

## 2010/2011 - Pakistan - Training of Health Workers in Primary Eye Care Techniques

### PAST PROJECT

The project has trained 500 essential and voluntary health workers in PEC techniques through its wide-ranging outreach programs.

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### PROJECT DESCRIPTION AND BACKGROUND

In 2003, National Survey of Blindness in Pakistan revealed that one out of 100 people in Pakistan are blind. In 2010, it was estimated that a total of two million people may be blind from both eyes and another five million are suffering from visual impairment. This is mainly due to inaccessibility of quality eye care services and a lack of awareness about the disease and its treatment. Blindness, including Glaucoma, can be prevented or treated with the right options. This can include cataract surgery, which is among the most cost-effective treatments. Women in Pakistan are most in need of cataract surgery, but few are willing to undergo surgery. Therefore, it is important to create community awareness about blindness. It is also important to train health and social workers in primary healthcare and promotion techniques, since they are the first point of contact within the community. IDRF worked with Al-Shifa Trust (AST) to address these issues and train approximately 500 health workers, including 200 men and 300 women, in Primary Eye Care Techniques.

### PROJECT BENEFICIARIES

The direct beneficiaries were 500 health workers in the form of Lady Health workers, Teachers, Technicians and Medical

Officers. They were from 10 different villages with a population of about 25,000. The trained health workers were instrumental in early identification of sight threatening diseases and their timely referral. Since bulk of the trained health workers were women, the stress was more on motivation, awareness and compliance to appropriate treatment in women and children for their blinding disorders.

- Direct: 500 health workers (280 females and 220 males)
- Indirect: 25,000 people from 10 villages

## PLANNED ACTIVITIES

- Training of Health Workers: The training was conducted in batches of 20-30 in Basic Health Units (BHU)/ Schools of each sub-district and at District Headquarter Hospital Rawalpindi.
- Trainers: Community Medical Officers of AST and Health Educationist of Outreach Department who are already trained to carry out such activities were responsible for the training.
- Contents of training: Knowledge, Skills, Clinical Skills
- Equipment / Audio visual aids (Multimedia and Screen, Vision Charts, Measuring tape)
- Development of Health Education Literature, which was distributed to both the selected trainees/essential/voluntary health workers as well as to general public.
- Holding of Workshops for General Physicians

Partner: Al-Shifa Trust Eye Hospital (AST)

To view pictures from this project, please click albums below:

{gallery}AlShifa2010{/gallery}