A NEW HOPE FOR DIFFERENTLY ABLE PEOPLE

B.P. EYE FOUNDATION

Children’s Hospital for Eye ENT and Rehabilitation Services (CHEERS)

ANNUAL ACTIVITY REPORT 2016
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<table>
<thead>
<tr>
<th>Board of Trustees / Central Committee Members</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Prof. Lok Raj Baral</strong></td>
</tr>
<tr>
<td>Distinguished Academician, Political Scientist and Thinker, Former Nepalese Ambassador to India, Visiting Professor, Harvard University.</td>
</tr>
<tr>
<td><img src="image1.jpg" alt="Image" /></td>
</tr>
<tr>
<td><strong>Prof. Suprabha Ghimire</strong></td>
</tr>
<tr>
<td>Former Member of Constituent Assembly/Parliament, Academician Human Rights Activist.</td>
</tr>
<tr>
<td><img src="image2.jpg" alt="Image" /></td>
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<tr>
<td><strong>Mrs. Mukta Mala Rai</strong></td>
</tr>
<tr>
<td>President, Doctor’s Wife Association, Educator and Social worker.</td>
</tr>
<tr>
<td><img src="image3.jpg" alt="Image" /></td>
</tr>
<tr>
<td><strong>Mr. Rajan Bahadur Raut</strong></td>
</tr>
<tr>
<td>Past-President-Nepal Association for Welfare of the Blind, Past President-Rotary Club of Kastamandap, Member-Disability Service National Coordination Committee, Ministry of Women, Children and Social Welfare.</td>
</tr>
<tr>
<td><img src="image4.jpg" alt="Image" /></td>
</tr>
<tr>
<td><strong>Dr. Reeta Gurung</strong></td>
</tr>
<tr>
<td>Chief Executive Officer, Tilganga Institute of Ophthalmology, Past President, Nepal Ophthalmic Society, Member, Apex body for Eye Health, Ministry of Health.</td>
</tr>
<tr>
<td><img src="image5.jpg" alt="Image" /></td>
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<tr>
<td><strong>Ms. Asha Upadhyay</strong></td>
</tr>
<tr>
<td>Life Member Nepal Association for The Welfare of the Blind, Life Member B.P. Eye Foundation, Vice President Doctor’s wife’s Association, Social Activist supporting education of orphan children and children employed in households. President, Ankur Foundation for inclusive education working for children with disabilities including multiples. She is an active fund raiser for B.P. Eye Foundation</td>
</tr>
<tr>
<td><img src="image6.jpg" alt="Image" /></td>
</tr>
<tr>
<td><strong>Ms. Sonia Pokhrel</strong></td>
</tr>
<tr>
<td>Chairperson of Kalyan Mani Acharya Dixit Trust for Hearing and speech, Social worker, special interest in hearing and speech problems.</td>
</tr>
<tr>
<td><img src="image7.jpg" alt="Image" /></td>
</tr>
</tbody>
</table>
Looking back at 2016 at BPEF/CHEERS, the year has been an eventful one. While the number of patients seen at CHEERS have gone up by one third, our community outreach program has slightly declined largely due to after effects of 2015 earthquake and the blockade lasting over half a year. Overall surgical rates have increased by almost half. Initiation and graduation of training for Community Ear Care Worker marks a turning point in ear care in Nepal. It will help improve access to ear care services over a period of time. This is a critical development as hearing impairment is the commonest disability in Nepal. So does the launching of Rejina Eye Care Nepal (RECON) Project augur well for expansion of vitreo-retinal services in Nepal to contain the emerging epidemic of non-communicable diseases.

Two important activities initiated during this year by BPEF/CHEERS mark our foray to improve neonatal health. They include the launching of Newborn hearing screening and screening of eyes of premature babies for retinopathy of prematurity- an emerging threat in low and middle income countries.

A baseline survey and assessment of health and education needs of children with vision and or hearing impairments in Bara District with partner Physicians for Social Responsibility (PSR), Finland was an important event. This activity has now resulted in approval by Ministry of Foreign Affairs of Finland of a two year (2017-2018) intervention program for children with vision and hearing disability which takes early intervention service beyond Kathmandu Valley.

Given the huge burden of hearing disability in Nepal, this initiative taken by BPEF/CHEERS in organizing a public awareness program through World Hearing day 2016, marks another important step in prevention and control of deafness in the country. This event was followed by a two-day national conference on community ear and hearing care participated well by national and international delegates with a sizable presentation by BPEF augurs well for the leadership role played by BPEF in this important area.

Although our OPD attendance has increased, surgical output is still less than optimal. The gap between actual and potential outputs needs to be closed in the coming years. However, monitoring of outcome, now an integral part of our care system, happily reveals a good outcome for both ENT and Eye Surgery.

In the year 2017 while we continue to make seamless efforts at increasing both quantity and quality of existing services, new innovative programs will cover the canvas as well. These include early detection of major non-communicable diseases like Diabetes, Hypertension and nutrition (both under and over) with a view to reduce their incidence and to minimize their complications on our visitor’s eyes. We also hope to expand the capacity of our Enabling Center to initiate an "infant to toddler" program for children with sensory disabilities. As our earlier study has shown that over 90% of blind children are either born blind or become blind within two years of birth, we will start screening children at immunization center(s) and later at birthing center(s) to detect congenital defects and other vision threatening conditions as early as possible while continuing with neonatal hearing screening.

Madan P. Upadhayay
Chairman Emeritus
It's my pleasure as well as privilege to write this message on the occasion of the publication of annual activity report 2016 of B.P. Eye Foundation, Children’s Hospital for Eye ENT and Rehabilitation Services (CHEERS).

It may sound strange but it is true that some 42,319 National Non-Government Organizations (NGOs) and 230 International Non-Governmental Organization (INGOs) are registered with Social Welfare Council. B.P. Eye Foundation is one such affiliated (Affiliation no. 17642) NGO is pursuant to section 13 of the social welfare Act 1992. In the galaxy of such milieu, we hope this ‘report’ will reflect our dreams and deeds and leave imprints on the archives.

Thank God, we were spared by the Earthquake that struck the country on 25th April, 2015 and were not part of the reconstruction business controversy. It is very fortunate that the Government of Japan provided funds to support the construction of hostel facilities for the children with disabilities at BPEF’s CHEERS. This has been completed on time and awaits inaugural.

Despite many obstacles and not having copious funds or godfathers and godmothers to support us in our mission to serve the needy, we have been lauded as a proactive, pro poor, people oriented, gender friendly and child friendly organization. For a non-profit-organization like B.P. Eye Foundation making ends meet, empowering children with disabilities, lifting them out of the vicious circle of poverty and bringing them from ‘Margin to Mainstream’ has been a Herculean task.

Besides an outstanding group of the most accomplished professionals and young guns have helped make these collective endeavors smooth sailing. It has been like a “relay race” where shared values have been much more important than inclusive social business. The foundation has been a potential game changer and is always willing to come together, work together and walk together with both private and public sectors.

My salute to the highly focused and committed colleagues for this cumulative output.

PC Karmacharya
Chairman
Board of Trustees/Executive Committee Members
Message from Chairman Emeritus
Message from Chairman

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Introduction: B.P. EYE FOUNDATION (Innovate, Advocate, Educate, Scale)

"B.P. Eye Foundation (BPEF), established in 1991, is a Nepalese national non-government, not for profit autonomous organization, formally registered with appropriate authorities of government of Nepal. It works, among others, in areas of Health, Education, and Empowerment of people at risk of or suffering from disability to lift people out of poverty.

In its early years, the Foundation focused its resources on expansion and improvement in quality of eye care services through training of ophthalmologists and optometrists in Nepal of whom only a couple of dozens were there at that time. For this purpose, the Foundation established a Center of Excellence for Human Resource Development - B.P. Koirala Lions Center for Ophthalmic Studies at Tribhuvan University Institute of Medicine, Teaching Hospital with grants from Lions Sight First. This program has turned out 123 ophthalmologists (which is three Quarter of all Nepali ophthalmologists) and 85 Optometrists (90% of all Nepali Optometrists) who are now key personnel manning all the eye hospitals and eye departments of Nepal, in many instances as leaders of the institutions. This has helped Nepal to rapidly expand eye care services to almost all 75 districts of the country and receive several international awards. This center has also treated over 2 million patients, operated on over 100,000 patients, and contributed to education of over 1,000 medical graduates and 1,500 nursing graduates.

With focus now shifted to child development, the Foundation has successfully established a Children's Hospital for Eye ENT and Rehabilitation Services (CHEERS) in Bhaktapur. This innovative facility aims to incorporate all elements of service including: prenatal screening and genetic counseling, immunization to prevent major childhood infections, medical and surgical treatment, providing assistive devices and a novel facility of an Enabling Center for empowering blind, deaf and deaf-blind children and adults. It runs a preparatory school to prepare children with disability for them to be admitted to pre-primary schools (Early Childhood Development Centers) all under one roof.

CHEERS started providing clinical and rehabilitative services from December 2012. Since inception, it has provided services to over 297,000 patients in four years; 163,000 at the base hospital and 134,000 through its outreach.
programs. One hundred four children with visual and or hearing disability between the ages of 3 and 6 years have been enrolled at the enabling center, 58 of them have been enrolled for the first time in Nepal’s mainstream pre-schools. Twenty-six children are currently receiving training at Enabling Center. Enabling Center is being used by ministry of education as a learning resource for government teachers, with several batches of teachers and ECDC staff benefitting from learning experience at CHEERS.

BPEF’s strong community based program reaches out to the people living at the bottom of the pyramid- the hardest to reach group –to bring them to mainstream development in partnership with concerned stakeholders. Since 2010-2011, with support of Kadoorie Charitable Foundation, BPEF has provided eye care services to over 130,000 children (and some adults) in mid, far west and remote hills of central development regions of the country using its own innovative model of Dedicated Children’s Eye Camps.

BPEF-CHEERS is also providing educational opportunities (Rotating Internship) to Audiology graduates of Tribhuwan University Institute of Medicine as well as a full year structured internship to graduates in Optometry from universities abroad. A training program for a mid-level Speech and Audiology technician started this year with affiliation from Center for Technical Education and Vocational Training (CTEVT), to address the acute shortage of mid-level ear care and speech personnel. Internship opportunities to trainee Health Assistants, Nursing, and other para professionals are also being provided.

The Foundation also works in the area of advocacy and health policy development. Some examples of successful advocacy include tax waiver on assistive devices; mid-term review of Vision 2020: The Right to Sight; integration of eye health services in general health services in new health policy. With its sustained advocacy, together with its partners, the Foundation has been successful in bringing in Rubella and Measles vaccination on board national immunization program. With efforts of the Foundation, a Vision Alliance has been set up with participation of departments of education and health, NGOs like B.P. Eye Foundation, Nepal Netra Jyoti Sangh (NNUS), Nepal Eye Program (Tilganga Institute of Ophthalmology), Nepal Association for the Welfare of the Blind (NAWB), Nepal Association of the Blind (NAB) and International Council for Education of Visually Impaired (ICEVI), Nepalese Association of Optometrists (NAO) and other stake holders. This Alliance is poised to ramp up efforts for routine vision screening of school children (not available yet) through a program to train school teachers. For this purpose, over 1,000 teacher-trainers are being trained with shared responsibility between different stake holders.

The Foundation is well represented in major policy platforms with its membership of Eye Health Policy Advisory Committee; National Committee for Ear and Hearing Care; High Level Health Policy Advisory Committee of Ministry of Health; Education For All Visually Impaired (EFAVI), National Task Force of Ministry of Education; Vision Alliance ( A combined initiative of Ministries of Education and Health).

**Vision, Mission, Strategy**

**Vision:** Empowered communities where people are able to achieve their full human potential.

**Mission:** To eliminate barriers (ill health, illiteracy, inequity and poverty) which impede achievement of full human potential by communities.

**Strategy:** Employ health as entry point and education as door opener for poverty reduction, equity and social inclusion.
Activities of BPEF

B.P. Eye Foundation is an organization deeply rooted in society with its community-based services. It is a people-centered, pro-poor, proactive organization, especially focusing on the people marginalized by the mainstream national development process. In pursuit of its vision, mission, and strategy, it with its dedicated staff provide in house and outreach services. In the year 2016, CHEERS has catered to the health needs of 100,999 patients visiting its in house and outreach services.

1. Community Based Activities

BPEF/CHEERS provided services to 43,188 people in 2016 through its community outreach programs. A total of 196 outreach activities were held in different communities far and near achieving 95% of the target despite long countrywide strike and blockade during early 2016.

1.1. Mobile health

1.1.1. School Health Program

Screening of School Children

Foundation continued Eye and ENT screening of school children at primary and secondary levels reaching out to them at their own schools. A total of 21,329 school children were screened during this year. Children needing glasses were provided them at the school. Those who needed hearing aids, low vision devices, further investigation and management were referred to CHEERS. Over 600 children were provided glasses and hearing aids. A part of this program was supported by Government of India. Assistance is gratefully acknowledged.

<table>
<thead>
<tr>
<th>10,385 (49%)</th>
<th>were female</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.6% had Hearing Impairment (&gt; 30 dB)</td>
<td></td>
</tr>
<tr>
<td>5% had Visual Impairment (Visual Acuity ≤ 6/18)</td>
<td></td>
</tr>
</tbody>
</table>

1.1.2. Remote Rural Mobile Health Camps

In coordination with Ministries of Health (MOH), Education (MoE) and Local Development (MOLD), BPEF conducted 14 health camps providing General medical, Pediatrics, Eye, ENT and psychological counseling services to 11,233 persons in earthquake affected remote and hard to reach hilly areas of districts shown in map. At pre-camps, health facility in-charge, Female Community Health Volunteers (FCHVs), and Primary School Teachers were trained on ear care. This is done with a view to inform local population well in advance so that many people benefit from the camp. At pre-camps, 27 Ear health kits were also provided to health workers to ensure sustainability of the activities of the camp.
1.1.3. Day Screening and Treatment Services (DSTS)

Different locations within Kathmandu, Lalitpur and Bhaktapur districts were selected for one day camps conducted in coordination with health posts, Village Development Committees (VDCs), women’s group and community based organizations (CBOs); District Health Office (DHO) and local clubs for screening and treatment as part of B. P. Eye Foundation’s commitment to serve neighborhood communities. This service is provided for those who cannot come to the hospital for various reasons. Forty three DSTS were carried out and 9,069 patients examined. Out of this, 33% were children and 63% female. Medical treatment was provided to 3,174 patients; glasses prescribed to 205, hearing aids to 81 and 806 were referred to CHEERS for further evaluation and treatment. Of these, 73 patients received Ear Surgery, 186 cataract surgery and 15 received minor eye surgery.

1.1.4. Earthquake Relief Activities of BPEF

Nepal was badly hit by a 7.6 magnitude earthquake on 25 April 2015, people in 12 districts were badly affected. BPEF promptly started its relief work from the 3rd day. A summary of activities carried out by BPEF in 2016 is shown below.

<table>
<thead>
<tr>
<th>Type of support</th>
<th>Number of beneficiaries</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Check Up</td>
<td>4,533</td>
<td>Eye, ENT, General Health, and Pediatric Checkup</td>
</tr>
<tr>
<td>Psychological counseling</td>
<td>101</td>
<td>A trained Counselor gave psychological counseling</td>
</tr>
<tr>
<td>Health Facilities Equipped</td>
<td>4 Health Facilities</td>
<td>Equipped with Bed side screen, Patient trolley, Bio-safety cabinet, OT light small, Stools, Patients chair, B.P. instrument, Stethoscope, Digital thermometer, Weight machine and Otoscope</td>
</tr>
<tr>
<td>Medicine, Hearing Aid and Spectacles Dispensed</td>
<td>4,006</td>
<td>Medicine – 3597 Hearing Aid - 149 Spectacles - 260</td>
</tr>
<tr>
<td>Surgeries</td>
<td>12</td>
<td>Eye = 5 ENT=7</td>
</tr>
</tbody>
</table>

1.2 Static Outreach Clinics

In pursuit of its mission to strengthen existing health and education systems, BPEF provides support to build their capacity. As of now regular out-reach clinics are held thrice a week at Bajrabarahi Community Hospital at Chapagaun in Lalitpur, Government run PHC at Changunarayan in Bhaktapur and a Community run Mannmohan Memorial Community Hospital at Pharping, Kathmandu. This year 1,557 people (67% female and 23% children) were provided specialty services close to their homes during 85 visits. Among them 167 people were referred, of whom 58 (35%) received highly specialized services at CHEERS.
1.2.1. Bajrabarahi Community Hospital (Lalitpur)

CHEERS has been providing its static outreach service at Bajrabarahi Community Hospital since March, 2013 and has served 3,521 people with specialized Eye and ENT services, which includes 666 people this year.

1.2.2 Changunarayan Primary Health Center (Bhaktapur)

Every week, CHEERS staff regularly visit Changunarayan Primary Health Center in Bhaktapur near the UNESCO World Heritage Changunarayan Temple since early January, 2016. So far the hospital has served 837 people with Eye and ENT problems.

1.2.3 Manmohan Memorial Community Hospital (Kathmandu)

CHEERS staff regularly visit Manmohan Memorial Community Hospital in Pharping near Dakchinkali Temple since October 2016. Over 145 people have been provided Eye and ENT services. Cataract Surgery is performed once a month and so far 17 surgeries have been done at this hospital.
2. Institution Based Activities 2016

2.1. Children’s Hospital for Eye ENT and Rehabilitation Services (CHEERS)

Children’s Hospital for Eye ENT and Rehabilitation Services (CHEERS) is a first dedicated Children, Eye and ENT Hospital integrated with Rehabilitation services in Nepal. This integrated and comprehensive specialty health care center is the first and unique of its kind in the country in terms of its specialty objectives, welfare services, and participatory approaches in operation and management process. It was established with the vision - no child at risk of hearing or vision loss from avoidable cause will become disabled or remain disabled if available knowledge and technology can reverse the disability. Even if the disability is unavoidable, such children with vision and hearing impairment, will enjoy their right to education, become productive citizens and improve their own and their family’s quality of life.

CHEERS started providing service to general population from 3rd December 2012 to coincide with the International day of Persons with Disabilities. Its patient centered services, child and disabled friendly as well as neat and clean environment have made CHEERS a popular destination for Eye and ENT patients. The Hospital now has patients coming from 73 districts seeking quality Eye and ENT services.
2.1.1. Health Promotion and Disease Prevention

Hospital based service at CHEERS starts with health promotion and disease prevention. Blood Pressure, Random Blood Sugar and Intra Ocular Pressure are measured in all patients and their escorts 35 years and older free of cost for early detection of cardiovascular disease, Diabetes and Glaucoma. This value-added service also helps to raise awareness about major non-communicable diseases and for initiating appropriate interventions. People visiting CHEERS get information about different Eye, ENT diseases and their prevention in Health Promotion room. This year nearly 10,000 people acquired health literacy for disease prevention. Free Immunization service is provided every week in collaboration with Bhaktapur District Public Health Office. This year, 620 children received immunization against 11 vaccine preventable diseases. We plan to introduce Infant eye screening and neuro-developmental disorders (NDD) based at immunization clinic of CHEERS initially and scale up if found effective.

2.1.2. Clinical Services at CHEERS (Diagnosis and Treatment)

A total of 57,811 patients (30,670 F, 27,241 M) availed different services at CHEERS. A breakdown of some common services is shown in the table below and types of services shown pictorially.

<table>
<thead>
<tr>
<th>Unit</th>
<th>Total</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPD</td>
<td>57,811</td>
<td>27141</td>
<td>30670</td>
</tr>
<tr>
<td>Refraction, Low Vision and Contact Lens</td>
<td>16,108</td>
<td>6443</td>
<td>9665</td>
</tr>
<tr>
<td>Orthoptics</td>
<td>1426</td>
<td>627</td>
<td>799</td>
</tr>
<tr>
<td>RUAS (Rehab Unit for Audiology and Speech)</td>
<td>3563</td>
<td>1817</td>
<td>1746</td>
</tr>
<tr>
<td>Procedures</td>
<td>1013</td>
<td>496</td>
<td>517</td>
</tr>
<tr>
<td>Special Investigations (biometry, USG B scan etc.)</td>
<td>4082</td>
<td>1878</td>
<td>2204</td>
</tr>
<tr>
<td>Radiology (Yag Laser, Diode Laser, X-ray)</td>
<td>1460</td>
<td>672</td>
<td>788</td>
</tr>
<tr>
<td>Imaging (OCT, Fundus photo)</td>
<td>242</td>
<td>116</td>
<td>126</td>
</tr>
<tr>
<td>Surgery</td>
<td>1009</td>
<td>484</td>
<td>525</td>
</tr>
<tr>
<td>Laboratory</td>
<td>1660</td>
<td>693</td>
<td>967</td>
</tr>
</tbody>
</table>
Photographs Showing Different In-House Activities

From Top Left:
1. Eye OPD
2. Fusional Exercise
3. Fundus Photo
4. Vitreo retinal Surgery
5. Phacoemulsification: latest cataract surgery
6. Pediatric Vision Assessment
7. Optical Coherence Tomography (OCT)
8. Patient Preparation before Surgery
9. Low Vision
10. Visual Field Analysis
11. Diode laser
From Top Left:
1. Tuning Fork Test
2. Pure Tone Audiometry
3. Nasopharyngeal Laryngoscopy (NPL)
4. Hearing Aid Fitting
5. Tympanometry
6. Endoscopic Ear Surgery
7. Suctioning Ear Wax Removal
8. Ear Syringing
9. Speech Therapy
10. ENT OPD with advanced workstation
11. Ear Surgery Under General Anesthesia
2.1.3. Rehabilitation Services

The Rehabilitation Unit is designed with a view to counsel and assist children and adults with disability as well as training their family members for taking care of a person with disability at home. This year 37 children (17 female and 20 male) with disabilities have been trained at CHEERS. Sixteen visually impaired and 2 hearing impaired children who graduated from CHEERS have been enrolled in 9 different early childhood development centers (pre-primary schools) of 7 different districts. To take proper care of those children, school headmasters, facilitators and caretakers have also been trained on mobility, daily living skills activities and taking care of young children. This USAID supported project From Margin to Mainstream: Promoting Disability Inclusive Education, is gratefully Acknowledged. This effort of B.P. Eye Foundation – CHEERS (Hospital) has been a milestone in the campaign “Education for all” of Government of Nepal.


Detailed Number of Children with Disability who have been Trained at ‘Enabling Center’ in CHEERS in 2016

<table>
<thead>
<tr>
<th>Disability</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blind</td>
<td>13</td>
<td>13</td>
<td>26</td>
</tr>
<tr>
<td>Deaf</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Low Vision</td>
<td>2</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Blind+autism</td>
<td>0</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Blind+Physical</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Blind+deaf+speech</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Speech+intellectual</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Deaf+autism+dumb</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>17</td>
<td>20</td>
<td>37</td>
</tr>
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</table>
Other Activities in Enabling Center:

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Activities</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Counseling for parents</td>
<td>30</td>
</tr>
<tr>
<td>2</td>
<td>Parents Meeting</td>
<td>6</td>
</tr>
<tr>
<td>3</td>
<td>Workshop for national network</td>
<td>62 in 3 workshops</td>
</tr>
<tr>
<td>4</td>
<td>Training for resource teachers (Pedagogy for young blind children)</td>
<td>12 (two times)</td>
</tr>
<tr>
<td>5</td>
<td>Training for parents (ADL and mobility)</td>
<td>30 (4 times)</td>
</tr>
<tr>
<td>6</td>
<td>Speech therapy</td>
<td>7</td>
</tr>
<tr>
<td>7</td>
<td>Physio therapy</td>
<td>16</td>
</tr>
<tr>
<td>8</td>
<td>Music Therapy</td>
<td>37</td>
</tr>
<tr>
<td>9</td>
<td>Volunteer service from school students</td>
<td>1 (from September-November)</td>
</tr>
</tbody>
</table>

National network workshop in Dhangadi, Nepalgunj and Pokhara

For the continuation of the service at Enabling Center, BPEF has been in process of establishing a National Network by setting up the regional level networks. So far three networks in western, mid-western and far-western regions was established with resource teachers, stakeholders, parents, CBOs, mothers’ groups and Government agencies. All together there were 62 participants. Thes networks were established for reaching the unreached children with visual and hearing disabilities living in remote/rural areas to translate education for all with an inclusive and barrier free environment. Regional Network meetings were held in Pokhara in Western, Nepalgunj in Mid Western and Dhangadhi in Far Western regions.

2.2. B. P. Koirala Lions Centre for Ophthalmic Studies (BPKLCOS)

B.P. Koirala Lions Centre for Ophthalmic Studies is a result of tripartite collaboration between B.P. Eye Foundation, Tribhuvan University and Lions Club International to address the challenge of augmenting the eye care workforce in Nepal. Over the years, this Center has successfully addressed the need and its products (over 120 Ophthalmologists and close to 100 Optometrists) have been instrumental in improving and expanding eye care in Nepal, as well as in its neighborhood. In 2016, BPKLCOS provided eye care services to 102,251 patients including various outreach services. Altogether 3,745 patients were provided surgical services including 7 Corneal grafts during the year 2016. Also, 6 Ophthalmologists and 7 Optometrists graduated from this center this year. Reader is referred to BPKLCOS annual report for more detailed information.
3. Academic and Research Activities

3.1. Academic

In the year 2016, training opportunities were provided to a total of 202 students at CHEERS. Among them certificate in Nursing, BSc Nursing and General Medicine were trained in Eye and ENT health at the respective departments. Students were posted both at the base hospital and outreach clinics. Similarly, Bachelor level students in Optometry from Amity University, India, students in Post Graduate Diploma in Health Care Management (PGDHCM) and medical students from New Castle University, United Kingdom also completed their clinical elective program at CHEERS. Following are details of the training;

<table>
<thead>
<tr>
<th>Name of Program</th>
<th>Number of Students</th>
<th>Duration of training</th>
</tr>
</thead>
<tbody>
<tr>
<td>PCL Nursing</td>
<td>120</td>
<td>2-4 weeks</td>
</tr>
<tr>
<td>BSc Nursing</td>
<td>33</td>
<td>2-4 weeks</td>
</tr>
<tr>
<td>PCL General Medicine</td>
<td>38</td>
<td>2-4 weeks</td>
</tr>
<tr>
<td>BSc. Optometry</td>
<td>4</td>
<td>1 month</td>
</tr>
<tr>
<td>Post Graduate Diploma in Health Care Management</td>
<td>2</td>
<td>6 weeks</td>
</tr>
<tr>
<td>Medical Students from Abroad</td>
<td>3</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Community Ear Health Worker</td>
<td>1</td>
<td>3 months</td>
</tr>
<tr>
<td>BSc. Optometry</td>
<td>1</td>
<td>1 year</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>202</strong></td>
<td></td>
</tr>
</tbody>
</table>

The first batch of trainees of Community Ear Health Worker (CEHW) has been successfully completed. This course is approved by Council for Technical Education and Vocational Training (CTEVT).

B.P. Eye Foundation is planning to start courses in MD Ophthalmology, Bachelor in Audiology and Speech Language Pathology (BASLP) and Certificate in Ophthalmic Health Science (OA) in the near future.

3.2. Continuing Professional Development

One week long CPD on Pediatric Ophthalmology and Strabismus with resource person from Plymouth University was organized at CHEERS in November 2016. Dr. Tim Freegard gave lectures on strabismus and Pediatric Cataract while Dr. Vasant Raman gave lectures on Diabetic Retinopathy. All the staff in Eye Department of CHEERS participated in the program.
Second one-day long Continuing Medical Education (CME) on Retina was organized in Kathmandu and Pokhara as part of an activity of Retina Eye Care project of Nepal (RECON) in November 2016. Seventy five eye health professionals from different eye hospitals of Nepal, ophthalmologists from Tokushima University Japan and Plymouth University, UK attended the event.

### 3.3 Conferences/Paper Presentations

Prof. Dr. Madan Upadhyay and Dr. Subodh Gnyawali participated in Nepal Ophthalmic Society conference held in Biratnagar. Prof. Madan gave a key note address on “Expanding the frontiers of community ophthalmology” at this conference and Dr. Subodh presented the findings of a study on Peer to Peer Screening for vision defects among school children.

Prof. Madan was invited as a speaker for Mrigendra Samjhana Memorial Trust and Nepal Medical Association (NMA) oration held at Dharan at 27th NMA Conference (ANEMECON). He gave a talk on Human Rights Based Approach to Health.

BPEF Treasurer Madhav Aryal Presented “3Es/Pre School to children with visual impairment (CVI) an attempt in Nepal” in joint Assembly of World Blind Union and ICEVI World Conference in August 2016 Orlando, USA. He Also participated in ABU-ICEVI National Conference “Inclusion Make it Happen” in Ahmedabad, India March 2016.

Dr. Sanjib K. Upadhyay, Dr. Chandan Baranwal, Dr. Luna Mathema, Ms. Ujeli Maharjan and Mr. Sushil Gaire participated in the First National Conference on Hearing Care organized in Kathmandu. Each of them presented a paper at this conference.

Mr. Jhankar Lamichhane and Mr. Rajan Shrestha participated in residential training of Hospital Preparedness for Emergency (HOPE) organized by Tribhuwan University Institute of Medicine and supported by WHO.
3.4. Research Program

Research is important for evidence based clinical practice or community intervention. Several research projects are ongoing at CHEERS some of which are:

3.4.1. Completed

1. Opportunistic screening for obesity among hospital attendees:

Recognizing increasing threat presented by diabetes, hypertension and primary open angle glaucoma to public health, CHEERS has initiated a screening program for patients and their escorts visiting CHEERS.

Among 9,805 individuals above the age of 35 years who attended the screening clinic at CHEERS, 35% individuals had raised blood pressure. Obesity based on Body Mass Index (BMI) is present in 24% and based on Waist to Height Ratio (WHtR) is in 42%. Seven percent subjects had raised intraocular pressure in either eye. Nearly 12% were found to have raised blood sugar level. The screening has helped in the early diagnosis, treatment and raising awareness about these non-communicable diseases especially for those with Pre-hypertension (42%) and Overweight (16%) - people at greater risk. This group of people can be helped in preventing or slowing down diseases process.

2. Otological morbidity among preschool children in Bhaktapur:

A total of 16,185 children from 177 Pre-schools were screened for their ear health. Among a total of 5,183 referred children, 534 attended the hospital. Among those who attended, 439 (82.2%) had an ear problem. Wax was prevalent among the majority (48.1%) of the children followed by Otitis Media with Effusion (13.5%) and Eustachian Tube Dysfunction (8.4%). Infectious conditions were found to be more common in children reporting from public schools and those of lower age group (< 5 years).

3. Pattern of ear diseases in hilly and plain areas of Nepal:

A total of 11,791 patients; 7,851 from hilly and 3,940 from plain areas were examined at mobile ENT camps. Attendance of female was found to be higher compared to that of male in both settings. The proportion of people with an ear disease was higher in plains (68%) than in the hills (61%) in total population. The proportion of children with an ear problem was found to be more in hilly areas than in the plain areas. Impacted wax (42%) was seen to be the major problem in hilly areas, while infectious condition (43%) was more prevalent in plain areas.

4. Effect of impacted wax on hearing status:

A total of 180 children were enrolled. Out of 360 ears, 256 (71%) (M: F=1.8:1) had impacted wax. Among them, 150 (59%) had hearing loss; 76% ears had mild while 24% had moderate hearing loss. Conductive hearing loss was found in 97% ears and mixed hearing loss was found in 3% ears due to super-imposed sensorineural component. Hearing loss was found to persist only in 5% after wax removal.

5. Outcome assessment on ENT kit distribution to health facilities at grass root level for continuity of care.

Remote rural health camps for direct service delivery and building capacity of health workers through training and supply of equipment are twin pillars of BPEF’s strategy to ensure continued service provision to needy people in remote rural areas. Commencing its first service in 2013 CHEERS has conducted 35 such camps in the different parts of Nepal.

Building capacity of health system for ear care is key priority in view of the high prevalence of ear diseases, hearing impairment and lack of services for them. For this purpose, in addition to training health workers they are also provided with ENT Kit. Till date, 144 ENT kits have been distributed. We undertook a questionnaire survey to assess their utilization by health workers.

Among 36 randomly selected out of 144, 29 (81%) ENT kits were functioning, 11% were not functioning and remaining 6% were destroyed during devastating earthquake leaving behind only the metallic syringe functioning. These facilities were examining 5 to 75 ENT patients per month. Unavailability of a replacing battery was the major self-reported problem.

With adequate support, grass root health workers do play a key role in making services available in peripheral areas.
3.4.2. Ongoing and Future Research Programs.

<table>
<thead>
<tr>
<th>Title of the Research project</th>
<th>Principal Investigator</th>
<th>Co-Investigators</th>
<th>Type of Study</th>
<th>Funding Resource</th>
<th>Start date</th>
<th>End date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Profile of retinal diseases among people in rural communities</td>
<td>Dr. Arjun Shrestha</td>
<td>Dr. Kamal Khadka, Dr. Sangeeta Shrestha, Dr Nirsara Shrestha, Rajan Shrestha</td>
<td>Cross sectional, community based</td>
<td>RECON</td>
<td>1st April 2017</td>
<td>31st March 2019</td>
</tr>
<tr>
<td>Effectiveness of three months training for young children with visual impairment</td>
<td>Dr. Suboh Gnywali</td>
<td>Madhav Aryal, Bhagbati Thapa, Bhakta Bahadur Rana, Subarna Shrestha</td>
<td>Cross sectional, hospital based</td>
<td>NA</td>
<td>1st April 2017</td>
<td>31st March 2018</td>
</tr>
<tr>
<td>Infant eye screening at immunization of CHEERS</td>
<td>Dr. Kamal Khadka</td>
<td>Dr. Sangeeta Shrestha, Dr Nirsara Shrestha, Rajan Shrestha</td>
<td>Cross sectional, hospital based</td>
<td>NA</td>
<td>March, 2017</td>
<td>February, 2018</td>
</tr>
<tr>
<td>(Incidence) Prevalence of Retinopathy of Prematurity (ROP) in high risk neonates in a high volume Maternity Hospital (Prasutigriha)</td>
<td>Dr. Sangeeta Shrestha</td>
<td>Dr. Sangeeta Shrestha, Dr Nirsara Shrestha, Rajan Shrestha</td>
<td>Cross sectional, hospital based</td>
<td>NA</td>
<td>March, 2017</td>
<td>February, 2018</td>
</tr>
<tr>
<td>Incidence of ENT morbidity in neonates in Prasutigriha.</td>
<td>Dr. Chandan Barnawal</td>
<td>Dr. Luna Mathema, Mr. Sushil Gaire, Ms. Ujeli Maharjan</td>
<td>Cross sectional, hospital based</td>
<td>NA</td>
<td>March, 2017</td>
<td>February, 2018</td>
</tr>
<tr>
<td>Patterns of Glaucoma in Tertiary Eye Hospital</td>
<td>Dr. Nirsara Shrestha</td>
<td>Dr. Sangeeta Shrestha, Rajan Shrestha</td>
<td>Cross sectional, hospital based</td>
<td>NA</td>
<td>March, 2017</td>
<td>February, 2018</td>
</tr>
<tr>
<td>Knowledge Attitude and Practice on Ear health among people working in Brick factory</td>
<td>Ms. Samjhana Ghimire</td>
<td>Mr. Shyam Shrestha, Mr. Rajan Shrestha</td>
<td>Cross sectional, community based</td>
<td>NA</td>
<td>March, 2017</td>
<td>February, 2018</td>
</tr>
</tbody>
</table>

4. Innovative Approaches of BPEF

4.1. Neonatal Hearing Screening

BPEF has started hearing screening among neonates and infants at Paropakar Maternity and Women’s Hospital (PMWH), Thapathali from September 2016 and at immunization clinic at its own hospital premises. So far, 167 were screened and 8 neonates from PMWM were referred to CHEERS for further evaluation.

4.2. Screening for Retinopathy of Prematurity

BPEF has initiated screening of high risk newborns to detect Retinopathy of Prematurity (ROP) in Paropakar Maternity and Women’s Hospital Thapathali. Fifteen neonates were screened and no ROP cases have been detected so far.
BPEF Annual General Meeting

The Annual General Meeting was held on 23rd September, 2016 at the meeting hall of Children’s Hospital for Eye ENT and Rehabilitation Services. Chairman Prof. Purna Chandra Karmacharya welcomed the members and guests. This was followed by presentation of reports by the General Secretary and Treasurer respectively and a general discussion on Program and Budget for next fiscal year and appointment of Auditor, etc.

Observing International Day of Persons with Disabilities and Annual Day of CHEERS

The 4th Annual Day of CHEERS which coincides with the International Day of Persons with Disabilities on 3rd December was celebrated on 2nd of December, 2016 at the Hospital premises. The theme for this year was “Achieving 17 goals for the Future We Want”. A total of 160 participants including staff members, Children with Blindness and Visual Impairment (CWBVI) who have been enrolled in various Early Childhood Development centers (pre-schools), their parents, resource teachers of various ECDCs across the country, officials from Department of Education (DOE), board members and life members were present.

The Chief Guest Prof. Lok Raj Baral, a former Nepalese Ambassador to India praised the leadership of the organization for initiating and accomplishing the work in the unexplored path in health and education sector in so short a time. CHEERS’ contribution to improve the situation of eye health and eye care services in Nepal by focusing on holistic child development was highlighted by the Chairman Prof. Dr. P.C. Karmacharya. Dr. Sanjib K. Upadhyay, Executive Director of CHEERS and General Secretary of B.P. Eye Foundation gave an overview on the annual progress in 2016. Chairman Emeritus, Prof. Dr. Madan P. Upadhyay highlighted good work done by the Government of Nepal for children with BVI and deaf/hearing impaired. As more and more children had multiple disability, he recommended that the Government should focus on developing infrastructure and human resources for training of children with multiple disabilities.

From Right: 1. Interaction Program with CWBVI, their Parents/Guardians and Resource Teachers 2. Sharing Experience and singing a nice song by BVI Children 3. Officials from Department of Education addressing the program 4. Resource teacher sharing the experience of working with children with disability.
The major highlight of the program this year was the interactive session with CWBVI, their parents/guardians, resource teachers of schools. The children, coming from different schools and districts shared their personal experiences at their schools and the Enabling Centre at CHEERS. The training they had received at Enabling Center of CHEERS greatly helped them to adjust in schools. They found the Enabling Centre at CHEERS more fun than the schools as they could get more time to play and would need to study less, other reasons being the individual and undivided attention/care they received as a smaller group at CHEERS.

Parents /guardians elaborated on how their children benefited through training, the difficulties they faced and their interactions with resource teachers regarding their child’s progress. Additionally resource teachers shared some useful information and addressed various queries and grievances put forward by the parents/guardians. They advised parents to enroll their children at local schools even if accommodation was not available at that moment and trust and believe in the quality of education of local schools rather than focus too much on schools in Kathmandu Valley. The teachers also emphasized on the importance of parents’ role in taking care of children with multiple disabilities who also have a visual impairment. The officials from the DOE reassured that the Ministry of Education, Government of Nepal has always supported admission of CWBVI and other disabilities, and has adequate funds. They are contributing Rs 4,000 monthly for providing nutritious food for a child with disabilities. At the end of the program awards were distributed to best performing staff.

Networking Visit of Chairman Emeritus to USA

Direct Relief:

Direct Relief is a highly-rated US based charity organization working in several parts of the world.

He visited Direct Relief organization on 13 September 2016 and met with CEO, Bhupi Singh and others.

A presentation about BPEF/CHEERS and a summary of activities carried out in partnership/collaboration with Direct Relief including those conducted immediately following the earthquake were shared. Kevin Molloy made a presentation on Sindhupalchowk camp with Vaseline Healing program. Regarding future collaboration Direct Relief remained committed to development of laboratory services at CHEERS as well as community outreach programs with Vaseline Healing Project.

International Medical Equipment Collaborative (IMEC):

IMEC is another US based charity located in North Andover, Massachusetts. They equip hospitals in developing countries and at the same time provide training to the local staff. Direct Relief had approached them on our behalf. A presentation on BPEF/CHEERS was made at IMEC. Following two visits to IMEC a list of requirement for BPEF/CHEERS was worked out. IMEC will coordinate with Direct Relief for future collaboration.
Photo Gallery

CHEERS staffs with BPEF board members on 4th Annual day of Hospital and International Day of persons with disabilities

CHEERS’ executive director and BPEF’s General Secretary Dr. Sanjib K. Upadhaya presenting Hospital’s progress report

Best Performing Staffs of the Year 2016 (from left to right): Dr. Chandan Barmawal (ENT Surgeon), Ms. Punam Sigh Thakuri (Pharmacy Assistant), Ms. Anita Thapa (Care Taker), Ms. Ashmita Bajgain (Staff Nurse) and Mr. Bal Krishna Khatri (Gardener)
Health Camp at a Very hard to reach Sertung village in Dhading district

Top Left: Carrying Medical Goods to the destination Top Right: Patient transporting in Doko (basket)
Bottom: patient after eye Surgery.

Patients in Thosey Health Camp, Ramechhap
CME Program on Retina and Pediatric Ophthalmology

Eye Care veterans and Ophthalmologists at CME Program on Retina

Ear Surgery in Progress (left), Farewell to ENT Team (Right) in B & C Teaching Hospital in Birtamod, Jhapa

Dr. Bharat Shrestha Handing Over a Cheque to BPEF Chairman for the children of Enabling Center

Patient after cataract surgery for which funds were donated by a 5 year old boy Aavyn Bajimaya from Canada

Visit of H.E. Ranjit Ray, Ambassador of India to Nepal at CHEERS
Patients at Ear Surgical Camp in Birtamod, Jhapa

Serving people at Earthquake affected area

Poster Competition on World Hearing Day

Secretary, Ministry of Health and Rally participants ready to move for Walkathon on World Hearing Day organized nationwide by BPEF for the first time

On the way to Earthquake affected Balkumari VDC

Transporting medical goods to hard to reach Sertung VDC, Dhading for Health Camp
Direct Relief Team in Barhabise Health Camp

President, Lions Clubs International observing Enabling Center

On the way to Thosey, Ramechhap

Ear care training for Health Workers and Key Informants

Hearing Screening in Immunization Clinic, CHEERS
OUR SERVICES

- Eye OPD (Glaucoma, Retina, Cataract, Pediatric and Strabismus, Oculoplastic, Contact Lens, Low Vision Services etc.)
- ENT OPD (Ear, Nose, Throat Examination, Ear Mold Lab, Rehabilitation unit for Audiology and Speech)
- Immunization
- Eye and ENT surgery with Inpatient Services
- General Health Check up for all age group
- Training by trained special education teacher to children and adult with hearing and visual disability
- Health Counselling
- Laboratory
- X-ray
- Optical and Pharmacy

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web: www.bpeyefoundation.org