

# Community Health and Education Programs

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(CHEPs)

Eye camp # 7 – Ghadeer Clinic, Nakuru, Kenya

18<sup>th</sup> October 2009

The 6<sup>th</sup> CHEPs eye camp was held on 18<sup>th</sup> October 2009 at Ghadeer Clinic, a charitable health facility in Nakuru town. The management of the clinic request CHEPs to organize the eye camp on the same day as their free monthly medical clinic for the under privileged communities. The CHEPs team traveled from Nairobi and camped overnight in readiness for starting work early the next day.

The team of 3 optometrists and 10 volunteers examined 280 people, dispensed 153 eye drops (105 cromoglycate , 15 dexamethasone/neomycin, 19 hydrocortisone, 1 tetracycline ointment, 13 ciprofloxacin), 83 spectacles , referred 10 for surgery and placed order for 16 spectacles. Common conditions were presbyopia (difficulty with near vision), allergic and bacterial conjunctivitis.

97 people were screened for blood sugar. 4 of these were found to have uncontrolled diabetes and referred to the medical clinic which was being held simultaneously. 119 were screened for blood pressure. 8 of these were found to be hypertensive and referred to the clinic for further management.

6 people were diagnosed with cataracts and referred for surgery. 1 was diagnosed with trichiasis subsequent to trachoma and referred for surgery.

12 were referred for further specialist eye examination, diagnosis and management to the provincial hospital's eye department.

13 were found to have normal vision and eyes and were reassured.

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Saajid, screening for diabetes



Abbasali, a volunteer medical student screening for hypertension



Visual Acuity measured as a preliminary screening test for sight



Shabbarali taking Visual Acuity



Optometrists checking clients

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Special thanks to Sr. Fehmida Fazal and her team ( Husein and Shabbar) for local arrangements, advertising among the people of the area, and lunch; the area chiefs and commissioner for permission to hold the outreach services; local people who gave us good feedback on the whole exercise and appreciated the efforts of the team; the optometrists Kinyua and Divina; the Mulla Nanji Trust and Amirali Nanji, for use of accommodation facilities at their school in Nakuru, Mrs. Saira, the caretaker of the school, for the hearty breakfast, the CHEPs team (Murtaza Dhala, , Muntazir Khimji, Zeeshan Chagpar, Muhsin Sheriff and their sons: Aliabbas, Saajid and Shabbar Ali, and the two medical students Shane Ali and Abbasali); Muntazir Khimji for allowing us to use his van ; Hussein R. Valli and Murtaza Somji for behind the scenes assistance with specs and good advice; all families for their cooperation and assistance.

Follow up plan: Arrange surgeries for the 6 diagnosed with operable cataracts and one with trichiasis (trachoma). Plan for improvement of eye camp organization to include health educational programmes and provision of preventive materials like water purifiers and mosquito nets.



The CHEPs team satisfied after a yet another successful eye camp, ready for the next challenge