Editorial

2019 is coming to an end and here goes the last newsletter for the year. Forty years have gone by since the publishing of Aravind’s first newsletter. Over the years, the newsletter has undergone tremendous changes in content, form and style catering to audience’s demand and interest. Each newsletter is the result of a co-ordinated efforts by a team of individuals across the Aravind centres. We thank each one of them for their continued support. To revive memories, the upcoming editions of the newsletter will have interesting snippets from the past issues.

The month of November was marked with many special days observed to create awareness on many diseases and condition; to name a few, World Diabetes Day, World Prematurity Day, International Pathology Day, Children’s Day and so on. Aravind centres organised elaborate programmes on these occasions to get the message across.

News about these and many more feature in this issue.

Accolades

Dr. M.K. Mehra Oration Award for Dr. Usha Kim

_Lucknow, November 16_

Dr. Usha Kim, Chief, Orbit, Oculoplasty, Ocular Oncology and Ocular Prosthetics Services, Aravind-Madurai delivered the Dr. M.K. Mehra Oration Award on the topic, _My Journey in the field – Evolution of the Department of Orbit, Oculoplasty & Ocular oncology._

Awards at Comprehensive Cataract Conference 2019

_Kolkatta, November 29 – December 01_
The International Society of Manual Small Incision Cataract Surgeons (ISMSICS) honored Mr. Thulasiraj Ravilla, Director-Operations, Aravind Eye Care System & Executive Director-LAICO with **Institution Builder Award** in recognition of his exemplary contributions towards building Aravind Eye Care System at Comprehensive Cataract Conference 2019.

HelpMeSee honoured Dr. R.D. Ravindran, Chairman, Aravind Eye Care System with Albert Lee Ueltschi Award in recognition of his Outstanding Contribution in Ophthalmology at Comprehensive Cataract Conference 2019.

Dr. Madhu Shekhar, Chief, Cataract Services, Aravind Eye Hospital, Madurai won second prize for the video titled **“Iridodialysis Repair- Simplified Approach”**

**AMRF**

**INSA – IAS Bilateral Exchange programme**

*Jerusalem, Israel; November 4-17*

Dr. P. Sundaresan has been awarded visiting fellowship by the Indian National Science Academy (INSA) and the Israel Academy of Sciences (IAS) under the International Collaboration/Exchange programme 2019. As part of this, he visited department of Ophthalmology, Hadassah-Hebrew University Medical Center, Jerusalem, Israel from 4th November to 17th November, 2019. He delivered a guest lecture on Discovery of Genes causing Blindness and met with senior members (Dr. Eyal Banin, Dr. Dror Sharon and Dr. Anat Blumenfeld) of the Department of Ophthalmology at Hadassah Medical center, Jerusalem. He interacted with the faculty there and discussed the prospects of future collaboration. He also attended several talks at the institute. Dr. Sundaresan also visited Technion-Israel Institute of Technology Haifa, Israel and met Prof. Tamar Ben-Yosef, Rappaport Faculty of Medicine who is working on genetics of Inherited retinal diseases.
**Aravind Events**

**Observing World Diabetes Day**

*Aravind, November 14*

Diabetic Retinopathy remains one of the leading causes of blindness. World Diabetes Day is the global awareness campaign focusing on Diabetes Mellitus and is observed on 14th November of every year. The theme for the year’s celebration was designated as *Protect your Family* by the International Diabetes Federation. Aravind Hospital observed the day with elaborate programmes. Several competitions were arranged. Free blood sugar test, diabetes screening including family screening camps were organised. Rally was organised in a few centres to create awareness about diabetes and its consequences. Retina specialists gave informative talks about the disease.

**Observing World Prematurity Day**

*Aravind, November 18-23*

World Prematurity Day was observed worldwide on November 17 with the theme, *Born too soon: Providing the right care, at the right time, in the right place*. Aravind centres too observed the same on various dates. Aravind-Tirunelveli arranged an awareness talk to the parents of preterm babies. The purpose was to create awareness on Retinopathy of Prematurity (RoP) and also the need for long term follow up in myopia and strabismus. Around 30 parents attended the meeting.

Aravind-Coimbatore observed the day with an awareness talk and exhibition. About 215 people visited the exhibition throughout the week. At Aravind-Madurai, in addition to the awareness exhibition, a press meet was arranged where Retina specialists – Dr.Kim, Dr.Renu P. Rajan, Dr.Prerana Shah interacted with journalists to spread the word about this condition.

**Observing World Pathology Day**

*Aravind-Madurai, November 29*
Aravind Eye Hospital, Madurai observed World Pathology Day with an awareness exhibition for general public and staff in the hospital premises. Dr. G. Natchiar, Director Emeritus, AECS inaugurated the same. The exhibition aimed to showcase role of pathology in eye care and how the department evolved at Aravind over the years.

Eye is the window for mind as well as general wellbeing. In some diseases, eyes show first signs before they are manifested in other parts of the body. Creating awareness about this and understanding such changes help us identify many diseases in the initial stage itself. The exhibition had many posters, models and charts with relevant information for the public. The exhibition was well received both by the patients as well as staff. The entire event was the result of a collective effort put in by the staff of Ocular Pathology, Orbit, Ocular Oncology and Laboratory services.

**CME on Infectious Keratitis**
*Aravind-Tirunelveli, November 3*

The field of Cornea and refractive error surgeries have undergone revolutionary changes. The CME aimed to update participants on the latest developments. A total of 102 persons which included ophthalmologists and post graduates participated.

**CME on Retinopathy of Prematurity**
*Ramnad, November 22*

As part of observing World Prematurity Day, Retina team at Aravind-Madurai conducted the CME for Village Health Nurses of Ramanathapuram district to create awareness on RoP at the grass root level. Organised with support from District Blindness Control Society, the CME was presided over by Dr. Kumaragurubaran, Deputy Director of Health Services and Dr. Subashankari, Deputy Project Manager of DBCS, Ramnathapuram. A total of 90 enthusiastic Village Health Nurses and 30 Supervisors attended the CME. IEC materials about RoP were distributed to all.
ReLOAD Workshop
Aravind-Chennai, November 4-5

Organised by Alcon, Review Learning on Advancement and Development (ReLOAD) workshop covered advancements in phacoemulsification including complication management. Eleven external ophthalmologists and six Aravind doctors participated. Along with lectures and interactive sessions, the workshop included a live surgery session. During the hands on wetlab session, participants performed anterior vitrectomy, practiced insertion of iris hooks and capsular tension ring.

Phaco Development Workshop
Aravind-Madurai, November 15

The workshop was arranged for junior medical consultants and IOL fellows with support of Alcon Laboratories. Dr. Madhu Shekhar, Chief and Dr. Dhanya, Medical Consultant, Cataract Services, Aravind-Madurai handled the sessions along with faculty from Alcon. A total of 8 doctors participated.

DSAEK Pre Cut Training Course
Aravind-Madurai, November 21-23
Descemet Stripping Automated Endothelial Keratoplasty (DSAEK) Precut training course was jointly organized by Sight Life, USA and Rotary Aravind International Eye Bank (RAIEB), Aravind Eye Hospital, Madurai. Mr. JT Soley, Sight life, USA trained 4 eye bank technicians; Two each from RAIEB, Madurai and Lions Eye Bank, Bangalore.

**Surgical Skill Transfer Course**
*
*Aravind-Pondicherry, November 24*

The course was organised for post graduate students in ophthalmology. About 40 participated. Aravind doctors handled sessions on various surgical procedures like trabeculectomy, phacoemulsification, penetrating keratoplasty, anterior vitrectomy, and manual small incision cataract surgery. Dry lab sessions were organised. Different methods of OT sterilization were also discussed.

**Workshop for the staff of Central Sterile Services Department**
*
*LAICO, November 15-16*

The two-day workshop was arranged for the staff of Central Sterile Services Department (CSSD) across the Aravind centres. A total of 45 participants attended the same. Dr.R.D Ravindran, Chairman, Aravind Eye Care System and Dr. Lalitha Prajna, Microbiologist, Aravind-Madurai led the workshop.

**Hospital Day Celebration**
*
*Aravind-Salem, November 30*
Aravind-Salem has completed eight years of service in providing sight. At the annual day celebration held in the last week of November, Dr. Rahul Muharji, Director of Medical Services, Salem Steel Plant, Salem; Dr. G. Natchiar, HR Director Emeritus, AECS; Mr. Arthanari, Camp sponsor from Kuppusamy Mudhaliar Samudhaya Arakkattalai, Tharamangalam, Salem & Mr. Chandran-President, Lions Club of Attur were the chief guests. Mr. Sakthivel, Manager – Finance welcomed the audience. Dr. Manohar Babu, Chief Medical Officer gave an update on the activities of the year. Dr. G. Natchiar and Dr. Rahul Muharji gave special address. People from the community who have been supporting the cause of eye donation were felicitated. Service awards were distributed to the staff members followed by cultural events. Dr. Anuja, Senior Medical Officer, Cornea Services delivered the vote of thanks.

**Children’s Day Celebration**

*Aravind; November 14*

The Paediatric Ophthalmology clinics at Aravind, Madurai, Tirunelveli and Pondicherry celebrated Children’s Day by organizing several events for staff and patients. Awareness exhibition on common paediatric eye diseases and low vision rehabilitation devices was arranged. Competitions were organised for children and staff.

**Sri. Shankara Vijayendra Saraswathi Swamigal Visit Aravind**

*Aravind-Tirunelveli, November 6*

Shri. Shankara Vijayendra Saraswathi Swamigal of Sri Jagadguru Kanchi Koti peetam, Kancheeparam visited Aravind-Tirunelveli and blessed the senior staff members. The Swamiji addressed the staff and appreciated the word done towards restoring sight to millions.
Training on Basic Fire Safety and Mock Drill

Aurolab; November 23

The training programme was organised for the staff of Aurolab. Mr. Syed Rafi and his team from Usha Fire Safety Equipment handled the session. Staff was trained on how to keep ourselves safe during fire accidents, and how to use fire extinguishers. Participants felt the training very useful.

Conferences attended

Comprehensive Cataract Conference 2019

Kolkata, November 29 – December 01

Dr. R D Ravindran

- Role of MSICS in enabling High Volume – Quality Cataract Surgery

Dr. Shivkumar Chandrashekharan

- Comparison of Astigmatism: Temporal vs Superior tunnel with sutures in Manual Small Incision Cataract Surgery (MSICS)

Dr. Madhu Shekhar

- Visual Outcomes Of Cataract Surgery Following Refractive Surgery Using Ascrs Average Method
- Video: Iridodialysis Repair- Simplified Approach.

Dr. Aravind Srinivasan

- Live Surgery : SICS/ Phaco

Mr Thulasiraj Ravilla

- Outgrowing your practice
- How to get a great team
- Summary: Essential mindsets

Mrs. Dhivya Ramasamy

- Patient loyalty

Mr Balasubramani R

- Getting rid of everyday fire-fighting

Dr. Aravind Srinivasan

- Profitability: fixing the leaks

Dr. Ravindran

- Be effective as a leader
Update on Diabetic Retinopathy

**JIPMER, Pondicherry, November 17**

Dr. Naresh Babu

- *Surgical approach in Diabetic Retinopathy*

Dr. Renu P Rajan

- *Lasers in diabetic retinopathy*

Dr. Manavi Sindal

- *Approach to a patient with diabetic retinopathy – Clinical pearls*

Dr. Chittaranjan Mishra

- *Conducted quiz and a dry lab session for PGs on indirect ophthalmoscopy*

Driving Innovation: Technology and India's Rise as a Global Power

**North Carolina, USA, October 10**

Mr. Thulasiraj Ravilla, Executive Director, LAICO participated in the panel discussion on Public Health/Technology organised as part of the conference, Driving innovation: Technology and India’s rise as a global power organised at the University of North Carolina

SEVA Synergy Series

**California, USA, October 17**

Mr. Thulasiraj Ravilla participated and shared inputs in the session, *Leadership: The engine for change.*

SEVA Board Meeting

**California, USA, October 18-19**

Mr. Thulasiraj Ravilla and Ms. Dhivya Ramasamy participated.

WHO SEARO Expert Group Meeting Meeting on "Preventing Glaucoma Blindness in S.E Asia"
Grand Rounds at California Pacific Medical Center

San Francisco, USA; October 11

Dr. Rengaraj Venkatesh made a presentation on the “Environmental Sustainability and Eye Care – The Aravind Model” at the CPMC Department of Ophthalmology Grand Rounds in Sutter Health California Pacific Medical Center, San Francisco, USA.

Annual Conference of American Academy of Ophthalmology

Dr. Rengaraj Venkatesh

- Manual ECCE Surgery: Indications and techniques – Instruction course
- Resolution of visual dysphotopsias following laser Iridotomy: 6 month follow-up (e-Poster)
- Routine fundus photography screening for posterior segment disease: A stepped-wedge, cluster-randomized trial in South India (e-Poster)

Dr. Rajesh.V

- 3D printing in Ophthalmology (Video)
- Resident’s learning curve analysis for manual small incision cataract surgery using ICO-OSCAR tool

Dr. Purushothamma Rajkumar

- Innovations in wet Lab training (Video)

Dr. Lisa M Tom

- Prospective study of corneal endothelial cell density after laser peripheral iridotomy (e-Poster)

Mr. Thulasiraj Ravilla, Dr. R. Kim and Dr. Usha Kim and Ms. Dhivy Ramasamy attended the conference.

Mr. Thulasiraj Ravilla attended the meeting and shared inputs.
Asia Pacific Vitreo-Retina Society (APVRS 2019)
Shanghai, China; November 22 – 24

Dr. Naresh Babu
- Scleral plug in Optic disc pit maculopathy

Dr. Obuli Ramachandran
- Dome shaped maculopathy-Retrospective analysis

Digital Health India Summit
Mumbai, November 16

Mr. Ganesh Babu
- Return on Investment on Tele-Ophthalmology: Aravind’s experience
Madurai Retina Forum 2019

Madurai, November 09

Dr. R. Kim – Moderated several sessions

Dr. T.P. Vignesh – New frontiers in the management of retinal diseases

Dr. Naresh Babu – OCT biomarkers in the management of retinal diseases

Dr. Karthik Kumar – Choosing right therapy and right regimen in neovascular Age-related macular degeneration

Dr. Renu P Rajan – Presented a case report

Dr. Aditya – Presented a case report

LAICO

Eyexcel Bangladesh 2019

Dhaka, Bangladesh, November 11-21

Following the successful conduct of Eyexcel Global for over a decade at Madurai, Eyexcel is being offered annually in Nepal by Seva Nepal and Latin America by Visualiza, Guatemala since 2016. For the first time Eyexcel was organised in Bangladesh exclusively for the benefit of eye care training institutions in Bangladesh. Ispahani Islamia Eye Institute and Hospital hosted the course. Eight teams (around 25 participants) from 7 Institutions attended. LAICO faculty, Ms. Dhivya Ramasamy, Sanil Joseph led several sessions.
Consultancy visits

- Dr. V.R. Vivekananthan, Medical Officer, Aravind-Tirunelveli made follow up visit to Fitsum Birhan Specialized Eye Clinic, Mekelle, Ethiopia during November 3-11.
- Dr. K. Tiruvengada Krishnan, Chief, Cornea Services, Aarvind-Chennai and Mr. Mohammed Gowth, Faculty, LAICO visited Innovation Eye Centre, Kisii, Kenya during November 5-13.
- Mr. Calwin Clement, IT Department visited RNC Free Eye Hospital, Surat for IHMS Implementation in the first week of November.
- Mr. Sriniranth, IT Department visited Ravishankar Maharaj Eye Hospital, Ahmedabad for IHMS implementation.
- Dr. Rohan Anand Joseph, Medical Officer, Aravind-Coimbatore and Mr. Ganesh Babu, Senior Manager, IT Department made follow up visit to Eye Foundation Hospital, Lagos, Nigeria during November 23-28.

Publications

November 2019


Statistics

Patient Monthly Statistics

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<td>HOSPITAL OUT-PATIENT VISITS</td>
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### Paying (New & Review)

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<td>4,792</td>
<td>2,971</td>
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<td>59,962</td>
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### OUTREACH OUT PATIENT

| Service Type                          | 7,908 | 4,059 | 1,874 | 7,471 | 4,168 | 451   | 1,099 | 482    | 2,165 | 956   | —     | 30,633 |
|---------------------------------------|-------|-------|-------|-------|-------|-------|-------|--------|-------|-------|-------|--------|-------|-------|------------|
| Comprehensive Eye Camps               | 1,748 | 833   | 943   | 4,404 | 418   | —     | 518   | —      | —     | —     | —     | 8,864  |
| Diabetic Retinopathy camps            | —     | —     | —     | —     | —     | —     | —     | —      | —     | —     | —     | —      |
| Glaucoma Camps                        | 992   | 842   | —     | 1,325 | 548   | —     | 185   | 485    | —     | 991   | —     | 5,368  |
| Refraction Camps                      | —     | —     | —     | 706   | —     | —     | —     | —      | —     | —     | —     | 972    |
| Mobile Refraction Unit                | 1,957 | 766   | 470   | 970   | 5,273 | 150   | 303   | —      | —     | 828   | 4,176 | 14,883 |
| School Screening camps                | —     | —     | 245   | 530   | 251   | —     | —     | —      | —     | —     | —     | 1,026  |
| Paediatric Camps                      | 248   | 135   | 171   | 415   | 35    | —     | —     | —      | —     | 41    | —     | 1,045  |
| RoP                                   | 25,096| 12,740| 5,902 | 4,804 | 9,740 | 1,233 | —     | —      | 1,532 | —     | —     | 61,047 |
| Vision Centres                        | 9,489 | 2,714 | 1,961 | —     | 2,631 | —     | —     | —      | —     | —     | —     | 16,795 |
| Community Centres / City Centres     | 1,20,715| 56,532| 22,556| 66,361| 57,875| 8,224 | 6,494 | 15,524 | 6,866 | 7,107 | 3,493 | 27,380 | 15,652| 1,613 | 4,16,392  |
| Total OP Examinations                 | 43    | 25    | 11    | 32    | 21    | 2     | 8     | 4      | 10    | 7     | —     | 163    |

### SURGERIES

Service Proportion of Cataract Surgeries

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Training

Enrolments for November 2019
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<td>Fellowship in Orbit and Oculoplasty</td>
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<td>Small incision cataract surgery</td>
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