



ORBIS's pediatric eye care project in Baotou, Inner Mongolia

2007 Q3 & Q4 Progress Report

Period covered: June 16th – December 31st 2007



1. Capacity building

1.1 First hospital-based program (HBP) held

The project's first HBP was held at Bao Tou Eye Hospital (BTEH) between September 23rd and 29th last year. Key focuses included orthoptic (視覺矯正) and pediatric ophthalmology (小兒眼科). In all, some 30 participants from project sites and local trainees from different hospitals in Baotou and Huhhot (呼和浩特) benefited from this training. In common with their ORBIS volunteer faculty (VF) colleagues, Dr Maury Marmor and Dr Gabriella Chong were keen to share their knowledge and skills with local doctors. Specific topics covered during their training included:

- orthoptics
- amblyopia(弱視)
- myopia (近視)
- nystagmus (眼球震顫)
- cataracts(白內障)
- pediatric dacryostenosis (淚管閉塞)
- anesthesia (麻醉)
- glasses prescription for children

The HBP also covered screening, surgeries and lectures. Screenings were held at both schools and hospitals with the aim of finding suitable cases for training and treatment. The primary objective of school screening is to ensure early prevention and treatment and to minimize the prevalence of easily avoidable cases of blindness. In all, some six surgeries were performed by the VFs with the assistance of local doctors. During these operations, our VFs provided on-the-job surgical explanations and advice that enabled local doctors to gain practical insights into the many different topics they had learned about in the daily lectures.

Astonishingly, there are no orthoptists in China. As a result, Dr Chong, ORBIS's first ever volunteer orthoptist from Hong Kong, was eager to teach local doctors basic but standard orthoptics management processes. Needless to say, the trainees were very interested in Dr Chong's teachings. A subsequent question and answer session generated an array of different questions from the extremely enthusiastic trainees.

The feedback from all attendees was very positive. Ultimately, what people learned from the training program is sure to prove to be very useful in doctors' clinical practices. Another important lesson the attendees learned was the professionalism, attitude and determination of the VFs, all of whom treated children in the program with great kindness and patience.



1.2 Training of medical professionals

Seven trainees from BTEH, the branch center and various vision centers successfully completed a three-month training course at Wenzhou Ophthalmology and Optometry College (溫州視光學院) between July 1st and September 30th. This college is widely regarded as being among the best eye care training facilities in China.

After the trainees returned to Baotou in early October, a meeting was organized to estimate how their newly acquired skills could be used to best effect. As a direct result of the course, the attendees were very eager to apply their newfound optometry and patient management skills in their daily work. Armed with certification from the prestigious college, trainees all felt very privileged and honored.



Asked about their thoughts on the course, attendees were very impressed by the quality of the standardized optometric practices they had learned. Most important of all, they agreed that the training was so well geared they will have no problems in making full use of their new knowledge and skills.



The Wenzhou Ophthalmology and Optometry College inspired the trainees via a standardized yet detailed training approach which was totally different to their existing practices. In introducing them to the phoropter (綜合驗光儀), the college has also ensured trainees realize the important role the equipment plays in guaranteeing the accuracy and quality of optometry services. If sufficient budget is available, BTEH plans to purchase seven phoropters in the first half of 2008. Teams at BTEH are already studying the prices, functionality and configurations of different manufacturers' phoropters.

1.3 Community eye health training workshop

A two-day community eye health training workshop was held in Sha Er Qin (沙爾沁鄉鎮中心衛生院) on December 14th and 15th, 2007. At the session, doctors from BTEH were joined by some 35 township level general practitioners and village doctors from local health bureaus. Basic community eye care knowledge and skills the BTEH trainers shared with their fellow attendees included:

- recognition of basic eye condition
- basic management of common eye conditions
- eye checks
- patient referral

The workshop also ensured attendees were able to develop a better understanding of the importance of blindness prevention and treatment, and the partnership between ORBIS and BTEH.

2. Network establishment

2.1 Project launching ceremony

The official opening ceremony of the new eye care facility took place on August 4th, 2007. In addition to local media and government officials, the 300-strong audience included key decision makers from the following units:

- Health Department
- Education Department
- Maternity and Children Health (MCH)
- Center of Disease Control (CDC)
- Future sub-centers, vision centers and eye care stations



Extensive media coverage ensured the event played a major role in successfully increasing public awareness of both ORBIS's mission and BTEH's expanding eye care services. (see Appendix 1 for part of the news clippings)

2.2 New Rural Co-operative Insurance Scheme

BTEH is now collaborating with different partners, including branch and vision centers and eye care stations in the first year of establishing an effective referral system based on a new kind of Rural Co-operative Insurance Scheme (農村新型合作醫療). Largely run by township level clinics, this initiative will benefit both co-partners and poor patients at grassroot level by easing access to affordable, top quality eye care services.





3. Increasing public awareness

3.1 Public education

The two quarters under review saw BTEH devote much time and effort in educating the public about eye care and pediatric eye care through face-to-face counseling. It is estimated that some 30,000 local people have been educated about protecting their sight as a result of the distribution of a set of eye care educational materials including eye care brochures on:

- cataracts
- glaucoma
- retina
- trauma
- strabismus
- amblyopia
- public education



Each booklet provided detailed information about both prevention and symptoms.

3.2 School screening



Between June and December, ORBIS and BTEH conducted a large-scale school screening initiative. A dedicated screening team, composed of a doctor, a nurse and a technician from BTEH, a branch and vision center functioned very well. The team was responsible for communicating with local education systems, schools and kindergartens, as well as carrying out free eye checks for pupils, teachers and parents. While on the

road, the team also offered eye care lectures for parents. As a result of their efforts, more and more patients are visiting BTEH for further checks. Every week the team continues to visit different communities, carrying out screenings for both school-kids and adults.

An action plan has now been developed in order to implement an even higher quality of standard school screening. By utilizing the necessary technology, procedure and expertise, we aim to identify cases that require further examination and to reduce the incidence of both missed and false positive cases. The ultimate aim is to lessen the likelihood of placing unnecessary costs and psychological burdens on screened patients and their families.

4. Medical achievements

During June to December 2007, BTEH's key achievements included:

Number of doctors trained	72
Number of other medical professionals trained	12
Number of people examined	18,424 adults; 16,798 children
Number of people who received medical treatment	6,679 adults; 6,343 children
Number of eye surgeries performed	2,106 adults; 329 children
Number of people educated on protecting eye sight (via eye testing activities, eye care lectures, out-patient consultation, etc.)	60,000
Number of people informed on protecting eye sight (via media advertising/ news report and number of "information, education & communication" materials distributed)	400,000

包头日报

BAOTOU RIBAO

国内统一刊号:CN15-0023 第 17811 期 2007 年 8 月 15 日 丁亥年七月初三 星期三

我市加快推进风能

本报讯(记者 武群楠 实习生 钟程)记者日前从市发改委获悉,按照市委、市政府的统一部署,我市今年以来积极组织策划和实施了一批风力发电重点项目。截至目前,已上报国家和自治区风电项目规模达 139 万千瓦,获得国家发展和改革委员会核准、批复的有 10 项,规模达 64.05 万千瓦,其中批准开工建设 6 项,规模达 44.3 万千瓦。目前已获准开工建设的 6 个风电项目,总投资为 40.89 亿元。分别为:获得国家发展改革委核准的龙源电力集团达茂巴音 20 万千瓦风电特准项目,总投资 15.8 亿元;获得自治区发展改革委核准的安腾达茂百灵庙 4.95 万千瓦风电特准项目,总投资 5.01 亿元;获得自治区发展改革委核准的有山 4.5 万千瓦项目,总投资 4.5 亿元;获得自治区发展改革委核准的达茂百灵庙 4.95 万千瓦风电特准项目,总投资 5.28 亿元;新疆金风 4.95 万千瓦项目,总投资 4.95 亿元;金州达茂百灵庙 4.95 万千瓦项目,总投资 4.82 亿元。截至 7 月底,6 个开

内蒙古西部地区儿童眼病防治网络项目暨包头市儿童眼病防治基地落成

本报讯(记者 李丹)内蒙古西部地区儿童眼病防治网络项目暨包头市儿童眼病防治基地落成典礼近日举行。

市领导哈达、张伯群,自治区卫生厅副厅长白宝玉,国际奥比斯有关专家出席落成典礼仪式。

包头市眼科医院历经 15 年的改革和发展,在自治区率先开展了超声乳化白内障手术、玻璃体切割手术、角膜移植手术、RK 手术治疗近视眼、透明晶体摘除+后巩膜垫压术治疗高度近视眼等业务。市眼科医院不仅承担全市大量的眼病基本医疗服务,而且是市卫生局、残联、

科技局等部门批准的“防治低视力门诊”、“人工晶体应用研究所”、“市防治盲指中心”和“视力残疾儿童康复站”,在承担业务性很强的社会性的眼病防治义务方面,得到社会的普遍认可。

国际奥比斯是一个中立的、非盈利的国际人道主义发展组织,是国际防盲协会的主要成员之一,是“视觉 2020,人人享有看得见的权利”行动的发起组织之一。国际奥比斯通过提高合作伙伴的防盲治盲能力,来完成其预防失明、挽救视力的崇高使命。在未来的 5 年里,国际奥比斯将把工作重点放在中国。

市眼科医院从我市及周边地区眼病防治的实际需要出发,提出了以开展儿童眼病防治为重点的防治工作思路,建立健全了儿童眼病防治网络。国际奥比斯对此给予高度重视,从 2006 年春季开始,先后五次来我市及周边地区考察,通过认真考察和慎重筛选,决定从 2007 年到 2010 年由包头市眼科医院牵头开展包头市及周边地区儿童眼病防治工作。国际奥比斯无偿资助 67 万美元,力求通过宣传、培训、筛查、预防、治疗等方面的支持与合作,使我市及周边地区儿童获得眼保健知识信息并得到眼病治

疗。合作项目周期四年,国际奥比斯为我市提供技术和设备支持,包头市眼科医院提供技术人员及场地,四年内建立起内蒙古西部地区儿童眼病防治中心暨包头市儿童眼病防治基地和达茂旗分中心,十个社区视光门诊,十个基层眼病防治服务站,实现免费筛查 20 万名儿童,6 万名儿童得到门诊治疗,3000 名儿童得到住院治疗,培训 600 名基层医生。

白宝玉指出,这次国际奥比斯与包头市眼科医院的合作,极大地支持了自治区的防盲工作。包头市眼科医院以严谨、求实、进取、创新

的精神,克服困难,创造条件,拓展业务,受到国际奥比斯的重视和信赖,成为非常友好的合作伙伴。双方的合作,不仅对包头市的防盲工作具有积极的促进作用,而且对改变全自治区防盲工作的不平衡现状具有十分重要的意义。奥比斯有一套完整的合作策略,有着非常丰富的合作经验和工作经验,这次在内蒙古西部地区开展儿童眼病防治工作,充分体现了奥比斯关爱健康、真诚扶助的精神。这次合作必将产生良好效益和深远影响,为包头市乃至全区卫生事业增光添彩。

包頭日報



8月4日,内蒙西部地区儿童眼病防治网络项目暨包头市儿童眼病防治基地在市眼科医院落成,使我市及周边地区的儿童获得眼保健知识的信息和眼病的治疗。米恭 摄

包頭晚報

包头市儿童眼病 防治基地落成

本报包头 8 月 5 日电(记者祝 福)8 月 4 日, 内蒙古西部地区儿童眼病防治网络项目暨包头儿童眼病防治基地落成庆典在包头市举行。国际奥比斯全球项目总监保罗·汉密尔顿先生和全球筹款总监保罗·弗罗斯特先生以及自治区卫生厅、包头市领导出席仪式。

从 2007 年到 2010 年, 国际奥比斯组织无偿资助 67 万美元, 将使包头市、鄂尔多斯市、巴彦淖尔市的儿童获得眼保健知识信息和得到对眼病的治疗。4 年内, 在包头市眼科医院建立起“内蒙古西部地区儿童眼病防治中心”暨“包头市儿童眼病防治基地”。还要建立达茂旗分中心、10 个社区视光门诊、10 个基层眼病防治服务站。将要免费筛查 20 万名儿童, 使 6 万名儿童得到门诊治疗, 3000 名儿童得到住院治疗, 并培训 600 名基层医生。第一批奥比斯捐助的医疗设备已经到达包头市眼科医院。

国际奥比斯组织是一个非盈利的国际人道主义组织, 其善款来自各国企业和个人的捐助。

內蒙古日報

包头建成 自治区首个 儿童眼病防治基地

晨报讯 (记者 李卫红)8 月 4 日, 自治区首个儿童眼病防治基地正式在包落成, 这也是包头市眼科医院与国际奥比斯合作开展的内蒙古西部儿童眼病防治网络合作项目。

包头市眼科医院的徐大夫告诉记者, 这一合作项目周期为 4 年。国际奥比斯无偿为包头市提供 67 万美元的培训、宣传、技术和设备支持, 包头市眼科医院提供技术人员、治疗及场地。在 4 年内建成“内蒙古西部地区儿童眼病防治网络”, 包括一个中心(包头儿童眼病防治基地)、一个分中心、十个社区视光门诊、十个基层眼病医疗防治服务站的防治网络。实现免费筛查 20 万名儿童, 6 万儿童得到门诊治疗, 3 千名儿童得到住院治疗, 培训 600 名基层医生。

內蒙古晨報

儿童假性近视的鉴别

假性近视是指眼球大小、长度没有改变,由于不重视用眼卫生,过度调节,使睫状肌处于持续收缩状态(即调节痉挛),晶状体持续地凸起不能复原,致使平行光线进入眼球后,焦点落在视网膜之前,而看不清远处物体。因此,假性近视属功能性改变,只要设法缓解调节痉挛,假性近视就不存在了。

1.云雾法:先让患者戴一个度数较高的凸透镜,最好用

300度的老花镜,使患者看不清楚,犹如处于云雾之中,持续20~30分钟,以缓解睫状肌的紧张。

2.散瞳法:用睫状肌麻痹剂,如1%阿托品或2%后马托品溶液点眼,以麻痹睫状肌而除去调节紧张。

比较孩子前后视力,如果视力较试验前有进步或恢复正常,例如试前双眼视力为0.5,试验后为1.0,则可诊断为假性近视。

经国际奥比斯包头市眼科医院儿童眼病防治基地邀请,2007年9月19日-9月28日邀请国际著名儿童眼病专家:纽约大学医学中心,纽约州立大学,纽约、长岛儿童眼科及斜视中心教授默里·马莫前来会诊、手术。

专家推荐:马丽萍 包头市眼科医院院长 主任医师

出诊时间:周二下午、周四上午

布伴有解功能儿近,免疫功能同样受抑制,这些常致患者易感染,肝细胞脂肪变性后,解毒功能降低,容易造成内、外毒素在体内滞留,对机体造成损害。文/张淑华



BTEH

包头市眼科医院



奥比斯

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都市 7+1 生活报

儿童少年眼保健

婴幼儿:断奶以后的幼儿应注意食品营养。在一些传染病,如麻疹、风疹和消化不良、腹泻发生时,由于吸收障碍,消耗增加,肝脏的储存又不够,容易发生维生素甲缺乏和随之而来的角膜软化症。所以应向家长宣传不要无原则忌嘴,并可应用浓缩鱼肝油丸补充维生素甲。

学龄前:家长应教育孩子养成个人卫生习惯,勤洗手,带手帕,不用脏手揉眼。教会儿童学会看视力表,每年检查一次视力,并观察眼位是否有斜视,发现斜视应及时验光。如有远视应尽早戴镜,以预防或矫治弱视。这时期儿童好奇心、模仿性都强,活泼好动,家长勿将剪刀、小刀、削尖的铅笔等尖锐物品放在孩子伸手能拿到的地方,防止其刺伤眼球。禁止他们玩耍爆竹、火柴、发令枪、气枪等危险品。

上小学后:就要教育孩子在看书、写字时保持良好的姿势,不躺在床上看书,不在太阳直射下或光线昏暗处

看书,看书45分钟后就休息,起立远眺,减少调节,保护视力,预防近视。

(包头市眼科医院院长 马丽萍)

专家门诊时间:周二下午 周四上午

眼病筛查行动通知:由国际奥比斯资助,包头市眼科医院新建的“内蒙古西部地区儿童眼病防治网络项目”八月份已启动。今年新建的六个项目基地正在开展为全市18岁以下儿童和60岁以上老年人进行眼病筛查(免每人48元体检费)。

建在青山区哈达道的包头市眼科医院项目基地,为方便体检人员,决定每周六、日为筛查日。个人或团体需电话提前预约以便安排。

预约电话:3101342 联系人:卢秀梅



BTEH

包头市眼科医院

国际奥比斯走进包头市眼科医院

咨询电话:3150132



奥比斯

燃点光明新希望

生活专刊