



# Eye Health Promotion Eye Donation For MO



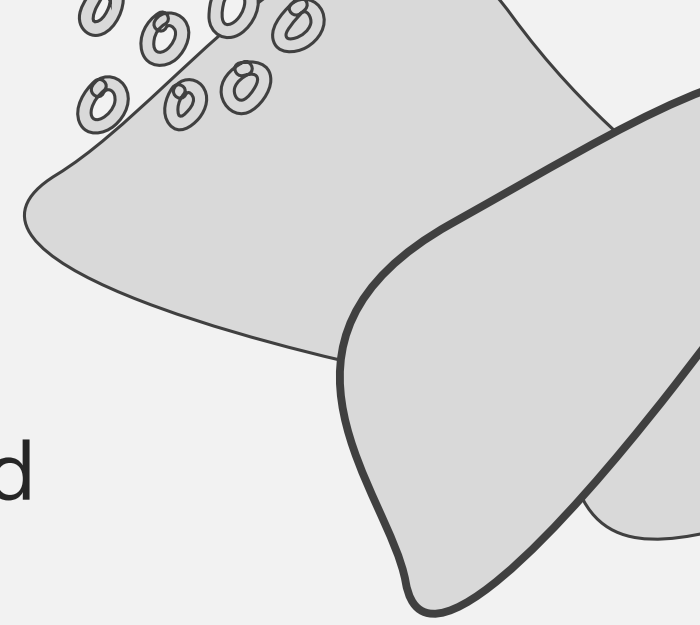


# LEARNING OBJECTIVES

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

The concept of eye health promotion

- The healthy practices for eye care/health
- General health messages for eye care
- Special eye care messages for mothers and caregivers for their children
- Eye Donation
- Role of Medical Officers in Eye health promotion and in eye donation





# EYE HEALTH PROMOTION FOCUSES 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/cured at an early stage.

## Educating

Educating the community regarding common eye problems by spreading simple messages.





# NEED AND IMPORTANCE OF COMMUNITY OUTREACH

## Create awareness

About common eye diseases and treatment methods

## Helps to reach the rural poor

- Who ignores treatment due to:
- Lack of awareness regarding the availability of Treatment modalities/facilities
- Lack of money & transportation facilities
- No one to accompany them
- Daily wage-earning losses

## Helps to reduce curable blindness

Train the ophthalmologist and paramedical staff in compassionate patient care







# HEALTHY EYES : MUST AND ALWAYS DO

## Do not put

Do not put any medication into your eyes unless prescribed by a health care provider. Do not use other person's eye drops or expired eye drops



## 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, wood, crops etc.



## Wear

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



## Keep

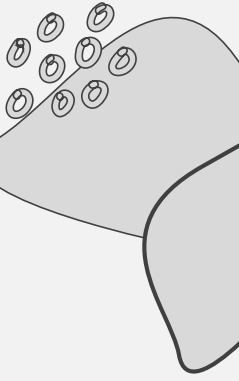
Keep hands and faces clean to avoid infections, including eye infections.



## Eat

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





# HEALTHY EYES:

## CARE IN SPECIFIC SITUATIONS

Situations
If you have an eye injury, if your eyes are painful or if your vision suddenly becomes poor.
If you have diabetes
If you have a relative with glaucoma
If your eyes come in contact with any chemicals or substances that burn or sting
If you have problems seeing small nearby objects or when reading.

Action for Care
Go to the hospital/Eye specialist 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.
Go to your nearest health care facility as soon as possible. You may need glasses for near work.



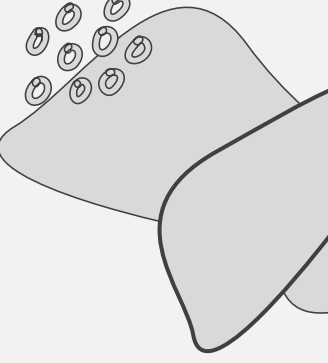


# HEALTHY EYE MESSAGES FOR MOTHERS AND CAREGIVERS FOR THEIR CHILDREN



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





# HEALTHY EYE MESSAGES FOR MOTHERS AND CAREGIVERS FOR THEIR CHILDREN

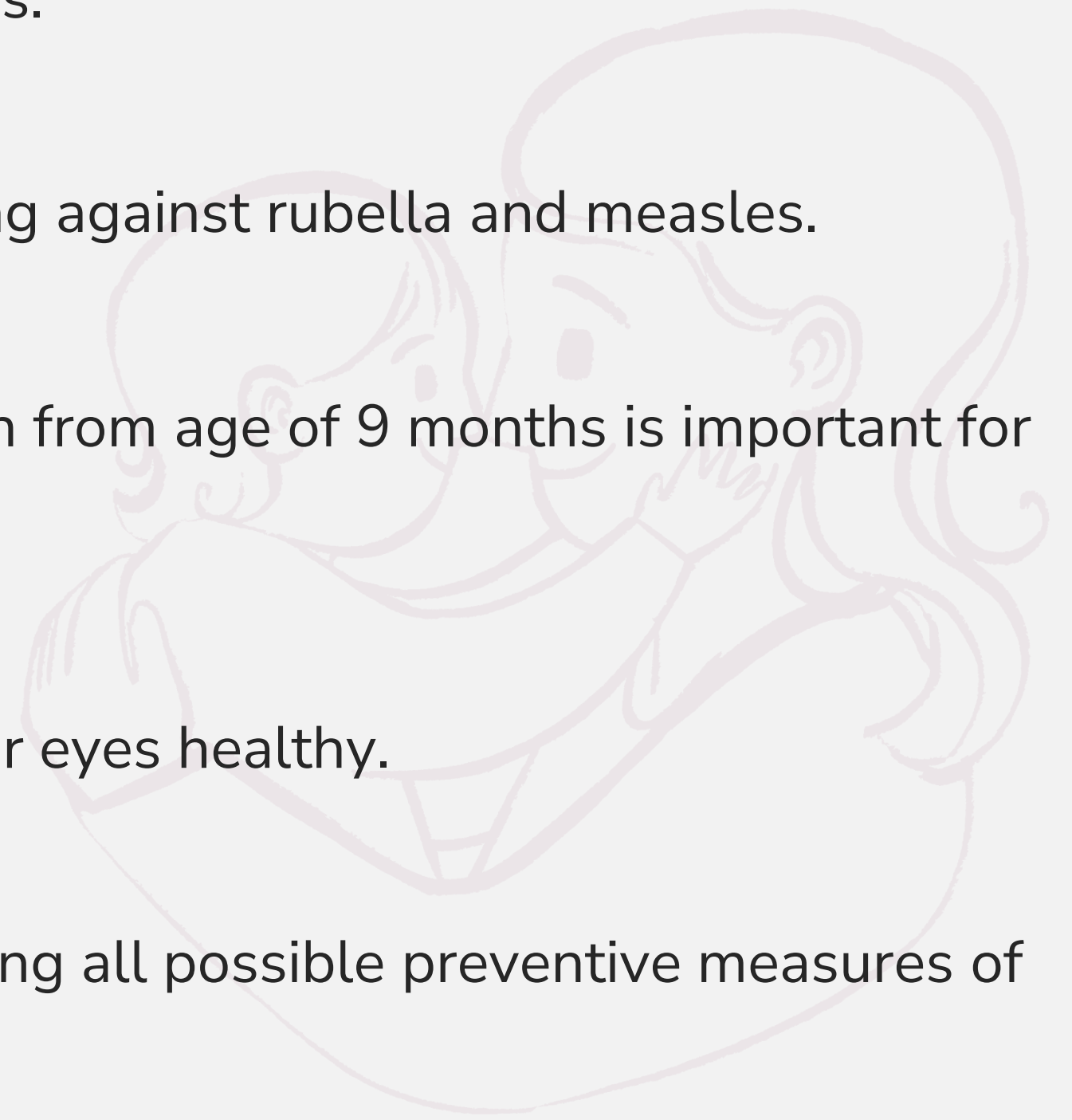
7. Promote early and exclusive breastfeeding for six months.

8. Mothers and children should be fully immunized including against rubella and measles.

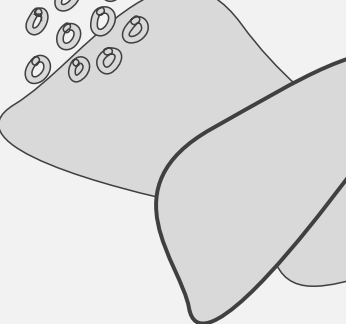
9. Regular vitamin A supplementation of preschool children from age of 9 months is important for good vision and healthy growth.

10. Children should eat foods rich in Vitamin A to keep their eyes healthy.

11. Children should be made secure while traveling by taking all possible preventive measures of having eye injuries.







# HEALTHY EYES : SIMPLE EYE CARE MESSAGES

1. Keep Eyes Clean by washing them with water, especially before going to bed
2. Use a clean cloth to wipe your eyes. Do not use Pallu of saris, Dhoti, or sleeves of your clothing as these have dust/dirt on them which may lead to eye infections
3. Each family member should use separate towels/handkerchiefs to avoid the spread of infection
4. People with Eye infections should not go to swimming pools and avoid crowded places
5. Do not work in poor light as this may strain the eyes.





# HEALTHY EYES : SIMPLE EYE CARE MESSAGES

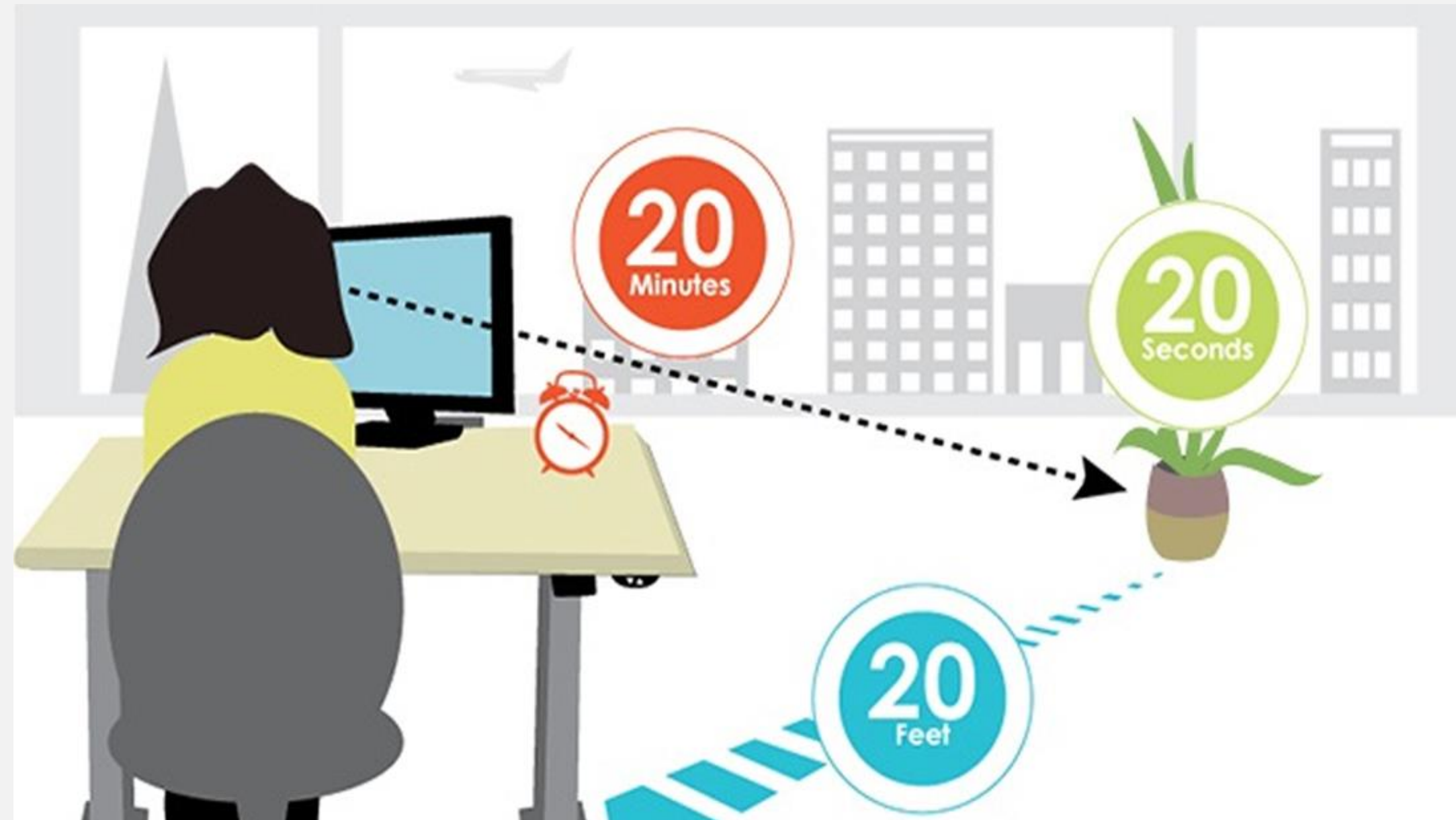
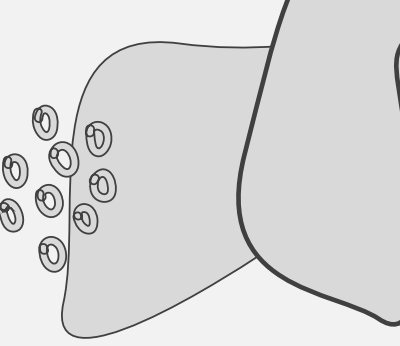


6. Avoid the Glare and do not stare at the Sun or bright objects. Use Sun-glasses/umbrella etc.
7. Eat Vitamin A rich diet like milk, butter, ghee, green leafy vegetables, eggs, fish, etc
8. Do not use home remedies such as eye medication or medicine given by roadside quacks or chemists without a prescription.
9. In case of any eye symptoms seek medical care from an eye specialist
10. Use the 20-20-20 rule while working on Computers, Laptops, or similar devices





# 20-20-20 RULE OF EYE CARE



TO PREVENT DIGITAL EYE STRAIN

TAKE A  
**20**  
SECOND BREAK

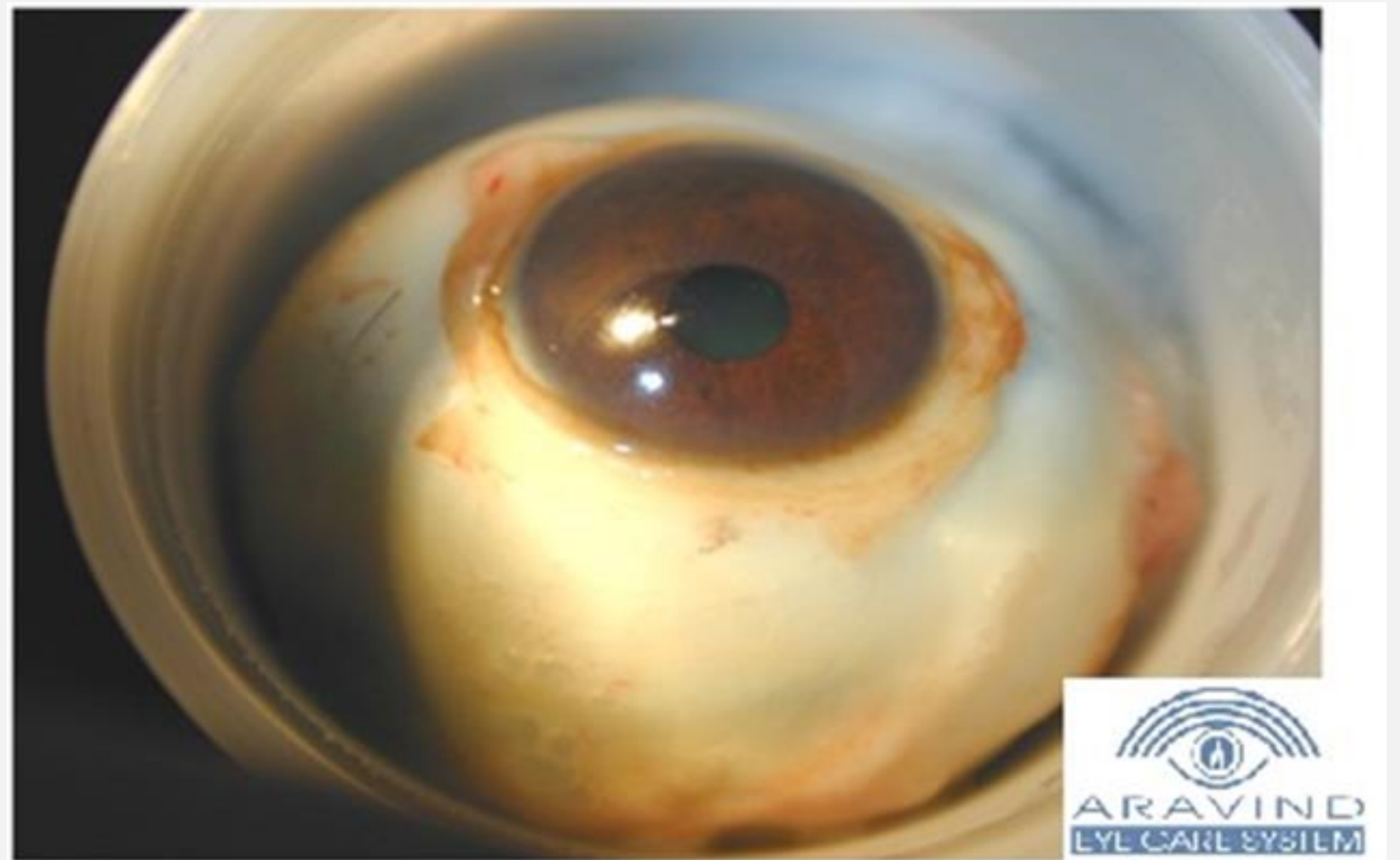
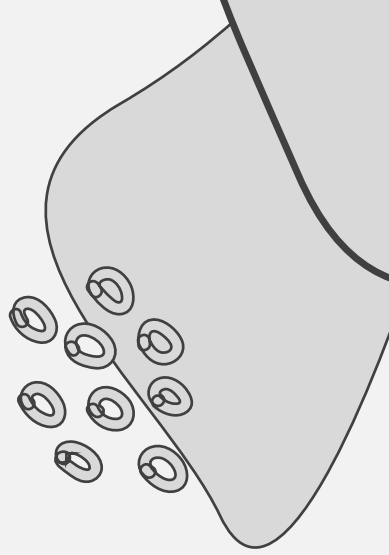
EVERY  
**20**  
MINUTES

LOOK AT SOMETHING  
**20**  
FEET AWAY



# EYE DONATION

Donating one's eyes after death is called Eye donation. It is a voluntary act and does not entail any cost. A person of any age, sex, religion, or caste can donate their eyes.







# EVALUATION

1. The process of taking corneas out of the face takes less than \_\_\_\_minutes and corneas must be donated within \_\_\_\_\_ hours of death.

2. A person who has undergone cataract surgery cannot donate his/her eyes.

**True/False**

3. Unclean hands can spread the infection to the eyes. **True/False**

4. Regular \_\_\_\_ of pre-school children from age of 9 months is important for good vision and healthy growth.

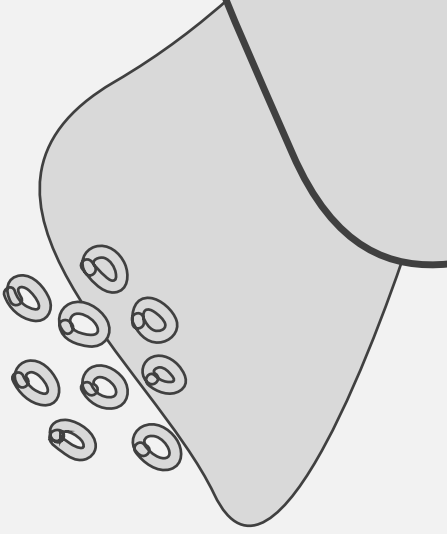
5. Persons with which disease should get a regular eye examination done?

6. If you have a \_\_\_\_\_ have an eye examination for glaucoma at least once a year.





# ANSWERS



1. The process of taking corneas out of the face takes less than 20 minutes and corneas must be donated within 6 hours of death.
2. A person who has undergone cataract surgery cannot donate his/her eyes. False
3. Unclean hands can spread the infection to the eyes. True
4. Regular vitamin A supplementation of preschool children from age of 9 months is important for good vision and healthy growth.
5. Persons with which disease should get a regular eye examination done? Diabetes
6. If you have a relative with glaucoma, have an eye examination for glaucoma at least once a year.





# Thank You

