



Eye Health Promotion and Eye Donation For FLW

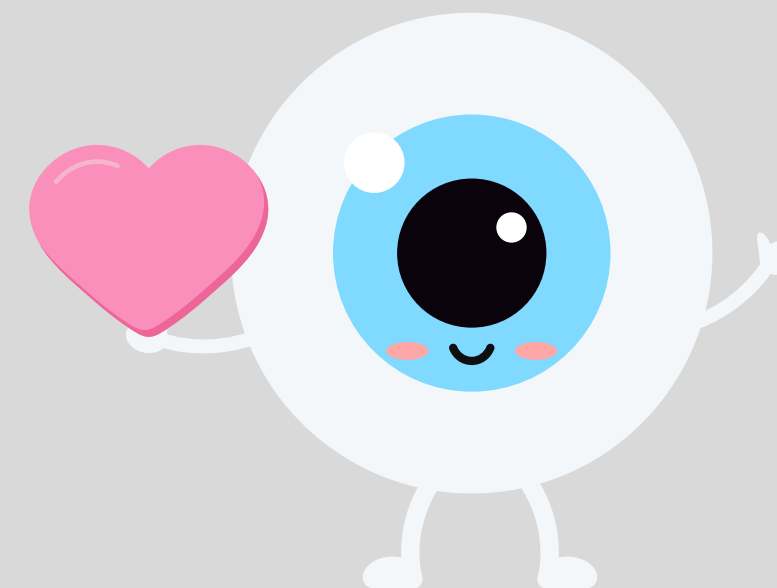




LEARNING OBJECTIVES

At the end of the session the participants should be able to understand-

- About Eye Health Promotion
- How to keep the Eyes Healthy
- General health messages which also impact Eye Health
- Healthy Eye messages for mothers and caregivers for their children
- Simple Eye Care messages in Health Promotion
- Eye Donation
- Some Myths And Facts about Eye Donation
- Role of ASHA and MPW in Eye Donation



EYE HEALTH PROMOTION FOCUSSES ON

Preventing

Prevent eye problems from occurring in individuals by helping them adopt healthy eye care practices.

Diagnosis and treatment

Early detection of eye problems in individuals and help them get prompt treatment so that the disease is controlled at an early stage.

Educating

Educating the community by spreading simple Eye Care messages.



HEALTHY EYES : MUST AND ALWAYS DO



Do not put

Do not put any medication into your eyes unless prescribed by a Medical Doctor.

Protect

Protect your eyes from excessive sunlight with, for example, hats, scarves, sunglasses or umbrellas.

Use

Use protective eyewear when working with objects that might damage your eyes: welding, chemicals, metal or wood, farming season, etc.

Wear

While driving/travelling, wear a seat belt so injuries are avoided to both the body as well as the eyes.

Keep

Keep hands and faces clean to avoid infections, including eye infections.

Eat

Eat a diet rich in Vitamin A such as milk and milk products, dark green leafy vegetables, yellow and orange coloured fruits and vegetables, etc.



HEALTHY EYES : CARE IN SPECIFIC SITUATIONS

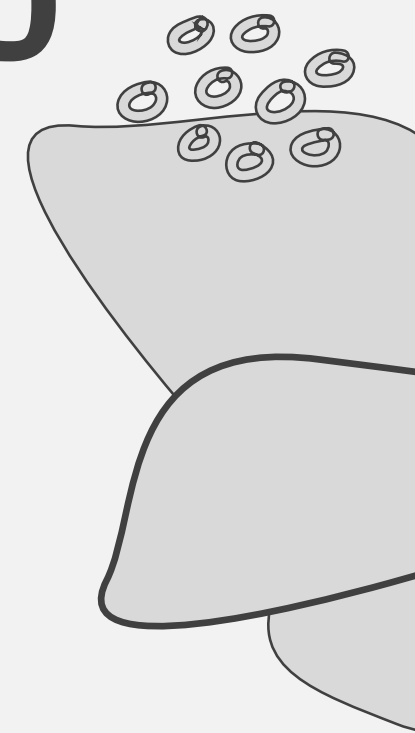
Situations
If you have an eye problem, eye injury, if your eye are painful or if your vision suddenly becomes poor
If you have blood pressure or diabetes
If you have a relative with glaucoma
If your eyes come in contact with any chemicals or substances that burn or sting

Action for Care
Go to the nearest healthcare facility immediately.
A complete eye examination at least once a year, and check your blood sugar regularly.
Have an eye examination for glaucoma at least once a year.
Immediately rinse your eye with clean water for at least 15 minutes and visit the nearest AB-HWC



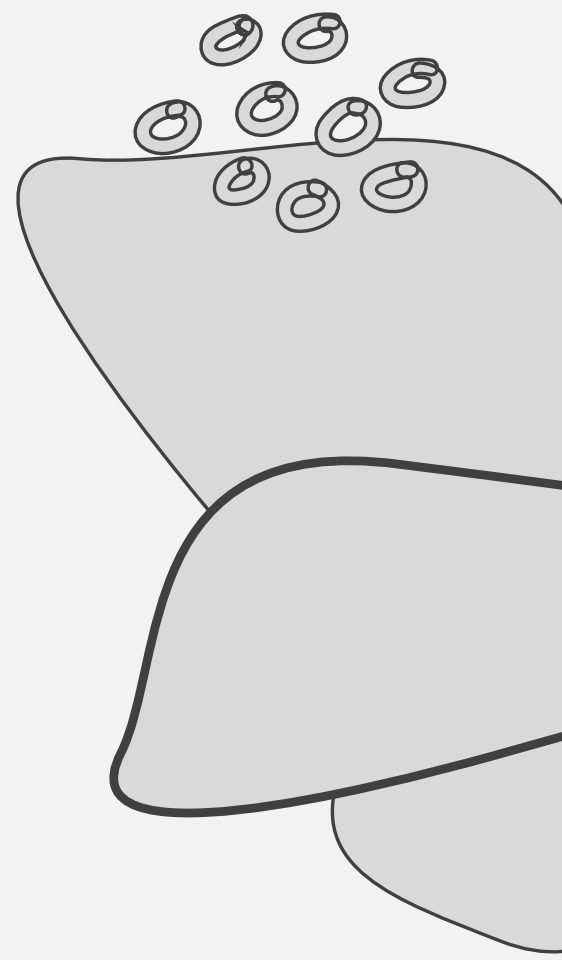
HEALTHY EYE MESSAGES FOR MOTHERS AND CAREGIVERS FOR THEIR CHILDREN

- Clean their eyes immediately after birth.
- A baby with eye discharge needs treatment immediately.
- Make sure all mothers/caregivers report if the child is not looking at them, or not looking straight after the age of 6 weeks.
- Mobilise the mother/caregivers for screening of children for eye care by the RBSK team.
- Children should not play with or near sharp objects to avoid eye injuries.
- Avoid applying 'kajal' or 'Surma' in the eyes of the children.



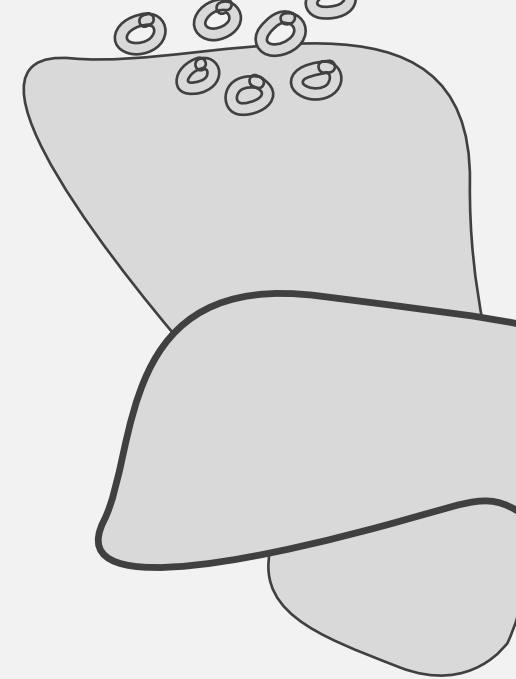


- Promote early and exclusive breastfeeding for six months.
- Mothers and children should be fully immunized including against rubella and measles.
- Regular vitamin A supplementation of preschool children from age of 9 months is important for good vision and healthy growth.
- Children should eat foods rich in Vitamin A to keep their eyes healthy.
- Children should be made secure while traveling by taking all possible preventive measures against having eye injuries.

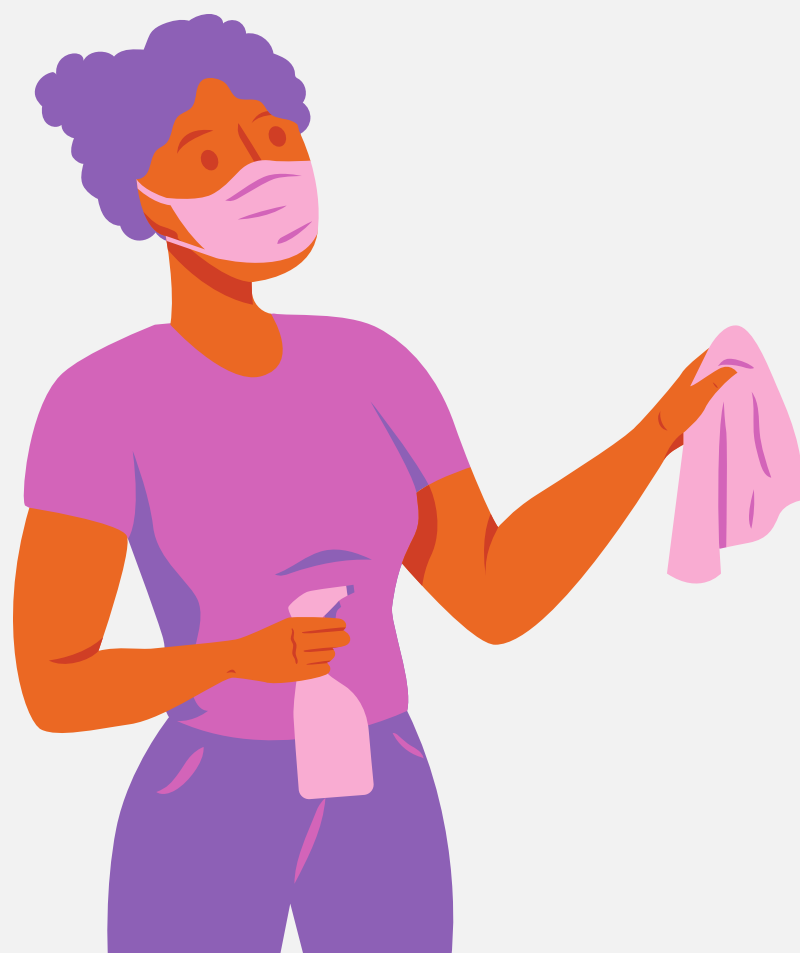




SIMPLE EYE CARE MESSAGES IN HEALTH PROMOTION

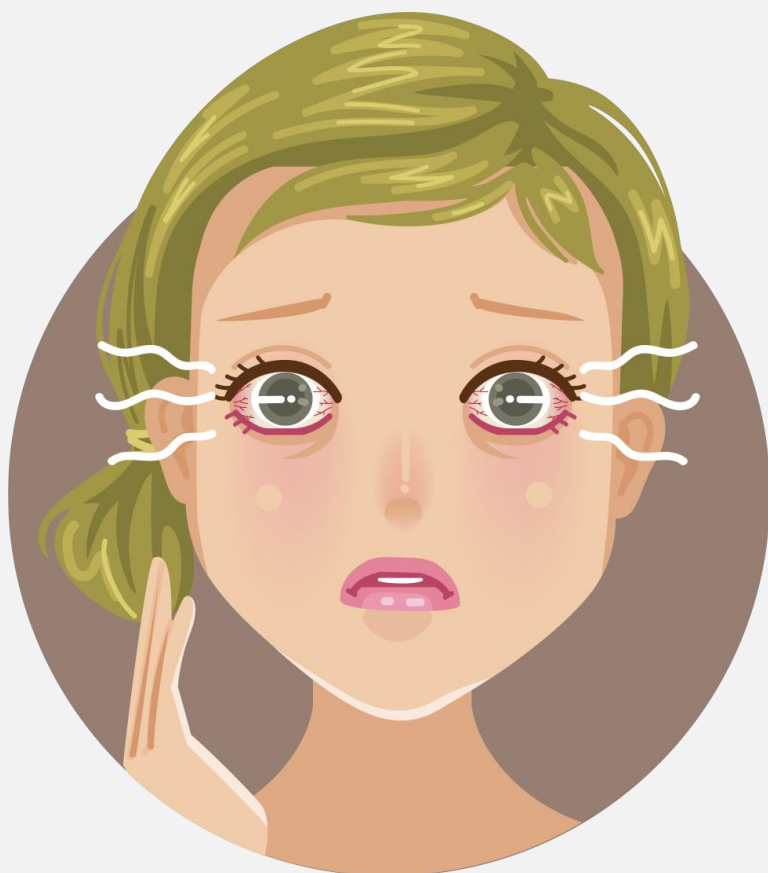


- Keep eyes clean by washing them with clean water. Washing eyes at bedtime is very good as it removes the dirt and dust collected throughout the day.
- Do not work in poor light. Reading in poor light can strain the eyes.
- Always use a clean cloth to wipe your eyes. Do not use saris, dhotis, or sleeves of clothes to wipe your eyes. These may cause serious infections in the eyes. Eye diseases such as conjunctivitis and trachoma spread in this way.



- Each person should use a separate cloth, towel or handkerchief for wiping eyes. If one eye is already infected, use a separate clean cloth for each eye.
- Avoid the glare. Do not stare at the sun and other bright objects.
- Never walk out in the sun without sunglasses.
- Eat a diet rich in Vitamin A and appropriate breastfeeding by mothers (colostrum is rich in Vitamin A).
- Do follow the 20-20-20 rule of eye care when using a computer/laptop, mobile phone, or watching television. Every 20 minutes, refocus your eyes for 20 seconds to an object located at least 20 feet away.





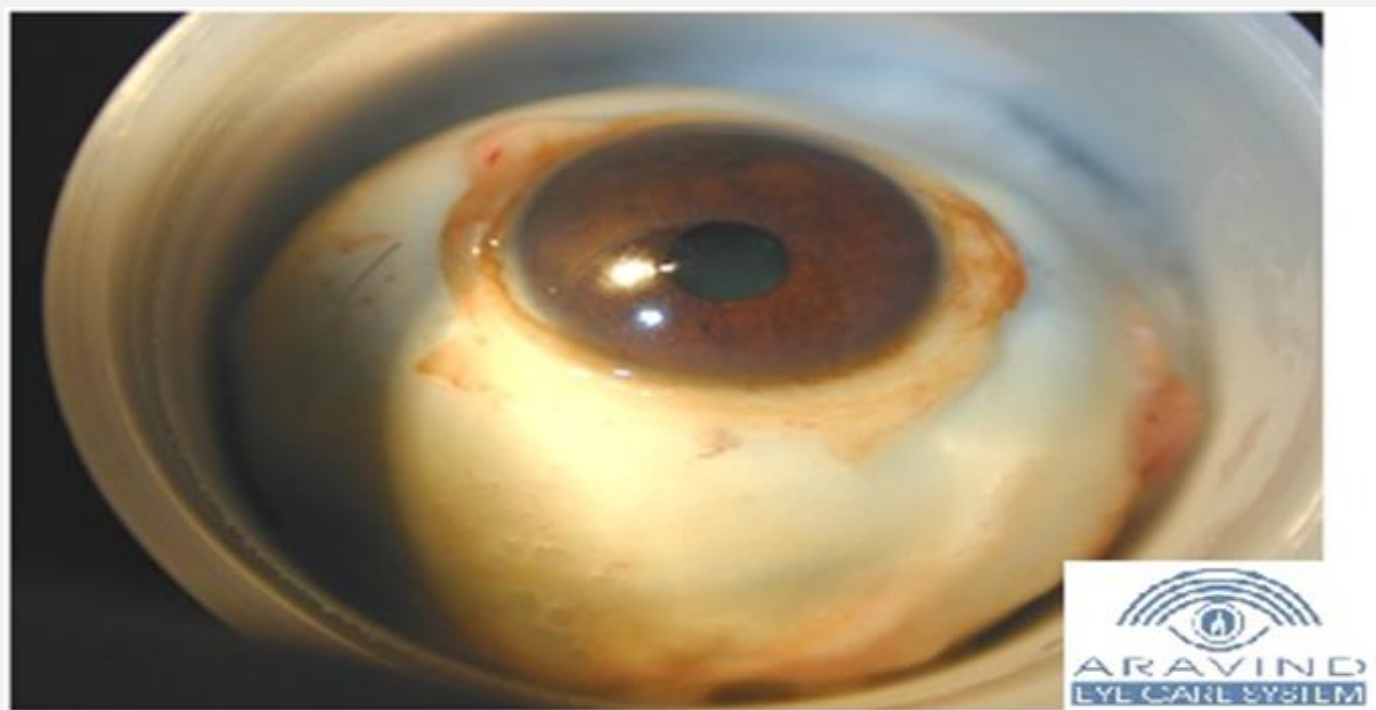
- Report any eye infection to a health worker. Do not use home remedies for eye medication. Do not use medicines given by roadside medicine sellers. These may not help and may even cause blindness.

- Eye drops and eye ointment only provided by a Medical doctor should be used. Do not use any eye medicine without any medical prescription.

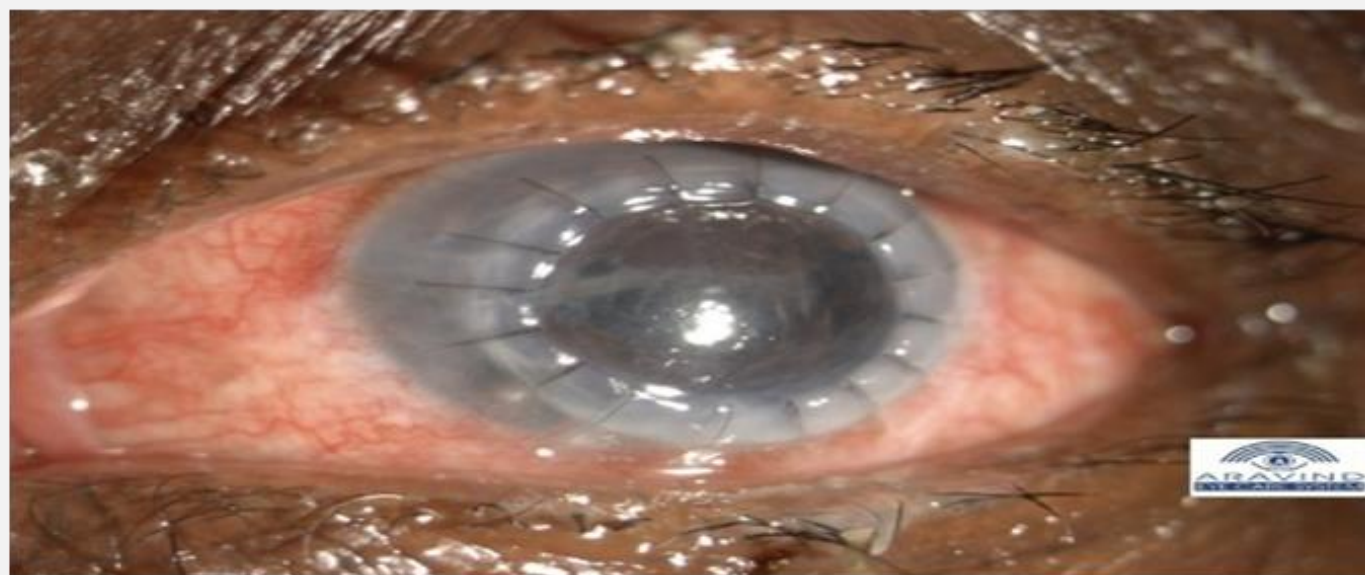
- Educate community members to pay special attention to using the eye drops. They might not make the difference between eye drops and ear drops and can put drops of the ear into their eyes.

- Patients with eye infections avoid going to the swimming pool and visiting public places.





A Donated Eye



**Transplanted cornea in an eye
immediately after surgery**

Source- Aravind Eye Hospital, Madurai.

EYE DONATION

There is a huge demand and the supply is not sufficient for the people who need it. Thus, as a society, we need to come forward for this noble cause and help our community.

You should encourage community members to understand this and agree to donate their eyes after their death.

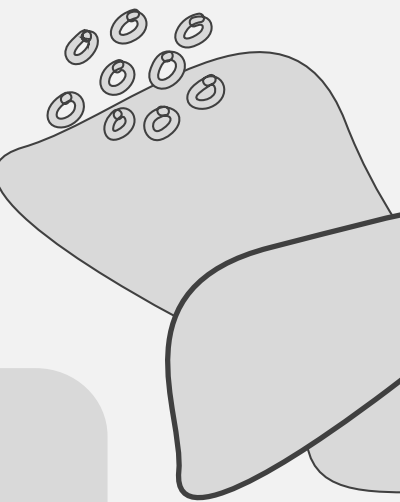


WHAT IS IT?

- Donating the eyes after death of the individual is referred as 'Eye Donation'.
- Eye donation is an act when one person can donate their eyes to persons who suffering from corneal blindness. An eye donation helps 3-4 persons to regain their vision.
- It is a voluntary act and is free of cost.

WHO CAN DONATE?

- A person of any age, sex, religion, caste can donate their eyes.
- Any person can donate their eyes- even those who have undergone any eye operation or have any eye disease condition except those with Hepatitis, Human Immunodeficiency Virus (HIV), rabies, blood cancers or stage IV cancers.





WHERE AND WHEN:

- The eyes can be donated at home or hospital after death.
- The eyes/corneas are taken by the trained team within 6 hours of death, beyond which time, eyes cannot be donated.

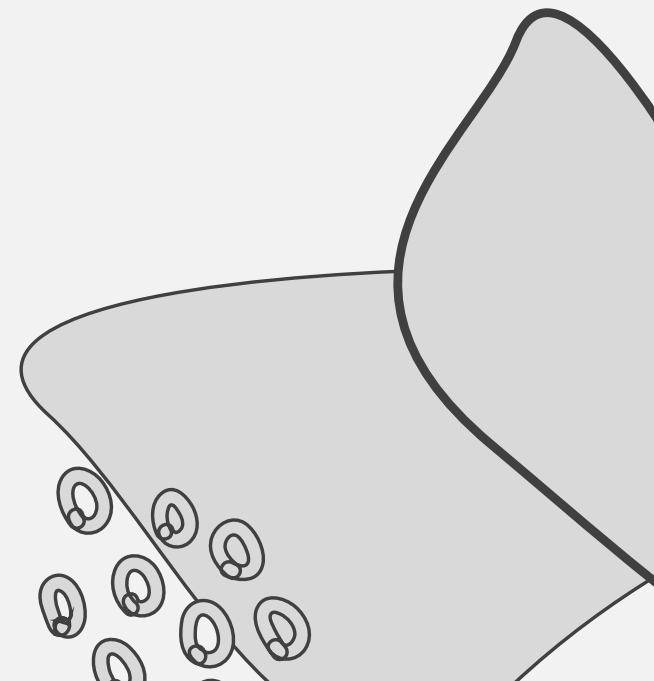
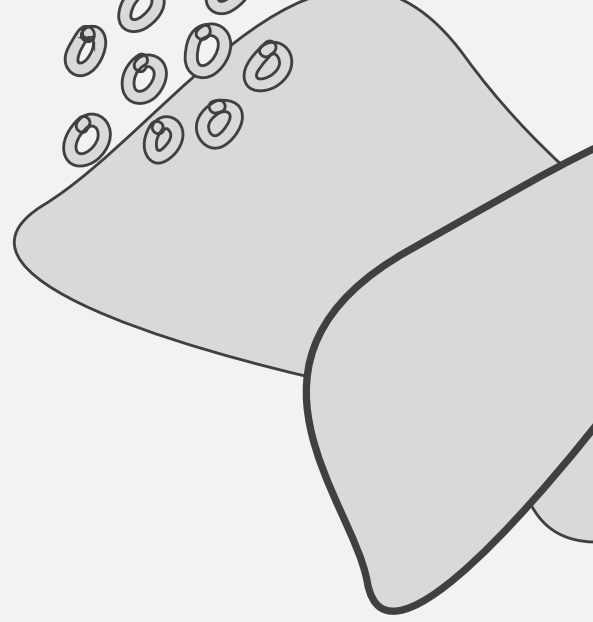
Action :

For those ready to donate their eyes, the relatives must call up the nearest eye bank at **National toll free number (24X7) – 1800114770 and 1919 (for metro cities).**



REMEMBER

- Removal of eyes does not produce any defect of the face.
- Eye donation does not interfere with or delay final rites, as the process of taking the whole eyes out of the face takes less than 20 minutes.
- All donor's eyes are acceptable irrespective of donor's age, including eyes of premature/ stillborn babies.
- Only the cornea can be transplanted for regaining vision.
- Selling or buying human eyes is illegal.





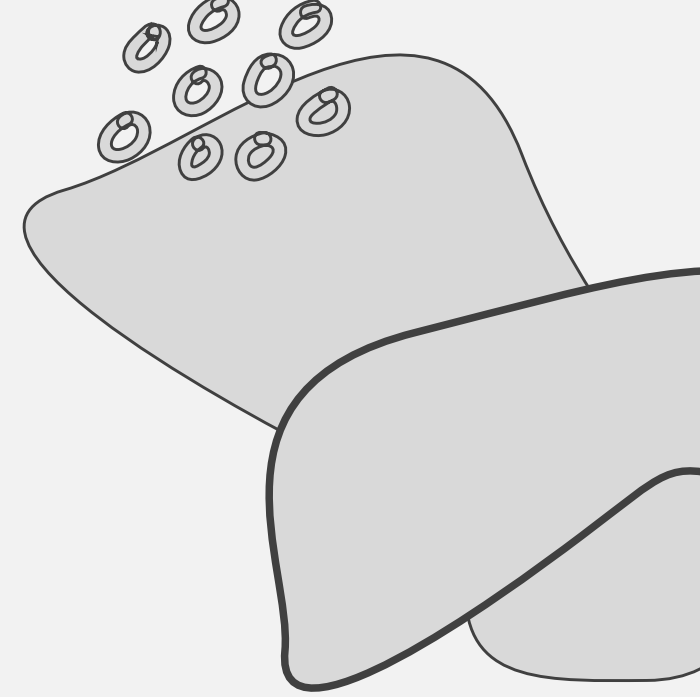
PRECAUTIONS TO BE TAKEN AFTER DEATH FOR DONATION OF EYES

Need for precaution:

1. Prevent drying of the eye.
2. Keep corneas remain fresh for donation.

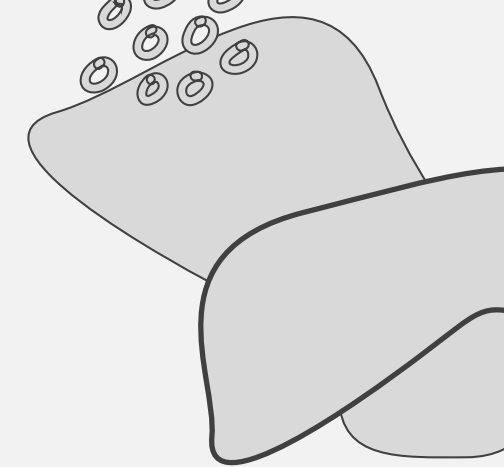
Actions required :

1. No wind or breeze where the body of the deceased (dead person) is kept.
2. The fan should be switched off in that room.
3. The head of the deceased person should be supported by a pillow and the eyes can be covered with moist cotton pieces or ice.





ROLE OF ASHA AND MPW IN EYE DONATION

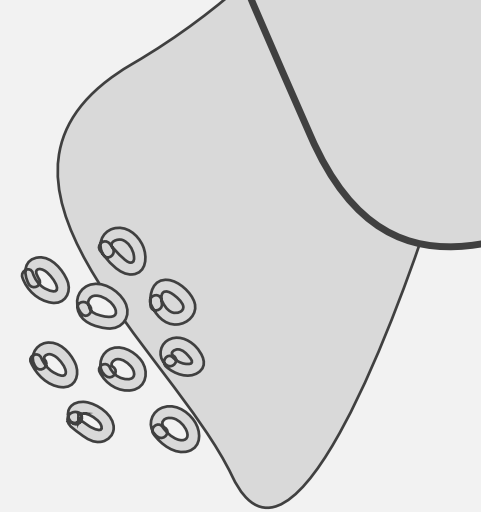


1. Along with primary health care team, community platforms and support groups, motivate community members for eye donation.
2. Organize community meetings to educate people about eye donation.
3. Organize pledge ceremonies on important village days/ festivals about eye donation.
4. Facilitate whenever required, for willing family to donate eyes of the deceased persons. Inform the CHO/MO regarding such families.

August 25th to September 8th is observed as National eye donation fortnight all over our country every year.



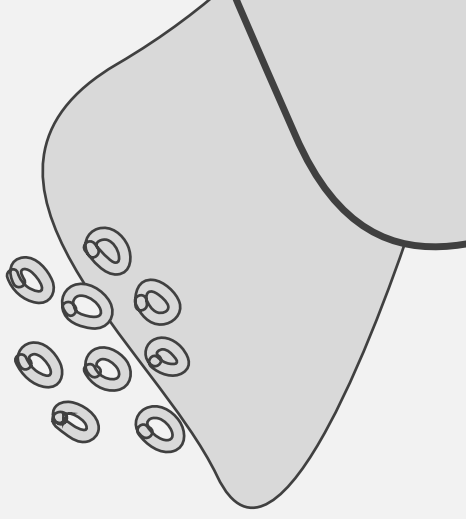
EVALUATION



1. The process of taking whole eyes out of the face takes less than ____minutes.
2. Where the body of the deceased (dead person) is kept, there should be no and the should be switched off in that room.
3. Regularof pre-school children from age of 9 months is important for good vision and healthy growth.
4. Colostrum is rich in
5. If you have a, have an eye examination for glaucoma at least once a year.



ANSWERS



1. The process of taking whole eyes out of the face takes less than 20 minutes

2. Where the body of the deceased (dead person) is kept, there should be no wind or breeze and the fan should be switched off in that room.

1. Regular vitamin A supplementation of pre-school children from age of 9 months is important for good vision and healthy growth.

2. Colostrum is rich in Vitamin A.

3. If you have a relative with glaucoma, have an eye examination for glaucoma at least once a year.



Thank You

