

Community Health and Education Programs

(CHEPs)

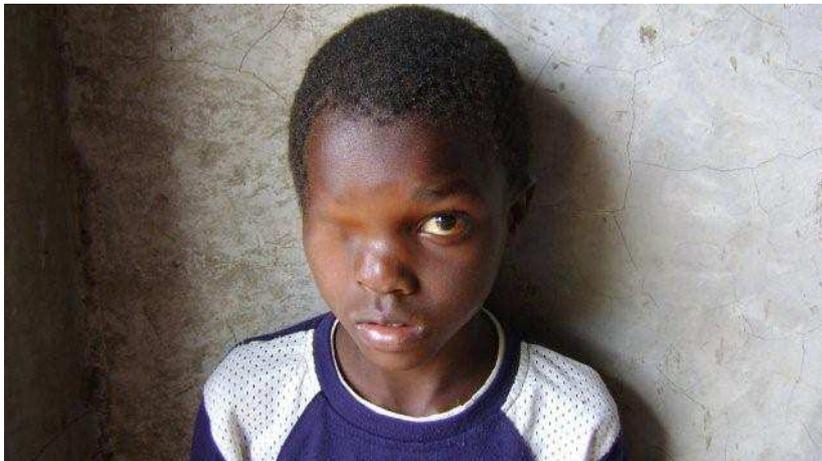
Eye camp # 6 – Alphego, Rift valley, Kenya

2nd May 2009

The 6th CHEPs eye camp was held on 2nd May 2009 at Alphego, a remote village in Rift Valley an hour and a half drive from Nakuru town. It was identified because of its remoteness from health services, poverty of the people and no eye camp having being held there by other groups.

The team saw 180 people, dispensed 86 eye drops (54 cromoglycate , 9 dexamethasone/neomycin, 14 hydrocortisone, 1 tetracycline ointment, 8 ciprofloxacin), 54 spectacles (readers no. 1 to 3), referred 10 for surgery and placed order for 7 spectacles. Common conditions were presbyopia (difficulty with near vision), allergic and bacterial conjunctivitis. 3 youth were diagnosed with vitamin A deficiency and were given prescriptions for treatment and advised on diet.

Special cases were two children. One was a 4 year old girl who was born with cataracts in both eyes. She will be taken to Nairobi for surgery. Her twin sister was also examined and was found to have no eye problems. The second child, a 7 year old boy, was born with a skin flap over the right eye area. He needs to be reviewed by eye specialist/plastic surgeon team. When asked whether he goes to school, he replied, ' My mother told me we don't have money to afford my schooling. I have not finished nursery'.



Meshak Lomechel, 7 year old boy with a congenial flap over his right eye area. Needs reconstructive surgery.

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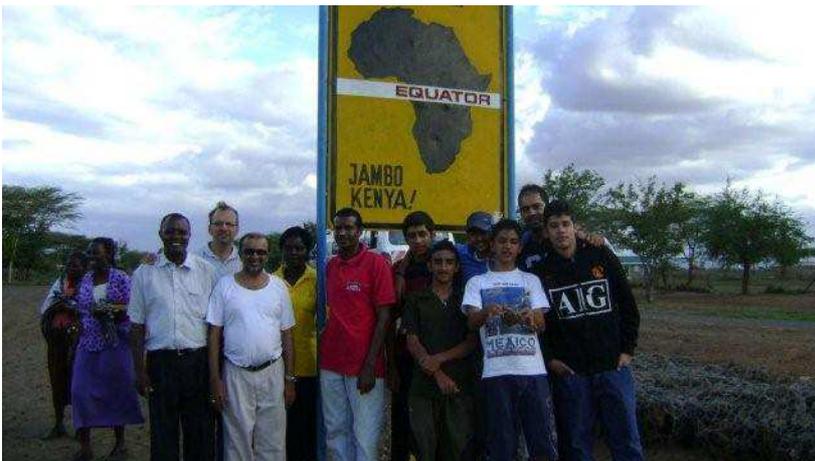
Shane Ali, a volunteer medical student, checking blood sugar



A boy with night blindness and Bitot's spots on his eyes, typical sign of vitamin A deficiency

Special thanks to Sr. Fehmida Fazal and her team (Husein and Athmani Iddi) 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, 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, 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 10 diagnosed with operable cataracts. Identify suitable location for next eye camp in rural areas which are more needy and distant from health facilities. Find out specialist facilities for treatment of the 7 year old boy with a skin flap over the eye area.



The CHEPs team returning happily after another successful eye camp, eager for the follow up tasks