On the occasion of 27th Anniversary, cornea & refractive surgery unit was inaugurated by the chief guest. Similarly, certificate of appreciation were offered to the family representatives of cornea donors. Further, awards were presented to “Best Staff” and distribution of medals & gifts to the winners of various sports competition organized on this occasion.

“Best Staff” Award List-27th Anniversary

S. N.	Name	Designation	Department
1	Dr. Isha Bista	Ophthalmologist	Cornea
2	Ms. Kabita Karki	Ophthalmic Officer	Outreach
3	Mr. Shrawan Sardar	Pharmacy Assistant	OPD
4	Ms. Devi Rai	Eye Health Worker	IPD
5	Ms. Sharmila Shrestha	Eye Health Worker	OT
6	Mr. Durgesh Paswan	Ophthalmic Assistant	OPD
7	Ms. Susmita Chamlagain	Eye Health Worker	OPD
8	Mr. Rudra Magar	Optical Assistant	Optical
9	Mr. Gyan Mahato	Ophthalmic Assistant	PECC
10	Ms. Manjuri Rai	Admin Assistant	Medical Record
11	Ms. Kamala Rajbanshi	Helper	Housekeeping

Mechi Eye Hospital, in collaboration with Matrika Eye Center, has introduced Laser Eye Surgery (LASIK) using the latest German Equipment SCHWIND Atos for those who want to get rid of glasses and contact lenses permanently.

Mechi Eye Hospital, Birtamode-03, Sainikmod, Jhapa has successfully performed a Laser Eye Surgery (LASIK) for permanent removal of spectacles. Team lead by Surgeon Dr. Kishore Raj Pradhan (Dr. Isha Bista, Dr. Saman Shrestha & Ms. Samikshya Lamsal) successfully performed Laser Eye Surgery to Mr. Aditya Parajuli (Big Industrialist) on 22nd November 2023.







10. Construction & Equipment

- Two major construction works were finished in 2023; one is in-patient ward in Bhadrapur eye care centre and another one is the vertical extension of staff quarters. Other notable works were landscaping, truss & pavers, safety tank & cycle stand construction in the hospital. The total cost incurred was NRs. 41,194,066.00 only.

S. N.	Description	Amount
1	Cycle Stand	816,237.00
2	Landscaping Work	4,917,812.00
3	Truss Construction	1,559,673.00
4	Pavers Work	6,877,027.00
5	Septic Tank Construction	1,054,721.00
6	Vertical Extension-Doctors Quarter	7,629,474.00
7	Vertical Extension-Jr. Staff Quarter	8,632,473.00
8	IPD Ward Bhadrapur PECC	9,706,649.00
Total Amount		41,194,066.00

- Investment is also made to acquire some of the high-tech ophthalmic equipments to enhance technical compatibility of the hospital. The total amount incurred to purchase these equipments was NRs. 75,673,561.00 only.

S. N.	Description		
1	Oertli OS4 Phaco Machine with Vitrectomy	7	Oculus Keratograph 5M
2	Oculus HR Pentacam	8	Karlstorz Endoscopic DCR Set
3	Nidek US-4000AB Scan	9	Appasamy Slitlamp with Digital Imaging System ICM-7
4	Takagi 2ZL Slitlamp	10	Iridex PRP LASER Machine IQ-532
5	Keeler Non Contact Tonometer	11	Oculus Myopia Master
6	Takagi Auto Lensometer		





11. Subsidy

The detail for subsidy offered to patients is appended below:

S. N.	Description	2022		2023	
		Nos	Amount	Nos	Amount
A.	PECC				
1	Surunga			2	3,000.00
2	Bhadrapur	4	4,000.00	2	2,000.00
3	Phidim	2	12,688.00		
4	Gauradaha	3	3,000.00	4	4,000.00
5	Rajgadh	6	6,000.00	3	3,000.00
	Sub -total	15	25,688.00	12	12,960.00
B.	Screening Camps				
1	Registration-School Screening	4	640.00		
2	Registration-Screening Camps	223	35,680.00	729	116,480.00
3	Lab Test	167	160,160.00	729	699,480.00
4	Surgery for Screening Camp Patients	213	417,000.00	730	1,503,000.00
5	School Screening Surgery			1	12,000.00
	Sub -total	607	613,480.00	2,189	2,330,960.00
C.	Hospital OPD				
1	Lab test for Underprivileged	77	74,820.00	71	68,740.00
2	Surgery and Others	205	960,355.00	139	1,021,360.00
3	Medicines	15	5,501.00	14	16,014.00
4	Insurance Underprivileged			2,331	1,925,044.00
	Sub -total	297	1,040,676.00	2,555	3,031,158.00
Grand Total		919	1,679,844.00	4,756	5,375,078.00

Subsidy is provided to underprivileged patients referred to the hospital from different types of community activities like screening eye camps, surgical eye camps etc. on regular basis in order to maintain equity in service delivery to the community. On the long run, it actually supports to resolve barriers & increase the service uptake at grass root level.

In 2023, the number of beneficiaries received subsidy from the hospital reached to 4,756 patients and the total cost covered by the hospital was NRs. 5,375,078.00.

Mechi Eye Care Program At a Glance in 2023

S.N.	Activities	Mechi Eye Hospital, Birtamod-Jhapa (Year 2023)
1	Number of OPD	Total OPD : 1,97,872 <ul style="list-style-type: none"> General – 25,742 Review – 65,322 Paying – 106,350 Emergency – 458
2	No. of Surgeries	Total surgery : 34,545 <ul style="list-style-type: none"> ICCE/ECCE/SICS – 5,590 Combined surgery (Glaucoma & Retina) – 46 & 22 Phaco surgery – 14,061 Combined Phaco (Glaucoma & Retina) – 80 & 284 Secondary Implant – 60 & Others – 1 Glaucoma (Trabeculectomy) – 62 Retina – 7,402 Squint & Others – 565 Cornea (Pterygium, Corneal Foreign Body Removal, Pupiloplasty) – 2,805 Oculoplasty – 3,567
3	No. of Screening Camp	MEH organized 43 screening camps in which it examined 13,898 patients and performed surgery on 633 cases.
4	No of Surgical Camp	MEH organized 9 surgical eye camps with OPD of 9,464 patients and surgery of 1,100 cases
	No. of School Screening	MEH organized children eye screening camps in 53 schools, checked eyes of 13,468 children & free spectacles is distributed to 276 children identified refractive error
5	No. of Training for Referral	School Teachers – 112, FCHV – 74, Health Personnel - 71
6	No of Children Served	OPD – 19,900 & Spectacles – 2,272
7	No. of MD Ophthalmologist	18 Ophthalmologists including fellows in Vitreo-retina-1, Oculoplasty-2, Cornea-2, Anterior Segment-8.
8	No. of Clinical Staff	Optometrist – 6, Ophthalmic Assistant – 29, Staff Nurse – 3, Eye Health Worker – 54 & EHW Trainees – 12, Optometry Intern-2
9	No. of Administrative Staff	Admin staff – 15, Security - 18, Support Staff – 64 & Housekeeping Staff - 22

12. Glimpses of 27th Anniversary









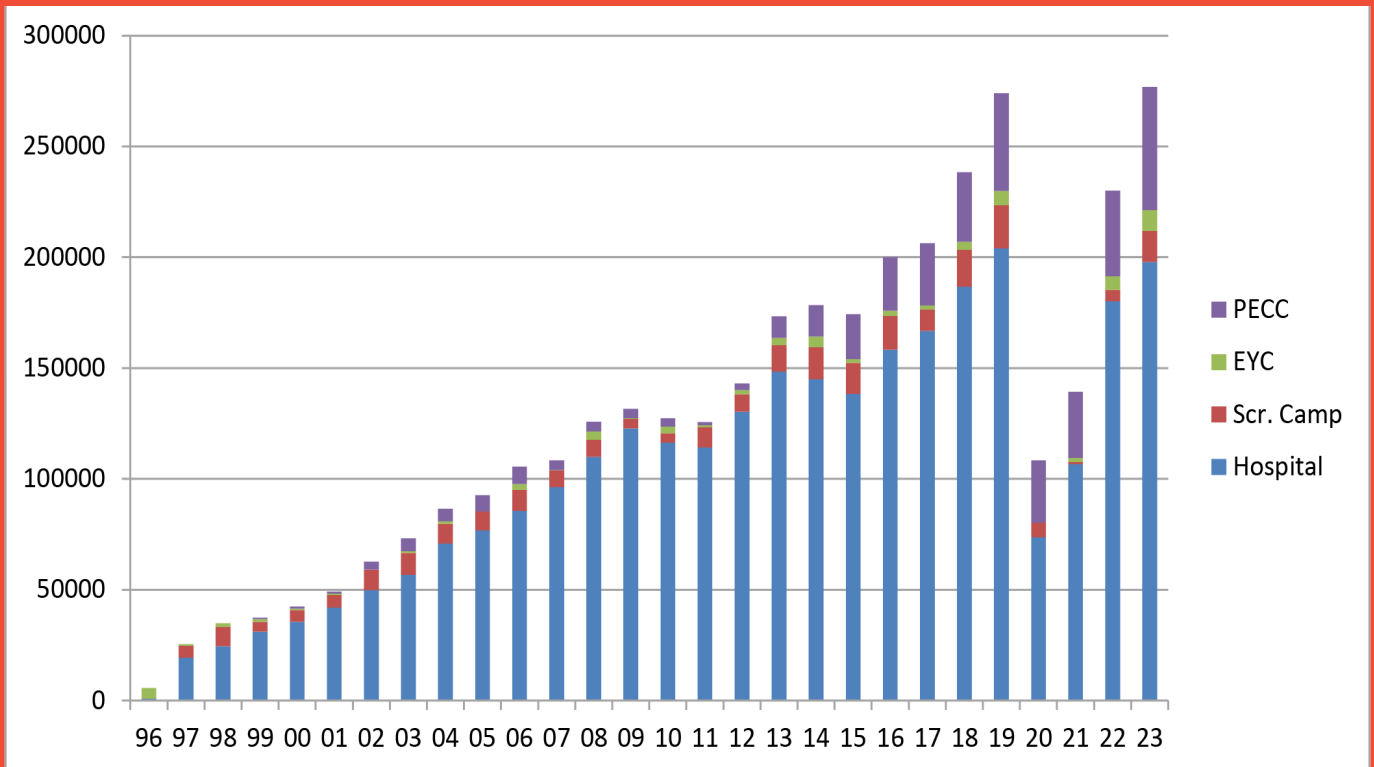




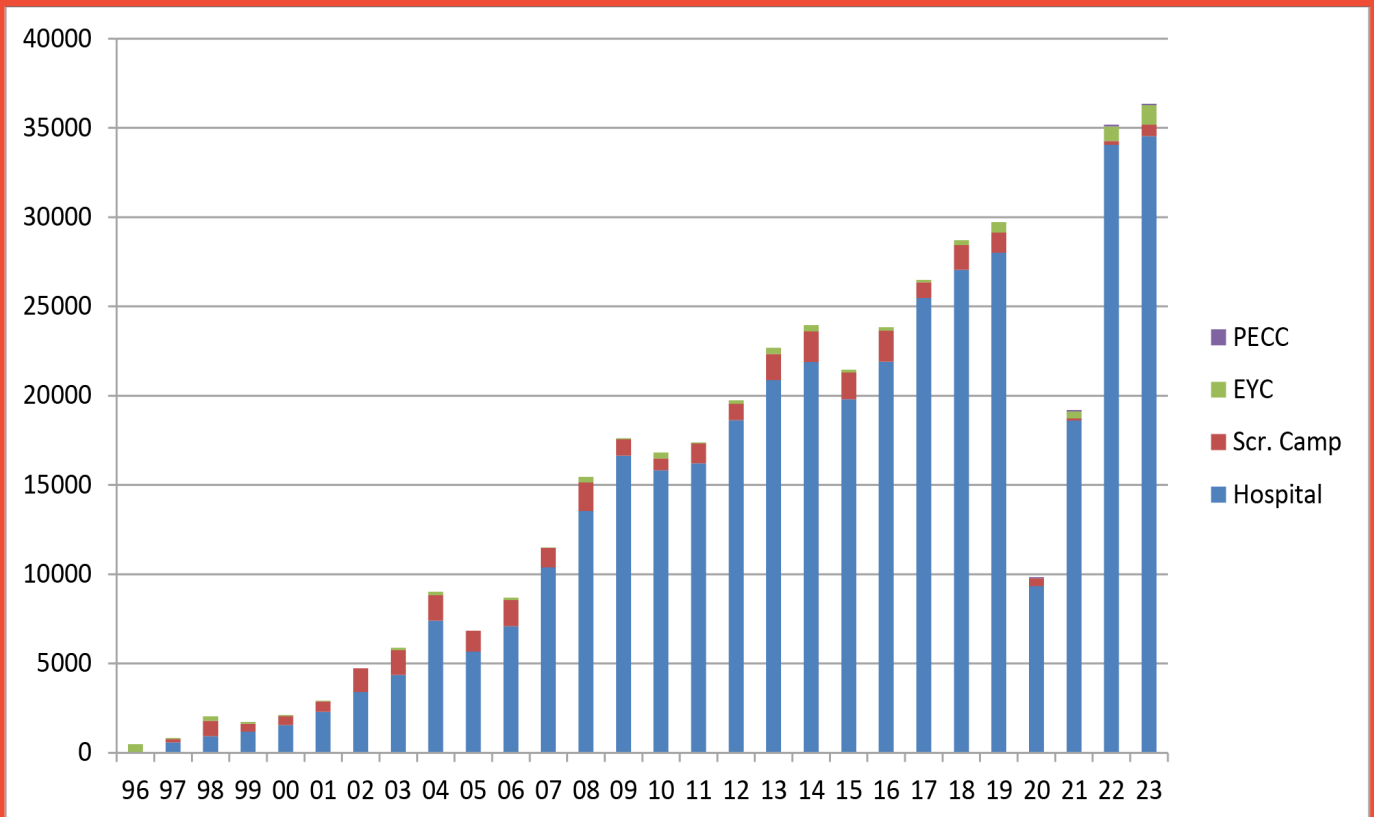
Surgical Eye Camp



MECP OPD Summary (1996-2023)



MECP Surgery Summary (1996-2023)





Mechi Eye Hospital

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