Anual Report 2017

Asociación Centro de Rehabilitación para Ciegos I.A.P
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ACREC's task is to achieve results in the visual health and rehabilitation of people with disabilities in the vulnerable population of the state of Morelos. Its achievements depend on the correct application of its Social Methodology, which, based on an extensive analysis of the problem, combines actions that provide greater benefit to the population in accordance with the institution's objectives.

The purpose of carrying out an Evaluation Methodology rests on measuring the effectiveness and efficiency of the results or changes - expected by the institution- in the beneficiaries. The methodology groups together methods, instruments and indicators that provide information that gives evidence of the achievement of objectives and, on the other hand, contributes to decision-making and continuous improvement.

From the application of the Intervention Model, the first program achieved positive changes in awareness for eye health care; the second improved vision in patients with treatment or surgery, and visual improvement in patients with refractive errors; finally, for the third program, that people with visual impairment perform their daily activities with less difficulty.
Prevention of Visual Illnesses Program
Prevention of Visual Illnesses.

During 2017, ACREC carried out 7 detection of visual diseases campaigns at the Clinic, providing free preventive consultation to 410 people. Likewise, 12 "Take care of your eyes" awareness campaigns were carried out, serving more than 4,500 young people with the support of alliances, mainly with the support of Scotiabank, to measure the awareness of students for the care of visual health, using "Attitudinal Change" as a category of analysis, understanding that a favorable change in attitudes around the care of visual health, gives evidence of the achievement of the objective or the change we want to observe in the population.

POPULATION ATTENDED IN CAMPAIGNS

- "Take care of your eyes" awareness campaigns.
- Visual Illnesses detection campaign.
Result Indicator
Prevention of Visual Illnesses.

1. Population sensitized during visual health care campaigns.

- 3,022 young people given an educational talk on eye health care.
- 2,892 survey respondents, 90% sensitized willing to take care of their visual health.
- 92% of the young people found the talk either interesting or extremely interesting.
- 99% of young people consider it is important for the general population to know about visual health.
- 85% of young people are willing to take steps to take care of their health.
Prevention of Visual Illnesses.

ACREC focuses on preserving visual health of vulnerable population in Morelos state, for it promotes favorable actions in visual health care in the attending population during awareness campaigns, in order to make better decisions related to their visual health and to be responsible for them. ACREC also carries out campaigns of detection of visual diseases, through preventive consultations to first time patients, which produce a great impact on the visual health, detecting in its early phase degenerative chronic visual illnesses such as glaucoma and diabetic retinopathy. In this sense, ACREC benefited the population by providing 8,093 preventive consultations, of which 7,597 were ophthalmological and 496 optometric.
Visual Health Program
Visual Health

In line with the global initiative "Vision 2020: the right to see", our objective is to reduce the number of cases of preventable visual impairment, based on the fact that, as mentioned by the National Council for the Prevention and Treatment of Visual Diseases, most diseases that cause visual impairment are linked to conditions of backwardness and poverty.

ACREC analyzes as 'improved or conserved vision' those people who, depending on their visual acuity, have favorable changes, depending on the treatment or surgery to which they are exposed. Visual acuity is the ability to detect and discriminate details of an object.

The following charts show the services provided to the population which help to achieve visual health.

<table>
<thead>
<tr>
<th>Medical Consultations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type</strong></td>
</tr>
<tr>
<td>General Ophthalmology</td>
</tr>
<tr>
<td>Subespeciality</td>
</tr>
<tr>
<td>Optometry</td>
</tr>
<tr>
<td><strong>Total</strong></td>
</tr>
</tbody>
</table>
## Visual Health

### Diagnostic Studies

<table>
<thead>
<tr>
<th>Type</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Optical Coherence Tomography</td>
<td>1,683</td>
</tr>
<tr>
<td>Campimetry</td>
<td>1,281</td>
</tr>
<tr>
<td>Intraocular Lens Calculation</td>
<td>710</td>
</tr>
<tr>
<td>Paquimetry</td>
<td>707</td>
</tr>
<tr>
<td>Echography</td>
<td>506</td>
</tr>
<tr>
<td>Fluorangiography</td>
<td>376</td>
</tr>
<tr>
<td>Clinical Image</td>
<td>257</td>
</tr>
<tr>
<td>Topography</td>
<td>223</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>5,743</strong></td>
</tr>
</tbody>
</table>

### Treatments

<table>
<thead>
<tr>
<th>Type</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intravitreal</td>
<td>665</td>
</tr>
<tr>
<td>Diode laser</td>
<td>475</td>
</tr>
<tr>
<td>YAG laser</td>
<td>248</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,388</strong></td>
</tr>
</tbody>
</table>


Visual Health

<table>
<thead>
<tr>
<th>SURGERIES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cataract</td>
<td>884</td>
</tr>
<tr>
<td>Retina</td>
<td>258</td>
</tr>
<tr>
<td>Glaucoma</td>
<td>110</td>
</tr>
<tr>
<td>Pterygium</td>
<td>109</td>
</tr>
<tr>
<td>Other major surgeries</td>
<td>55</td>
</tr>
<tr>
<td>Other minor surgeries</td>
<td>85</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,501</strong></td>
</tr>
</tbody>
</table>
Visual Health

Vulnerable beneficiaries who, according to their classification, receive financial assistance to perform their surgery. A total of 956 economic aids were granted, of which more than 780 went to people with a per capita income of less than two minimum wages. This is possible thanks to the Alliances that ACREC counts with, highlighting the support of *Nacional Monte de Piedad* and *SUD*, Charitable Services, as well as our regular donors.
1. Percentage of people who, after surgery: improved, preserved or who, due to associated chronic diseases such as glaucoma and retinopathy, did not preserve their vision.
Result Indicator

Visual Health

2. Percentage of people who from SURGICAL TREATMENT: improved, conserved or who, due to an associated degenerative disease, did not preserve vision.
Result Indicator

Visual Health

3. Percentage of people with a significant improvement in visual quality from the use of glasses: improved, improved a lot or that due to associated degenerative disease improved little.

USE OF GLASSES

- Improved a lot: 71%
- Improved: 21%
- Improved a little: 8%
Rehabilitation for the Visually Impaired Program
Rehabilitation Program for the Visually Impaired

To develop the rehabilitation program, ACREC took as its basis the "Uniform Rules on Equal Opportunities for Persons with Disabilities", established by the United Nations with the objective of giving an example of model legislation to "give people with disabilities the same opportunities as anyone else". People with acquired and congenital blindness are treated in four areas: a) functional, which promotes the development of skills to face their daily routine; b) therapeutic, which promotes, through early stimulation, the development of visually impaired children and in people with low vision, skills and dexterity for the use of optical helps; c) educational, which approaches and promotes opportunities for an open education; d) workshops, which promote the development of self-esteem of the assisted and an improvement in family functioning.

During 2017, the ACREC Rehabilitation Centre received a monthly average of 40 students, giving an average of 76 courses per month, which resulted in a total of 2,484 hours of instruction per year. With an average progress per assisted of 70%.
1. Percentage of self-reliance individuals benefited in the realization of their activities of daily life.
Result Indicator

Rehabilitation Program for the Visually Impaired

2. Percentage of benefited individuals with normal levels of self-esteem.

![SELF-ESTEEM Diagram]

- Low self-esteem
- Average self-esteem
- High self-esteem

20% Low self-esteem
85% Average self-esteem
3% High self-esteem
3. Percentage of those benefiting who attend the Rehabilitation Centre, with scores higher than 13 points in the family APGAR index.
Visual Health Program

Satisfaction Survey

In order to improve our quality and efficiency of ophthalmic services, satisfaction surveys were conducted on a representative sample of 668 patients who attended the different services.

The graphs show the result of each of the services evaluated by patients.
Visual Health Program

Satisfaction Survey

**DIAGNOSTIC STUDIES**

<table>
<thead>
<tr>
<th>Rating</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>BAD</td>
<td>0%</td>
</tr>
<tr>
<td>REGULAR</td>
<td>5%</td>
</tr>
<tr>
<td>GOOD</td>
<td>10%</td>
</tr>
<tr>
<td>VERY GOOD</td>
<td>45%</td>
</tr>
<tr>
<td>EXCELLENT</td>
<td>30%</td>
</tr>
</tbody>
</table>

**SURGERIES**

<table>
<thead>
<tr>
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<tr>
<td>BAD</td>
<td>0%</td>
</tr>
<tr>
<td>REGULAR</td>
<td>5%</td>
</tr>
<tr>
<td>GOOD</td>
<td>15%</td>
</tr>
<tr>
<td>VERY GOOD</td>
<td>40%</td>
</tr>
<tr>
<td>EXCELLENT</td>
<td>20%</td>
</tr>
</tbody>
</table>
• PROJECTS

INSTITUTIONAL DEVELOPMENT

- Nacional Monte de Piedad
- Scotiabank Foundation
- SUD Charity Services A.C.
- Esperanza Silver
- Galduroz
- Aporta
## Covenants

- Ben & Frank.
- Desclub. (Bancomer)
- La colmena.
- Medical Group.
- Medica VRIM.
- Human Access.
- DIF Jiutepec.
- UTEZ
- Grupo Pullman de Morelos
- Ferretería Marín
- UNINTER
ACREC Electronic Clinical Record

In order to remain at the forefront ACREC considers as a fundamental part of institutional development, the implementation of computer software to improve both administrative and operational procedures, in this way during 2017 the Area of Systematization launched the creation of the ACREC Electronic Clinical Record.

Since its foundation until now, the ACREC Ophthalmological Clinic has carried out the control of clinical files in a manual way. Nowadays we attend an average of 300 patients a day, therefore, the control and follow-up of the files becomes more and more complex. The advantages of the development of the Electronic Clinical Record are: Information available at all times; automated elaboration of reports, with the certainty that the data collected have not undergone any modification at the time of the consultation; classification and generation of lists of automated daily appointments; permanent concentrate of diagnoses, treatments and notes of patient evolution.
ACREC's growth over the years

On April 29, 2009 the world woke up to the news that the \textit{influenza AH1N1} was named a pandemic by the World Health Organization (WHO), a situation that affected ACREC and the country in general. However, through the years, the work of the board of trustees, directors and above all the day-to-day dedication of its collaborators, the service stabilized as from 2016. The graph shows how in recent years ACREC has been consolidated thanks to the strengthening work with the strategic intervention of Nacional Monte de Piedad I.A.P.
Acknowledgements

We thank our donors, strategic Allies and patients for their support and trust. Their intervention benefited patients in vulnerability, who required ophthalmological and optometric care to recover visual health.
acrec I.A.P.

“Salud Visual, Alimento de Luz”