

# GLOBAL CLINIC

A NON PROFIT HUMANITARIAN EFFORT



2017

VISION PROJECT, MYANMAR

## TRIP SUMMARY

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Global Clinic successfully completed a humanitarian medical mission to the Okpho and Bago regions of Myanmar in September 2017. The mission was held in conjunction with the Ngee Ann Polytechnic Optometry Department (Singapore), and Sitagu Mission Trust (United Kingdom), a non-profit organization, together in partnership with Yangon Eye Hospital (Myanmar). The joint teams led primary eye care clinics with optometrists, examining over 3000 patients in Bago and Okpho, and distributing free medication, prescription spectacles and reading glasses to patients. The surgical team deployed in Okpho performed free cataract surgeries for the most urgent and visually impaired patients over a five-day period.



## MISSION ACCOMPLISHMENTS

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### Numbers at a Glance

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Total patients examined	>3000
Target number of surgeries	200
Cataract Surgeries performed	274
Ocular Surgeries performed	11
Total Refractions performed	>500
Total Glasses prescribed	>400

### A. Free Eye Clinics:

We examined and treated approximately 3000 patients in surrounding villages around Okpho and Bago. We also counseled patients on eye protection and care, educating them on simple ways to improve vision. Uncorrected refractive error is a main cause of visual impairment in the developing world, and we provided spectacles, eye drops and treated various eye conditions at the free eye clinics. Our optometrists also screened and improved vision in school children, treating refractive error and detecting causes of preventable blindness such as amblyopia in children.

### B. Mobile Surgical Team:

Our Global Clinic surgical mobile team set up in a temporary hospital setting with a target of 200 cataract surgeries in 5 days. Due to the overwhelming demand and despite limited time and resources, we performed 274 cataract surgeries, and other simple ocular surgeries such as pterygium excision. All patients were pre-examined and will be followed-up by the local ophthalmologists over the next few months. We also ensured continuity of care for patients with complex eye problems, which required more sophisticated surgeries that cannot be performed in the temporary hospital. We

performed 2 corneal transplants at Yangon Eye Hospital, while patients who required more complex surgeries such as Vitreoretinal and Glaucoma surgeries were referred to local specialist surgeons at nearby district hospital.

### C. Education and Training:

We identified train key community members to work with Global Clinic on following up with our patients for future collaboration and sustainability programs. Basic eye care training such as visual assessment and eye hygiene education was taught to the nurses. We also conducted lectures at the Yangon Eye Hospital to discuss difficult cases.

## GLOBAL CLINIC VISION PROJECTS IN MYANMAR

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Global Clinic had previously provided free eye care to a nearby rural region in the Ayerwaddy state. Similarly this time, we set up a primary eye care clinic with optometrists and examined over 2000 patients, where medications, prescription spectacles and reading glasses were distributed. We also performed more than 200 free cataract surgeries for the most urgent and visually impaired patients over 5 days. The Global Clinic vision team often faces challenges such as limited resources, power failures and a lack of surgical consumables all which proved to be challenges this time round as well.

While we were able to perform above and beyond our target of cataract surgeries, there were many more patients requiring medical attention that we could not serve. Thus, continued efforts with partnerships with the local hospitals and education are a key part of our work in providing sustainable eye healthcare in Myanmar.

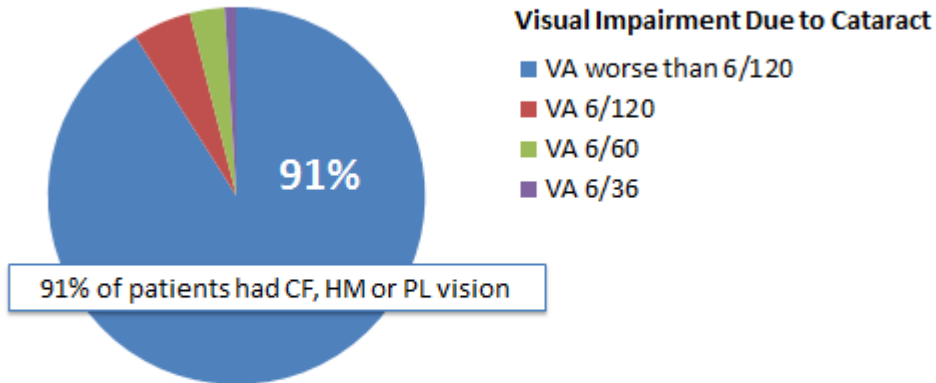
## OUTCOMES

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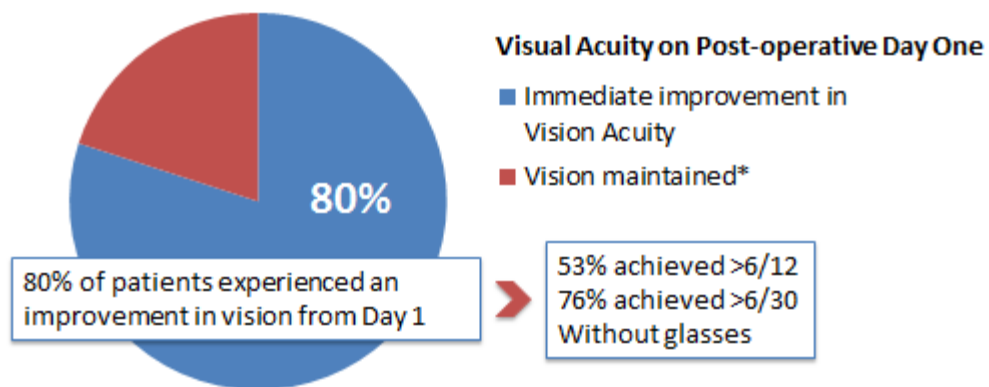
We have planned for local doctors and nurses to evaluate our post-surgical patients 1-2 months after surgery, which is usually when vision stabilizes. As an indication of visual potential, we assessed the visual outcomes in our patients one day after surgery. Most patients (80%) noticed an immediate improvement in vision, which will improve further after the surgical wounds heal and spectacles are prescribed.



*We found most patients suffered from severe visual impairment due to cataract, the main cause of reversible blindness in the developing world.*



- CF: Patient only able to count number of fingers of assessor closely
- HM: Patient only able to detect motion of hands of assessor in front of the eye
- PL: Patient only able to detect glimpses of light in front of the eye



*\*Visual recovery usually takes 1-3 weeks.  
Assessment of visual acuity was done without prescription glasses and including patients with other co-morbidities that may affect vision*

## FUTURE PLANS

We plan to continue building sustainability programs with the local health authorities by exploring collaboration opportunities, workshops and education seminars for the local nurses and doctors. We also plan to have future missions to the region and expand to nearby districts.