



COAVS

JANUARY-MARCH 2023

NEWSLETTER



Welcome to **Prof. Muhammad Moin**; Gesture by **Prof. Mahmood Ayyaz**, Vice Chancellor, King Edward Medical University



Retirement Ceremony of **Prof. Zahid Kamal Siddiqui**, Former Principal, COAVS in presence of **Prof. Dr. Nazir Ahmad Aasi**, a mentor in field of ophthalmology.



Welcome Day; **Prof. Muhammad Moin**, Principal, COAVS

College of Ophthalmology & Allied Vision Sciences (COAVS), Mayo Hospital Lahore



PROFILE OF NEW PRINCIPAL

PROF. DR. MUHAMMAD MOIN

Principal/Director General College of Ophthalmology & Allied Vision Sciences
Chairman, Institute of Ophthalmology,
King Edward Medical University, Lahore

- FRCOphth, Royal College of Ophthalmologists
- FRCS, Ophthalmology, (Edinburgh)
- Fellowship in Vitreo Retina and Oculoplastics

He possesses an extensive reservoir of knowledge and experience spanning two decades in the field of ophthalmology, with particular expertise in vitreoretina and oculoplastics. As the head of the ophthalmology department at PGMI, Ameer-u-din Medical, General Hospital, Lahore, he holds strong leadership and management skills, in addition to his clinical skills and research expertise.

He received Ramzan Ali Syed Gold Medal, the highest honor of Pakistan Ophthalmic Society and award from Asia Pacific Academy of Ophthalmology for his distinguished services with training of 34 postgraduate students in ophthalmology, 55 research publications and presenting research papers in more than 250 seminars and conferences in Ophthalmology.

Inaugurations



Dr. Babar Qureshi, Co-chair for International Agency for Prevention of Blindness (IAPB-EMR), Director, Inclusive Eye Health and Tropical Diseases, CBM, visited College and Institute of Ophthalmology, Mayo Hospital. During his visit, he appreciated the tremendous dedication of Prof. Asad Aslam Khan for bringing transformation in prevention of blindness in Pakistan through launching successful National Eyecare Plans. He praised COAVS staff under the leadership of Prof Zahid Kamal Siddiqui on immaculate service delivery and HR development in eyecare.



Prof. Asad Aslam Khan informed on the occasion that the ophthalmic fraternity in Pakistan has achieved the mammothlike task of reducing the prevalence of blindness from 1.78 to 0.50 during that tenure. Moreover, we are on the verge of being declared Trachoma Free Country.

Dr. Babar Qureshi visited Optometry Skill Lab and Low Vision Center equipped by CBM in Mayo Hospital Lahore with the grant of 12.9M PKR. Syed Muhammad Ali Shah, Country Director, CBM, reiterated his resolve to support COAVS in the prevention of blindness.

Inauguration of Opticianry Lab: Professor Dr. Mahmood Ayyaz, Vice Chancellor King Edward Medical University Professor inaugurated Dispensing Opticianry Lab for an upcoming course on the subject in College of Ophthalmology and Allied Vision Sciences. The lab is established with the support of Sightsavers Int.

Dr. Zahid Kamal Siddiqui, Principal, College of Ophthalmology and Allied Vision Sciences Professor, Dr. Haroon Hamid, Chief Executive Officer Mayo Hospital Professor, Dr. Ahmad Nadeem, Secretary Punjab Medical Faculty, Prof. Dr. Intizar Butt, Head of I-Unit 2 unveiled the inauguration stone. Principal College of Ophthalmology sent thanks to **Sightsavers** for its contribution towards building quality ophthalmic services. The Vice Chancellor expressed their satisfaction on this occasion and congratulated the team COAVS. **(Feb. 22, 2023)**



Quality Assessment of optometry clinics by Dr. Haroon Awan in collaboration with Sightsavers Int. in Dist. Sheikhpura & Multan.





Glimpses from Retirement Ceremony of Prof. Zahid Kamal Siddiqui (March 16, 2023)

Prof. Zahid Kamal Siddiqui, expert in Medical Education, introduced changes to medical teaching skills and assessments pattern. He, being principal, College of Ophthalmology & Allied Vision Sciences, inculcated team spirit with fervor among employees, clinicians and paramedics. Modernization of Dispensing Opticianry Lab, revamping with upgradation of two optometry Skills Labs and Learning Resource Center were done during his tenure. He facilitated around 40 seminars, lectures and conferences on health awareness, continuous professional development, cross-cutting matters like inclusion and themes that support national cause and solidarity. Moreover, he has focused on instilling ethical values and promoting character building among the students through curricular and extra-curricular activities. The College team recognizes him as a multi-disciplinary humanitarian
(March 22, 2023).

Organizers; COAVS and Institute of Ophthalmology



Awareness Session on "Computer Vision Syndrome" with **Mr. Mujeeb u Rehman Shami**. Prof. Zahid Kamal, Dr. Nasir Chaudhry, Kiran Shahzadi and Tayyaba Burhan did a comprehensive session on the occasion.

Optometry Section

Update by Optom. Ayesha Saleem on events organized by optometry department;

1. Started first 3-month Opticianry Refresher in collaboration with Society of Optometrists, Orthoptists and Oculists Pakistan (SOOOP) and Lahore Association of Opticians (LAO).
2. Organized welcome Orientation Session for BSc. First year of 13 Medical Technologies.
3. Organized Ocular Prosthesis Workshop.
4. World Optometry Day celebration done.
5. Optom. Ayesha Saleem conducted workshop on Low Vision and delivered keynote lecture on inclusive eye health in RASCON conference.



Orientation Session for 13 Medical Technologies, 1st Year, BSc, King Edward Medical University



World Optometry Day, 2023



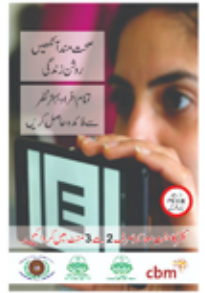
Opticianry Lab Inauguration by Prof. Mahmood Ayaz, Vice Chancellor, KEMU



3-month Opticianry Refresher by Sooops & LAO



Audit meeting of the QEC, COAVS- KEMU & submission of self-Assessment Reports



Targets achieved in Q1-2023 by Peek Project, Chakwal

1. Training of screeners in using Peek technology was conducted.
2. A skill enhancement training was organized (for new Optometrists hired in Year 2022) at COAVS. The training was from 2 - 7 January, 2023, under the supervision of Consultants (at Refraction Clinic, Glaucoma Clinic, Low Vision Clinic, Paediatric, Diagnostics & Principal, COAVS office
3. Target achieved for PEEK Chakwal.

Peek Screening	Screening	Referred to Triage	Attended @Triage	True +ve @Triage
Schools by SH&NSs	6,663	906	568	262
District Chakwal @BHUs by LHV's	81,685	11,111	8,544	7,916
Screening@ Doorstep	123,694	3,326	1,574	1,148

Inclusive Eye Health Training Workshop under PEEK project-Layyah

One-day training with 24 participants from Layyah, Multan, LRBT, CBM and COAVS; facilitated by Ms. Sara Ikram and Ms. Fatima Zehra.

(Feb. 3, 2023)



Lesson Learnt Workshop under PEEK project-Layyah

One-day Lesson Learnt Workshop was conducted with 36 participants from Layyah, Multan, SIOVS, LRBT, CBM, COAVS; Workshop sessions were facilitated by Ms. Fatima Zehra.

(Feb. 4, 2023)



World Glaucoma Day at District Layyah

World Glaucoma Day celebrated at RHC and district level in collaboration with our community – mobilization partner HANDS Pakistan at District Layyah from (12-18th March 2023).



International Women Day celebrated in Khushab Miananwali and DG. Khan under National Sight Restoration Project (NSRP) in collaboration with Fred Hollows Foundation.



Workshop on Inclusive Health in Collaboration with College of Physicians & Surgeons, Pakistan (CPSP)

A pre-conference workshop was organized at the Regional Office of the College of Physicians & Surgeon Pakistan on inclusion in healthcare. Health professionals from various disciplines participated and appreciated this applied and unique concept presented. The workshop focused on addressing the **general health needs of people with disabilities** and other marginalized sections of community who have difficulty in accessing health care services. Workshop design conformed the WHO guidelines on developing disability-inclusive health system. Training team included Prof. Zahid Kamal Siddiqui, Principal, COAVS, Ayesha Sarfraz, Orthoptist, Advocate Omer Perwaiz, Arshad Awan, Speech Language Pathologist and Sara Ikram, Focal person, Inclusion and Safeguarding. **(Jan. 6, 2023)**

Group planning on how to make **health facilities, population-based screening and Public Health Programmes inclusive** and accessible was worked out by team of healthcare professionals during workshop. The team also discussed community-based inclusive development, UNCRPD, SDGs, and the need for early detection and management. As workshop was a great success, thanks to the efforts of the organizing team, with special gratitude to Prof. Asad Aslam Khan, who had initiated the inclusive eye health module for the eyecare family (2016) and activated National Inclusive Eye Health Task Force (2017) during his tenure as Chairperson, National Committee for Eye Health, Pakistan.

The workshop was well received, and Prof. Dr. Iqbal Hussain Dogar, Principal, Gujranwala Medical College (GMC) organized a seminar on 20th March, 2023. During seminar, Commissioner, Gujranwala, launched **Pakistan's first Inclusive Health Society** of students at GMC to create network of medical students who are committed to promote equitable and accessible health services in the city.

To mark **International Women's Day**, the College of Ophthalmology and Allied Vision Sciences organized a Free Screening camp in the vicinity of Blood Bank Mayo Hospital. In this activity, Optom. Beenish Latif with students of vision sciences and ophthalmic technician programme rendered their services. This activity was organized under the leadership of Principal Professor Zahid Kamal. Miss Noreen Fatima, Sociologist was the organizer of this activity. **(March 8, 2023)**



Ophthalmic Nursing Section



To comply Readiness / Action for Implementation of Prime Minister's **Cardiopulmonary Resuscitation (CPR) Training Initiative, "Life Saver"**, COAVS organized a life-saving basic activity and have trained 650 doctors, nurses, post graduate, graduate, under graduate and supporting staff (sanitary worker, security guards, gardener, electrician, computer operator etc.). This quarter 126 students of 1st Year, BSc, Allied Health Sciences and Vision Sciences completed their training. The objective of this training was to equip the employees and students to deal with life-threatening situation. Coordinator of the activity is Mrs. Tehsina Akram.

An **Award Distribution Event** was organized at the College of Ophthalmology and Allied Vision Sciences (COAVS-KEMU) today. It awarded certificates to doctors who completed training in Sub-specialization Program of Ophthalmology. Medals of achievement were awarded among nurses pursuing one-year post-basic diploma in ophthalmology with 100 % result in Punjab Nursing Board Examination.



Orthoptic Section

Ayesha Sarfraz, Orthoptists from College of ophthalmology participated, as Facilitator/Guest Speaker, in Pre-conference Strabismus Workshop at Khyber teaching Hospital.



سُست نظر سُست نظر بچوں میں کم بینائی کی سب سے بڑی وجہ ہے۔ سُست نظر کا مناسب وقت پر علاج نہ کیا جائے تو نظر مستقل طور پر متاثر ہو جاتی ہے۔ اس کے بروقت علاج کے لیے ضروری ہے کہ بچے کی آنکھوں کا پیدائش کے فوراً بعد 6 ماہ، 3 سال، اور 5 سال کی عمر میں چیک اپ ضرور کروائیں اگرچہ ظاہری طور پر آنکھوں کی کوئی تکلیف یا علامات نہ ہوں۔

بھینگا پن بھینگا پن میں آنکھوں کی Alignment متاثر ہوتی ہے۔ اس کا نظر کی کمزوری اور سُست نظر سے بھی تعلق ہوتا ہے۔ اس کی بروقت تشخیص اور علاج انتہائی ضروری ہے تاکہ نظر کو محفوظ رکھا جاسکے۔

بچوں میں بھینگے پن کو دور نہ کرنے کی صورت میں ٹیڑھی آنکھ کے سست رہ جانے کا اندیشہ ہوتا ہے اور اگر ایسا ہو جائے تو پھر بینائی بحال نہیں کی جاسکتی۔ اس لیے والدین بچوں کے جلد از جلد علاج کے لیے آرٹھوپٹیسٹ اور ماہر امراض چشم سے مشورہ کریں تاکہ آنکھ کو سیدھا کر کے نظر اور خوبصورتی بحال رکھی جاسکے۔

یاد رکھیں! یہ مرض بروقت علاج، عینک اور تجویز کردہ آنکھوں کی ورزش سے بہتر ہو سکتا ہے۔



آرٹھوپٹیسٹ (Orthoptists) کا شعبہ اور ذمہ داریاں

آرٹھوپٹیسٹ منفرد صلاحیتوں کے حامل ماہر پروفیشنلز ہوتے ہیں جو سُست نظر، بھینگا پن، دود و نظر آنا، آنکھوں کی حرکت کے مسائل اور دیگر کی تشخیص میں اہم کردار ادا کرتے ہیں۔ تشخیص کے ساتھ ساتھ وہ ان بیماریوں کا علاج عینک، مخصوص عدسوں، شیشوں، پرزما اور مختلف Exercise سے کرتے ہیں۔ اور ضرورت پڑنے پر آپریشن سے متعلقہ علاج کے لیے مریض کو آفتھلما لوجسٹ کو ریفر کرتے ہیں۔