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Tilganga Newsletter

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Message From Deputy Medical Director



Dear Readers,

It is my pleasure to bring yet another issue of newsletter of Tilganga Institute of Ophthalmology (TIO). As you can see we have changed our name from Tilganga Eye Centre to Tilganga Institute of Ophthalmology.

This issue is mainly focused on our new extension which made us to change our name. The extension has given us more room to grow mainly in the service and academic and training side together with the support system like administration, account library etc. etc.

This endeavor will allow us to extend our services to the people in need and to start new services so people do not have to travel far and wide. This is the result of hard work of many people and organizations.

The extension was mainly possible with the huge support from USAID through Himalayan cataract project (HCP), Fred Hollows Foundation (FHF) and many more. We extend our sincere gratitude to all involved including the Supporters, Engineers, Contractors, TIO staff and many more that made our dream come true.

With this state of the art facility we have more responsibility to run it efficiently and cost effectively. The whole staff of TIO is aware of this fact and is looking at many ways of cost recovery. As always we promise that the whole team of TIO will not let our supporters down.

Now TIO is in need of the support from all our well wishers more than ever, so that the patients in need can have an easy access to the services provided by TIO.

Thank you again for your help to realise our dreams.

Reeta Gurung

– Dr. Reeta Gurung
Deputy Medical Director



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Dreams Come True



Tilganga Institute of Ophthalmology (TIO) in Words

– By Rex Shore (Oversees Representative)



The Prime Minister Dahal opened the new building of the Tilganga Institute of Ophthalmology (TIO) on The 30th April 2009 and since then most of the staff and facilities have been slowly moving over from the old building. The days of overcrowding are over and the patient load has increased without causing management problems. The staff of the TIO is now 207 – a huge increase from the 30 odd when Tilganga first opened! Cleaning duties have been contracted out to a cleaning company and the plan is that catering will also be contracted out when there is a move to the new kitchen and mess area. Continuing progress is attained as furniture and equipment is obtained.



The Ground floor is occupied by the Out Patients' Dept (OPD), the patients' registration/cash and records, pharmacy, spectacle shop, counseling room and Pathology. There are 16 examination rooms in 2 rows and each row has a patients' waiting area to where patients are called from the main waiting area. The OPD handles between 500 and 550 patients (new and old) each day. Patients are required to queue outside the building at around 6.00 am to receive numbered tickets for registration, which starts at 8.00 am (summer) and 8.30 am (winter). There is still the booked and paying patients' clinics at 3.00 pm.



The First floor is the surgical floor with 5 operating theatres with 6 tables, 3 tables in the anesthetic block room, a large sterilization room, a large recovery ward with 30 beds and 6 cabins of 1 to 3 beds. The theatre staff handles about 200 to 300 operations a week.



The Second floor houses the administration offices, the large library, an auditorium, and the Research Faculty run by 4 staff. The library has the daily newspapers/magazines reading section, a large collection of relevant reference books, 4 computer terminals and 8 individual cubicles for student studies. For the now 40 students of the Certificate Level in General Sciences - Ophthalmology for Ophthalmic Assistants (OA) studying at TIO, these facilities are very important.



The Third floor houses the Academic and Training Dept., run by 3 staff with 3 classrooms, accommodation rooms for the 11 Resident Doctors doing Ophthalmology and an area of ensuite rooms with kitchenette for overseas visitors.

The Fourth floor is occupied with the laundry area, kitchen and a large staff mess area (not opened as yet) and large areas for storage, the proposed Board Room, International offices, etc.

The Fifth floor is for all the plant, water storage and the 2 passenger lift head machinery, etc.

At present, the general Enquiries desk/telephone exchange is still in the old building. The Eye Bank still occupies it's original space. The Low Vision, Contact Lens, Orthoptics and Post-Op Vision clinics are in the old building still. The IOL Lab has expanded to take over many of the old clinic areas. (Photos by writer)

Notice Board

A. Diabetes mellitus is an emerging public health problem and one of the leading causes of blindness in Nepal. To create the awareness in diabetic eye disease, the vitreo-retina unit of this Institute is going to organize a **Free Eye Screening** for diabetic retinopathy and **Patient awareness Programmes on Diabetes and Eye** on behalf of World Diabetic Day **14 November 2009**.

So, we humbly request all the interested diabetic patients to contact the vitreo-retina unit of Tilganga Institute of Ophthalmology on time for detail information.

B. Work-shop on ophthalmic Ultrasonography and Electrophysiology soon in the future.

Research Activities during 6 months

1. **Saiju R, Morse L J, Weinberg D, Shrestha M K and Ruit S.** Prospective Randomized Comparison of External Dacryocystorhinostomy With and Without Silicone Intubation. Br. J. Ophthalmol. Published online 9 Jun 2009; doi:10.1136/bjo.2008.147819
2. **Limbu B, Saiju R, Ruit S.** A retrospective study on the causes for evisceration at Tilganga Eye Centre. Kathmandu University Medical Journal (2009), Vol. 7, No. 2, Issue 26, 115-119
3. **Ulrich J N, Poudyal G, Marks S J, Vrabc T R, Marks B, Thapa A B S, Shrestha M K, Ruit S, Federman J L.** Ocular telemedicine between Nepal and the USA: prevalence of vitreoretinal disease in rural Nepal. Br. J. Ophthalmol. 2009; 93; 698-699.
4. **Bajracharya L, Shah DN, Raut KB and Koirala S.** Ocular evaluation in patients with chronic renal failure -a hospital based study. Nepal Med Coll J 2008; 10(4): 209-214

Training Activities during 6 months

S. No.	Name of Participants	Address	Trainin On	Duration Of Course	
3	Dr. Khem Raj Kaini	MCOMS Pokhara, Hospital	Phaco	8th Feb	20-Feb
4	De. Lun Mara	Eye Unit Department in Chey Chum Nas Referral Hospital	SICS	9th March	6th April
5	Dr. Amanda Richards,	Casey Eye Institute in Portland	Pediatric ophthalmology	15.03.09	27.03.09
6	Dr. Marcela Fabiola	Eugarrios Largaespada Institute of oftalmologia Loyola, Nicaragua	SICS	27th April	27th June
7	Ron Snow	University of Utah, USA	SICS	17th May	8th June
8	Dr. Srijana Karmacharya	Himalaya Eye Hospital, Pokhara, Nepal	SICS	1st June	15th June
9	Dr. Kim Yun Son	Pyongyang Eye Hospital, DPRK	SICS	22nd June	31st July
10	O Ae Sun	Kim Man Yu Hospital, DPRK	SICS	22nd June	31st July

1	Khairullah Karimi	Ansar Ophthalmic Centre, Heart, Afghanistan	Special Investigation	4th Jan	28th Mar
2	Sam Sara	Kampong Chhnang Referral Hospital	Ocular regional anesthesia	9th Mar	6th Apr
3	Tea Sophep	Eye Unit Department in Chey Chum Nas Referral Hospital	Theatre Nurse	9th Mar	6th Apr
4	Sao Din	Eye Unit Department in Neak Loueng Referral Hospital	Theatre Nurse	9th Mar	6th Apr
5	Mr. Kanti Ram Sanyasi	MOH, Bhutan	A and B scan	5th April	11th May
6	Alvaro De Fatima	FHFNZ Comoro, East Timor	OT Nurse Assistant	5th April	11th May
7	Adao Cristovao Ili Doli	FHFNZ Dili, East Timor	OT Nurse Assistant	5th April	11th May
8	Belmerio Jeronimo	FHFNZ, Dili, East Timor	OT Nurse Assistant	5th April	11th May
9	Posemary Mondo	FHF PNG	OT Nurse Management	17th May	12th June
10	Lucy Kawat Kaukesa	FHF PNG	OT Nurse Management	17th May	12th
11	Kim Un Jong	Pyongyang Eye Hospital, DPRK	OT Nurse	22nd June	31st July
12	Pak Kyong A	Pyongyang Eye Hospital, DPRK	OT Nurse	22nd June	31st July

1	Sara Maria	FHF East Timor	Management	15th April	5th May
2	Honorio Henriques Xavier	Ministry of Health, Timor, National Hospital Guido Valadares, Dili	Management	15th April	5th May
3	Leonel Ximenes Barbosa	Fonaroman Timor Leste, Dili Timor	Management and Biomedical	15th April	5th May
4	Alberto da Costa Flores	Fonaroman Timor Leste, Dili Timor	Management and Biomedical	15th April	5th May

TEC Welcome New Australian Ambassador H.E. Susan Grace and Mr. Satish Sharma.

Her Excellency Susan Grace had handed in her credentials to the President of Nepal, Dr. Ram Baran Yadav, on the 13th March 2009.

Dr. Sanduk Ruit and the NEP Board invited her and Mr. Satish Sharma for a tour of Tilganga Eye Centre at 09.00 hrs on Wednesday, the 18th March. The ambassadorial Land Rover arrived at the Centre at around 09.25 hrs. Susan and Satish, a professional photographer, were greeted by Dr. Reeta Gurung (Dep. Medical Director), Rabindra Shrestha (Dep. General Manager of the FH IOL Lab), Nabin Rai (Medical Coordinator), Shambu Tamang (NEP Board) and Rex Shore (Photographer).

Reeta proceeded to start the tour by going to the Emergency Room, the Nepal Eye Bank, Glaucoma Dept., and Library in the new part of the old building. She explained the work of each department.

Then they were taken over to the new Institute building to visit the Outpatients' Dept. They saw the registration area and various clinics. She met Dr. Dan Karr, a visiting American pediatric ophthalmologist in the Pediatric Clinic. They were not taken upstairs as it is only partially opened.

So the tour proceeded upstairs in the old building to the Operating Theatres. There she saw the pre-op blocks being given and onto to see Dr. Ruit performing Phaco-emulsification IOL surgery. She specifically requested not to see the surgery on the monitor as she would suffer from a vaso-vagal attack and didn't want to embarrass herself.

The pair was then taken over to visit the IOL Lab. Rabindra Shrestha and executive staff took over from Reeta and showed them the new rooms (old clinics) that had been converted to take the DAC machines. They watched the machines performing the first stage of making the 'foldable' IOLs. Then the obligatory photo was taken of Susan with the cutout of Fred Hollows. She had a quick look at the other chimes making the 1 Piece IOLs. She felt that she did not have time on this occasion to go inside the 'clean area' of the Lab as she had an appointment with the Foreign Minister at Narayanhiiti following this visit.

From the theatres, she and Satish were taken down to the auditorium to have a cup of tea and bickies whilst waiting for Dr. Ruit to come out of surgery to meet them. Dr. Ruit arrived and had a quiet talk with Susan. Dr. Ruit reminded Susan that she, Satish, Liz (First Sec) and Peter Morris were invited to a welcoming reception at Tilganga the same evening at 17.30 hrs.

VISITOR COLUMN

What Visitor Says

"The Intraocular manufacturing facility is at par with the best manufacturing facility of the west - beautiful clean-room facility and excellent quality control. So this is a real service not just to the people of Nepal but to other countries as well."

**Prof. David Chang, MD,
San Jose, CA, USA**

(Some words for the FH IOL
Laboratory, Tilganga)

As a visitor, you may come to Nepal with various expectations and apprehensions. The customs, culture and difficulty with communication can be overwhelming. Then you arrive at a veritable oasis in this bustling metropolis of Kathmandu. It is the Tilganga Institute of Ophthalmology, the realized dream of its humble and hard working Founder and Director, Dr. Sanduk Ruit.



Along with Deputy Director Dr. Reeta Gurung, a talented team of Ophthalmic Specialists, a stable of bright Ophthalmologists in training, and a cadre of capable nurses and technicians, Dr. Ruit leads the delivery of high quality, efficient, compassionate care to the people of this region. A superb administrative and support staff keeps things running smoothly, ensuring that everyone can exercise their respective skills at the highest level.

In modern, well-equipped clinics and operating theatres hundreds of patients daily are evaluated and treated, receiving glasses or medicine prescriptions, or state of the art surgery. Nearly 60% are charity or subsidized cases; no one is turned away for lack of funds. Outreach camps and clinics take this expertise into the countryside. Highest quality implant lenses are manufactured inexpensively on site, under the most rigid sterile conditions, for replacement of cataracts removed surgically. Education programs encourage donation of suitable tissue for corneal transplantation to mitigate the effects of corneal scarring and disease. Harvesting is done at the nearby Ghats prior to cremation. Quality of life is enhanced and productivity is improved as the precious gift of sight is restored.

This is a truly remarkable place, and it has been my privilege to receive training in techniques developed here that will be applicable to my goal of medical missionary work. So, for those who will follow me, put away any pretense and prejudice, quietly observe the miracles occurring around you, and you'll come away with a profound appreciation for the dedicated efforts of the wonderful folks at the Tilganga Eye Centre.

Ron Snow, M.D., USA

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For More Information

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Donation Form

I want to make a donation by cash/cheque/draft of US\$/Nrs.....as Below :

Full Name :

Address :

Mobile :

Email :

Fax :

Signature :

Purpose (if you have any special purpose please mention here): _____

Cheque/Draft shall be in the name of "Nepal Eye Program, Kathmandu, Nepal" or you can directly call to Mr. Kedar Prasad Acharya on 977 1 4493775 for make any kind of donation.