

Himalaya Insight



AN ANNUAL MAGAZINE AND REPORT OF HIMALAYA EYE HOSPITAL



2079/2080

A PUBLICATION OF HIMALAYA EYE HOSPITAL
Gharipatan, Pokhara 17, Nepal

Published by:

Nepal Netra Jyoti Sangh

Himalaya Eye Hospital Gharipatan, Pokhara 17

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Printed at:

Ozone Offset Press

Pokhara-8, Jalpa Road

Volume 4; Issue 1

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Nabin Baral

Message from the Chairman, Hospital Management Committee



अन्धोपन निवारण गर्ने उद्देश्यले स्थापना भएको नेपाल नेत्रज्योति संघको पहलमा आई केयर फाउण्डेसन नेदरल्याण्डको आर्थिक तथा प्राविधिक सहयोगमा गण्डकी, धौलागिरि र कर्णाली अञ्चलको दुर्गम तथा हिमाली क्षेत्रमा सेवा गर्नका लागि २०४९ साल फागून १७ गते स्थापना भएको यस हिमालय आँखा अस्पतालको ३१औं वार्षिकोत्सव मनाउन पाएकोमा गौरव महसुस गरेको छु। यस अवसरमा दातृ निकाय, सहयोगीहरू, नेपाल नेत्रज्योति संघ अस्पतालका पूर्व अध्यक्षहरू, व्यवस्थापन समितिका सदस्यहरू, नेत्र विशेषज्ञहरू, कर्मचारीहरू तथा शुभेच्छक संचारकर्मी सबैलाई आभार प्रकट गर्न चाहान्छु। ३०औं बर्ष पुरा गरि ३१औं वर्षमा प्रवेश गर्दा यस अस्पतालमा एक secondary level अस्पताल सहित ३० वटा आँखा उपचार केन्द्र सञ्चालन आएको र नेत्र सहायक तालिम, Bachelor of Optometry / Master of Optometry कक्षा सञ्चालन भै रहेकोले आगामी दिनमा गुणस्तरीय सेवा प्रदान गर्ने, Doctor of Medicine in Ophthalmology (MD Ophthalmology) कार्यक्रम सञ्चालन गर्ने प्रण गर्दै आगामी दिनमा नेपाल नेत्रज्योति संघ केन्द्रिय कार्य समिति, दातृ निकाय, नेत्र विशेषज्ञ, कर्मचारीहरूको सहयोग, सल्लाह यस अस्पतालले निरन्तर रूपमा पाई राख्ने आस र विश्वास लिएको छु। अन्तमा ३१औं वार्षिक उत्सवमा सबैलाई हार्दिक शुभकामना व्यक्त गर्दछु।

वरीष्ठ अधिवक्ता सुरेन्द्र थापा मगर
अध्यक्ष

31st Anniversary Message from Medical Director



It is our honor to publish this annual magazine on the auspicious occasion of the 31st Anniversary of Himalaya Eye Hospital.

Since the establishment of our hospital in 1993 A.D. It has been rendering service to many patients residing in Gandaki & Karnali Province. The service of our hospital has improved in many folds and dimensions.

However, we need to strive for more. We are planning to lead the hospital towards center of excellence. Not only that we need to develop our hospital for medical tourism hub where not only native people but also foreigners can receive our services.

This is all possible by the support of our donors, ever growing faithful patients and all very enthusiastic and hardworking staffs.

I heartily thank all our well-wishers, donors, staffs, board members and patients to bring this hospital to this position.

Prof Dr Eliya Shrestha
Medical Director
Himalaya Eye Hospital
Gharipatan 17, Pokhara, Nepal

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VISION, MISSION AND VALUES



Elimination of avoidable blindness from Gandaki and Karnali Province



To develop and provide high quality, sustainable, comprehensive and affordable eye care services to people residing in Gandaki and Karnali Province

To make comprehensive and equitable eye care services accessible in the Gandaki & Karnali Province through expansion of services

To produce qualified & skilled human resource to meet the eye care need of the country.



Integrity

We act ethically, accept personal accountability, communicate openly and honestly and treat everyone with trust and respect

Care

We treat patients with respect and are compassionate, thoughtful and responsive to their needs and sensitive to diversity

Teamwork

We communicate openly, respect diversity of views and skills and work effectively with partners and in multi-disciplinary teams to deliver the best outcomes for organization

Part I

2023: Brief Reflection

Hospital Service:

2023 was another remarkable year in HEH history as we received the highest number of OPD in the hospital. **191,190** is the exact number of patients seen in the OPD in the year 2023. Partially, it is due to the conjunctivitis outbreak; it spread all over the Nepal and OPD was busy with the conjunctivitis infected patients. At the midst of conjunctivitis outbreak, around 60 to 75 percent of total patient were occupied by infected patient. In the busiest day we witnessed **1,326** OPD on 6th Aug, 2023, which is the highest OPD in a day in HEH history. We tried to cope with the patient crowd by expanding separate red eye vision unit. Likewise, organized the press meet to increase public awareness. School remained closed for a week as Pokhara Metropolitan city announce it as an action to break the spread of conjunctivitis.

Likewise, Seasonal Hyper Acute Pan Uveitis (SHAPU), a mysterious blinding disease only seen in hilly region of Nepal; specially Pokhara and peripheral areas was seen in the year. It mainly, impacted to children and young people. **98** SHAPU patients reported in hospital during the year. We tried to spread the public awareness about SHAPU with poster, press meet and awareness program. Nepal Government took the initiation on this and organized online training/awareness meetings to government health care individuals. As a result, SHAPU have been registered in Early Warning and Reporting System (EWARS) of Nepal government for timely reporting and early detection of diseases to take the preventive action before it becomes epidemic.

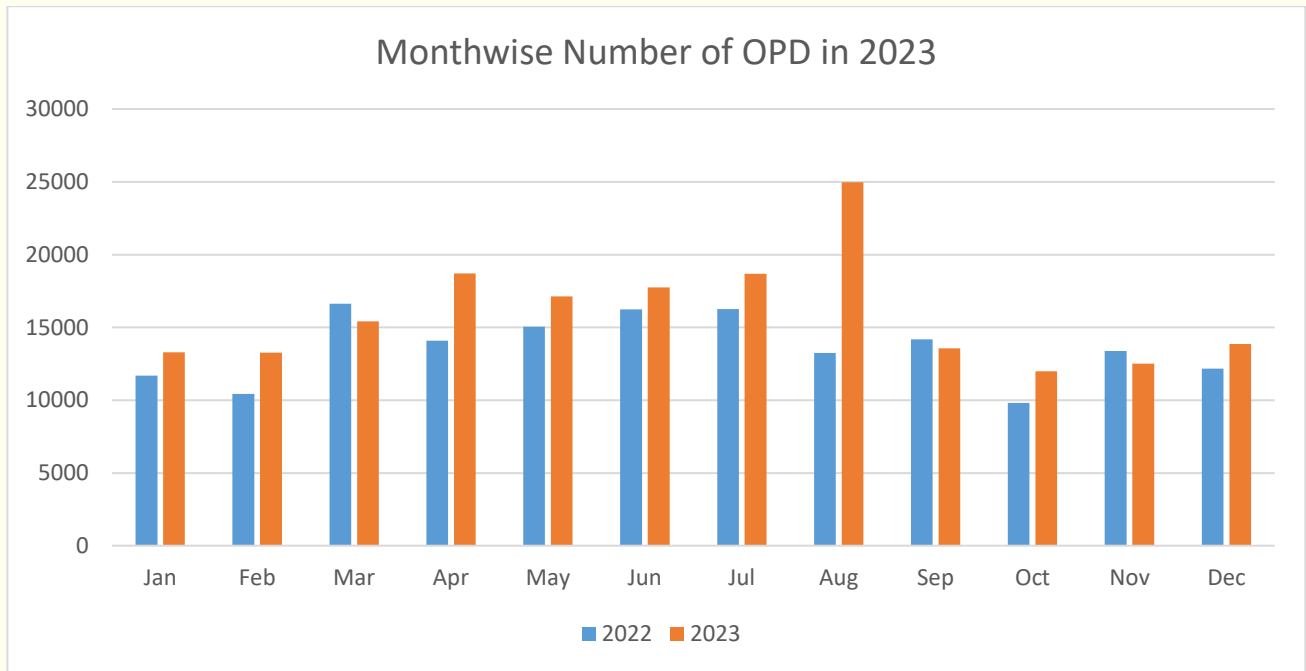
In the year 2023, we also witnessed the highest number of surgeries in a year in HEH history. **8,846** surgeries have been done in base hospital whereas, 2,314 surgeries were performed in surgical eye camps.

The summary of OPD and surgeries in HEH for the year 2023 are as follows:

Hospital Services in Number for the Year 2023

Month	Number of OPD	Cataract Surgery	Other Surgery+ Avastin Injection	Total Surgeries
January	13296	439	252	691
February	13273	428	224	652
March	15426	645	301	946
April	18709	501	227	728
May	17126	554	324	878
June	17759	512	271	783
July	18685	452	276	728
August	24975	396	278	674
September	13556	371	232	603
October	11993	308	245	553
November	12526	433	275	708
December	13866	600	302	902
Total	191190	5639	3207	8846

The month wise OPD with comparison of Last Year OPD is as follows in a bar diagram.



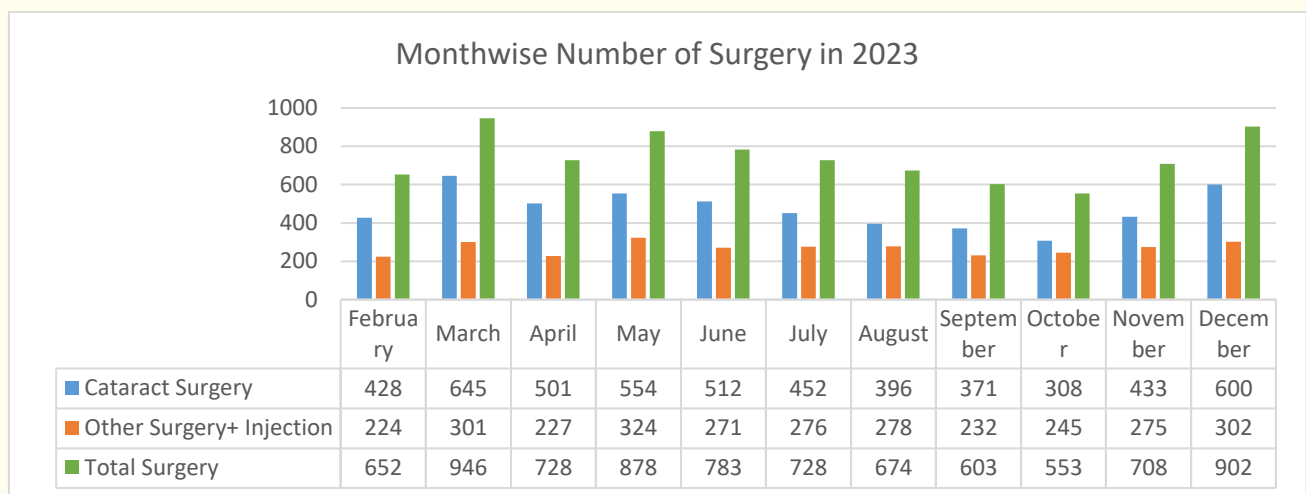
Gender wise Distribution of OPD



Age wise distribution of OPD



Number of Surgeries in a year 2023 is as follows:



Disease Wise Number of Surgeries in the Base Hospital (HEH)

Cataract:

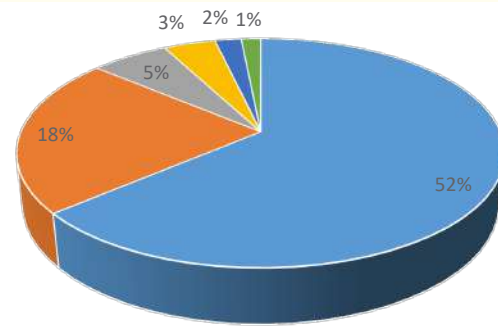
Description	2022	2023	Increase/(Decrease)
SICS	1484	1391	-6%
PHACO	3386	4248	25%
Total	4870	5639	16%

Glaucoma:

Description	2022	2023	Increase/(Decrease)
GLAUCOMA TRAB	73	138	89%

Oculoplastic:

Description	2022	2023	Increase/(Decrease)	
Amniotic Membrane Graft	2	11	450%	
BLEPHAROPLASTY	15	21	40%	
BOTOX INJECTION	69	75	9%	
Canalicular/CANALLCULUS Repair	7	2	(71%)	
CYST REMOVAL	96	72	(25%)	
DCR	25	36	44%	
DCR WITH INTUBATION	1	8	700%	
	Silastic tube	6	6	0%
Ectropion Correction	1	1	0%	
ELECTIRC EPILATION	1	-	-	
ENTROPION WITH & W/O GRAFT	2	9	350%	
ENTROPION WITH GRAFT		3	-	
ENUCLEATION		1	-	
Epiblepharon Correction	7	19	171%	
EVISCERATION	16	18	13%	
Fornix Reconstruction	1	3	200%	
LID LACERATION REPAIR	6	9	50%	
LID RECONSTRUCTION	7	3	(57%)	
LID TUMOR EXCISSION		1	-	
ORBITOTOMY	7	11	57%	
OSSN Removal	4	3	(25%)	
Papilloma Excision	8	4	(50%)	
PROBING	2	2	0%	
PTOSIS CORECTION	Frontalis Sling	10	7	(30%)
	LPS Resection	8	12	50%
TARSHORAPHY PERMANENT	3	3	0%	
THREE SHIP SURGERY	-	3	-	
Wart Excision	9	21	133%	
Total	313	364	16%	



■ Cataract ■ Retina ■ Sclero-Cornea ■ Oculoplasty ■ Other ■ Glaucoma

Retina Surgery:

Description	2022	2023	Increase/ (Decrease)
ANTERIOR VITRECTOMY	5	20	300%
AVASTIN INJECTION	1,795	1,743	(3%)
C3F8 Surgery	3	16	433%
INTRAVITRAL INJECTION	47	76	62%
PARS PLANA POSTERIOR VITRECTOMY	34	75	121%
PPV + Cataract	3	-	(300%)
PPV + SILICON OIL	19	23	21%
SILICON OIL REMOVABLE	16	23	44%
Cataract + SOR		1	-
CYCLO CRYO		2	-
RD WITH SCLERAL BUCKLING		2	-
Total	1,922	1,981	3%

Sclero-Cornea Surgery:

Description	2022	2023	Increase/ (Decrease)
CORNEAL PERFORATING INJURY, RESUTURING		71	27%
CORNEAL SURGERY	1	0	(100%)
INTRA CORNEAL F.B. REMOVAL	5	7	40%
KERATOPLASTY	1	11	1000%
PTERYGIUM	15	12	(20%)
PTERYGIUM WITH GRAFT	297	419	41%
CORNEAL CROSS LINKING	0	21	-
Total	375	541	44%



Other Surgery:

Description	2022	2023	Increase/ (Decrease)
AC FORMATION	38	10	(74%)
CHALAZION		5	-
CONJUNCTIVAL LACERATION REPAIR	1	1	0%
HYPHEMA WASH	14	16	14%
Hypopyon Wash	3	16	433%
IOL Redialling		2	-
MINTOMYCIN INJECTION		1	-
OTHER MAJOR SURGERY	2	1	(50%)
PUS DRAIN		2	-
Resurgery (Revision)	9	91	911%
SALINE WASH	1	1	0%
SQUINT	35	29	(17%)
Cortex Wash	13	8	(38%)
Total	116	183	58%

Community Outreach Services:

HEH, since its inception; provides eye care services in Gandaki Province and few districts of Karnali Province. To reach the unreached community outreach services is playing crucial role. In community outreach, we conduct surgical eye camp, diagnostic screening and treatment (DST) camps, special screening camps and school screening program. Various donor organizations including Eye care foundation, DAK Foundation, Ridley Eye Foundation, Takam Foundation, Kadoori and many others are supporting us to conduct these camps.



In the year 2023, we conducted **52** surgical camps with **2314 cataract surgeries** done. Seen 29,169 OPD from **131** DST camps and distributed **580** free spectacles to school students conducting **43** school screenings.



Summary of the community outreach activities carried out in the year 2023 is as follows:

Outreach Summary for the Year 2023

Months	Surgical Eye Camp			DST			School Screening Program		
	Number	OPD	Surgery	Number	OPD	Referred for Surgery	No of Schools	No of Student examined	Glass distributed
January	5	1171	128	16	3119	76	8	4800	155
February	5	3036	246	29	6329	296	2	847	34
March	5	2186	263	18	3887	89	1	452	25
April	6	3058	412	11	3441	84	2	600	47
May	5	2652	256	4	1333	89	6	2075	102
June	2	0	45	8	2102	49	2	310	14
July	5	849	132	9	1497	46	4	1146	50
August	3	0	73	9	1961	88	4	1881	50
September	4	411	185	8	1903	118	1	397	7
October	4	575	153	5	1296	70	7	3148	50
November	4	1985	146	4	940	40	3	2026	31
December	4	1236	275	10	1361	26	3	1358	15
Total	52	17,159	2,314	131	29,169	1071	43	19,040	580

Performance of Secondary Hospital/Surgical Centers & Eye Care Centers in 2023:

To provide primary eye care services like management of common ocular disorders, health education, vision assessment, refraction, optical dispensing, school screening as part of outreach activities, and referral help Eye care centers were introduced. It is a fixed facility where an ophthalmic assistant, lens edgers are assigned to render the services. We have one secondary eye hospital, 2 surgical centers and 29 eye care centers. However, some eye care centers are facing the problem of Human Resource scarcity and others. To address such problem, a policy is in underway. From 3/4 years back, HEH has partnered with municipal authorities to establish such eye care centers. In this model, we provide the equipment and technical support, while salaries and other running costs are borne by the municipality. In such Eye Care Centers established under HEH support; 77,300 OPD have been seen in the year 2023.

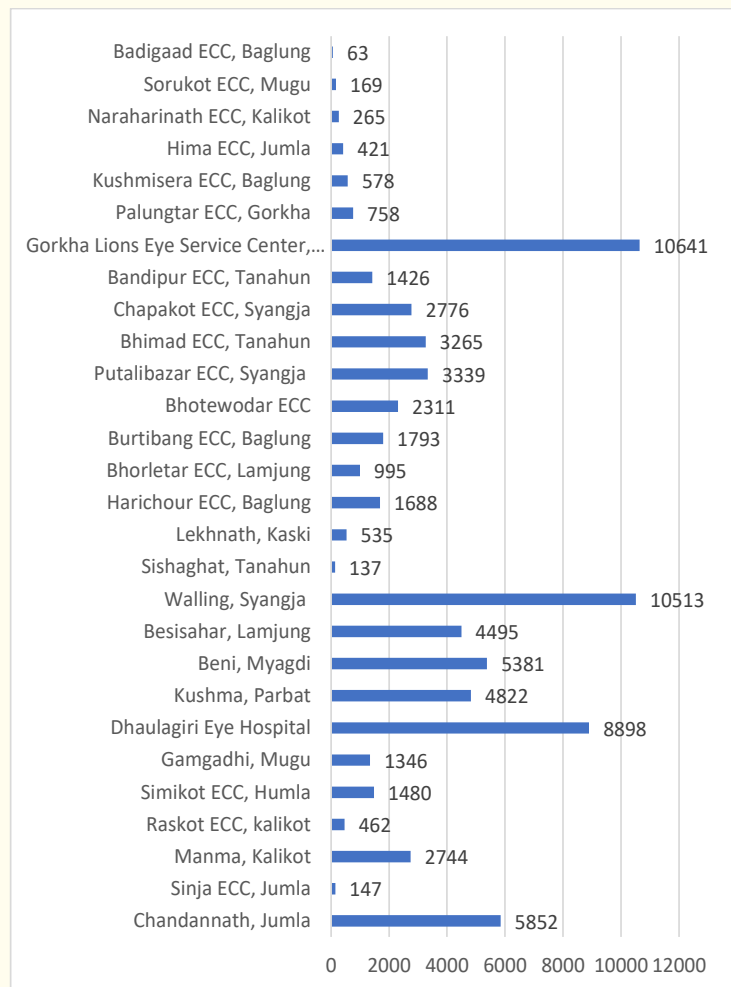
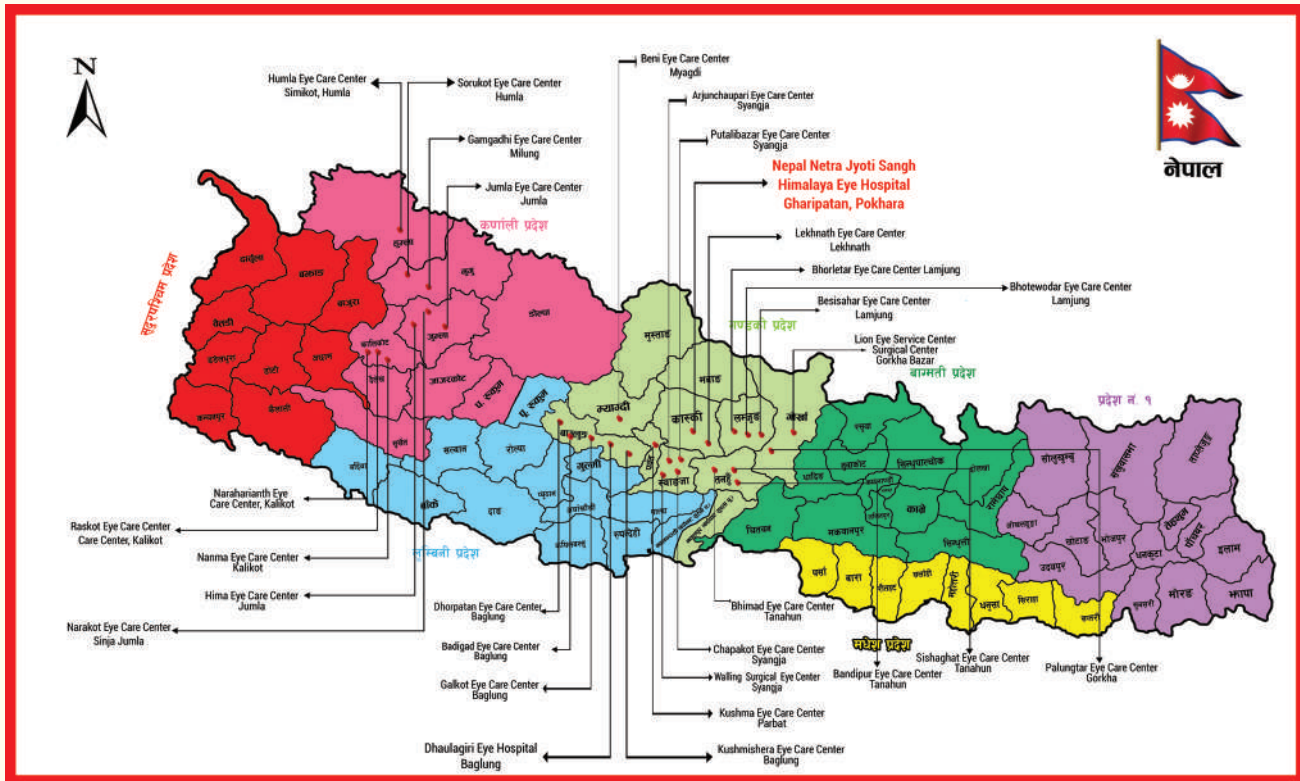


Fig. 5: OPD Performance of Eye Care Centers in 2023

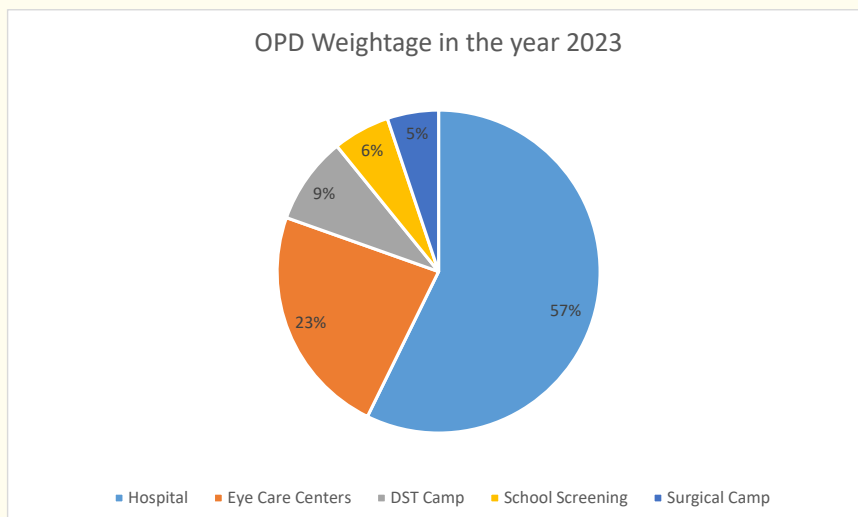
In OPD of the eye care centers/hospital/surgical centers; Gorkha Lions Eye Surgical center has performed a well compare to other centers. Badigaad ECC was established in 2023 included in the list.

Hospital & ECCs Networks:



OPD & Surgery Summary in 2023

Station	Number of OPD	Weightage	Number of Surgery	Weightage
Hospital	191,190	57%	8846	79%
Surgical Camp	17,159	5%	2314	21%
DST Camp	29169	9%	-	-
School Screening	19,040	6%	-	-
Eye Care Centres	77,300	23%	-	-
Total	333,858	100%	11,160	100%



Academic & Training Program:

We aimed to produce the qualified and skilled human resource required to provide quality eye care in the nation. Academic wing of Himalaya Eye Hospital, Himalaya Eye Institute (HEI), was established to deliver university level undergraduate and graduate programmes in Optometry. HEI is the joint constituent college of Pokhara University delivering Optometry education. Likewise; with the cooperation of Pokhara Technical School run under CTEVT, we were conducting Diploma in Ophthalmic Science (OA) program. We have only third year students studying in the program. We aimed to resume the program with cooperation of CTEVT.

There are 80 students studying in Bachelor of optometry currently and 12 students in Master of Optometry and 36 in Diploma in Ophthalmic Science Program. 16 & 11 students already graduated in bachelor and master of optometry program respectively. Likewise, five batches of Diploma in Ophthalmic Science (OA) academic and 130 nonacademic OA have already been graduated from the hospital till date.



Likewise, one day basic eye care training is being provided to female community health volunteers (FCHVs), school teachers and retail drug dealers. For short term training and Internship students come from various national and international institutions.

Laboratory:

Since mid-2022, Laboratory services have been renovated with the support of Late Mrs. Petronella Happel van Eik, and now run by HEH. Previously, it was outsourced. The laboratory is well equipped and Biochemistry, hematology, microbiology and histopathology services are being rendered.

Optical & Pharmacy Shop:

HEH owned an Optical and Pharmacy shop where patients get the required medicine, supplies, spectacles and contact lens smoothly and these services have greatly supported the hospital in financial sustainability. Patient are being provided 10% discount on MRP in medicines sold from Pharmacy.

Sub-Specialty Clinics:

HEH is strengthening its sub specialty services. Previously it was specified in a specific day for the sub-specialty consultation; now we are providing sub-specialty consultation services in daily basis as long as the consultant availability in the OPD. Fixed room have been assigned for the specified sub-sociality clinics. In the year 2023, 2,970 OPD patients have consulted in such subspeciality clinic. HEH is rendering specialty consultation in the following subspecialities :

- Vitreo-Retinal
- Glaucoma
- Orbit & Oculoplastic
- Cornea
- Paediatric & Strabismus

PART: II

Journey of 31 years of the Hospital

Himalaya Eye Hospital (HEH) has been working consistently for thirty-one years towards eliminating avoidable blindness from Gandaki and Karnali Province of the country by providing eye care services from base hospital (HEH), eye care centers (ECCs) and community outreach camps. The hospital was inaugurated on March 1st 1993 by the late King Birendra Bir Bikram Shah. The idea for establishment of the hospital was emerged after the Foundation Oogkamp Himalaya, Dutch based organization won the Libelle Puzzle Marathon prize back in 1985 after successful completion of surgical eye camps in remote areas of Nepal by ophthalmologist Gerard Smith and team. The prize provided them extra money which was used to build HEH infrastructure, run training courses, acquisition of expertise and hospital capacity.¹

By 1978, Nepal Netra Jyoti Sangh (NNJS) was established as a National Society for Comprehensive Eye Care under the Health Co-ordination Committee of the Social Services National Co-ordination Council. Later it was strengthened in 1980 as a full-fledged non-governmental social welfare organization dedicated to facilitate an easy approach to provide all the possible facilities with regard to the treatment of eye patients in Nepal.²

The foundation Oogkamp Himalaya (now called Eye Care Foundation) partnered with NNJS in establishment of HEH and district eye care centers (DECCs). The building of HEH was designed by Robert Powell, an Australian architect and artist who was successful in creating a design that aligned with local architecture and was friendly and pleasing to patients from the mountainous region.

In the early years of operation, HEH was financially supported by Eye Care Foundation and its Nepal programme was led by Deepak Lama. HEH first started with 39 clinical and non-clinical staff led by a Dutch Ophthalmologist Dr. Wouter Japing, the first Medical Director of HEH. For past thirty one years HEH has seen many progressive changes and other than the first 5 years it has been led by Nepalese Ophthalmologists. Currently the hospital is fully governed, owned and run by NNJS, a non-profit making, non-governmental, welfare oriented social organization to represent Government of Nepal in the sphere of eye care activities. HEH along with its partners earnestly working to provide comprehensive quality eye care services at affordable rates making eye care services accessible to all.

During the journey of fighting blindness for thirty years, HEH has provided eye care services to more than 3.5 million patients from HEH and community outreach camps. Operated more than 147 thousand eyes and distributed more than 12 thousand free spectacles to school students. By now, one secondary eye hospital, 3 surgical center and 26 eye care centers are being run under technical and financial support from HEH. Thanks to Peter de Boer, Gerard Smith and the Dutch people who initiated in fund raising and gifted this beautiful hospital to the people of Nepal. The 31st anniversary of the HEH is a significant milestone to celebrate. Nevertheless, there is still so much work to be done to eliminate avoidable blindness and vision impairment. HEH along with its partners and volunteers will continue to work towards making primary eye care accessible in the vicinity of people, affordable eye care services to all and imparting the knowledge to produce the human resources in eye care field.

31 Years in Number

Since inauguration of HEH in 1st March, 1993; we have seen **3,824,948** OPD including **2,352,747** OPD in the hospital and **14,72,201** in Community outreach Camps. Likewise, we have done **147,525** surgeries including **113,429** surgeries in hospital and **34,096** surgeries in Outreach Community Eye Camps.

1 Mission eye care, 2019, off to a flying start, pg. 15-18

2 Retrieved Feb 14, 2023 from NNJS website: <https://nnjs.org.np/about/history>

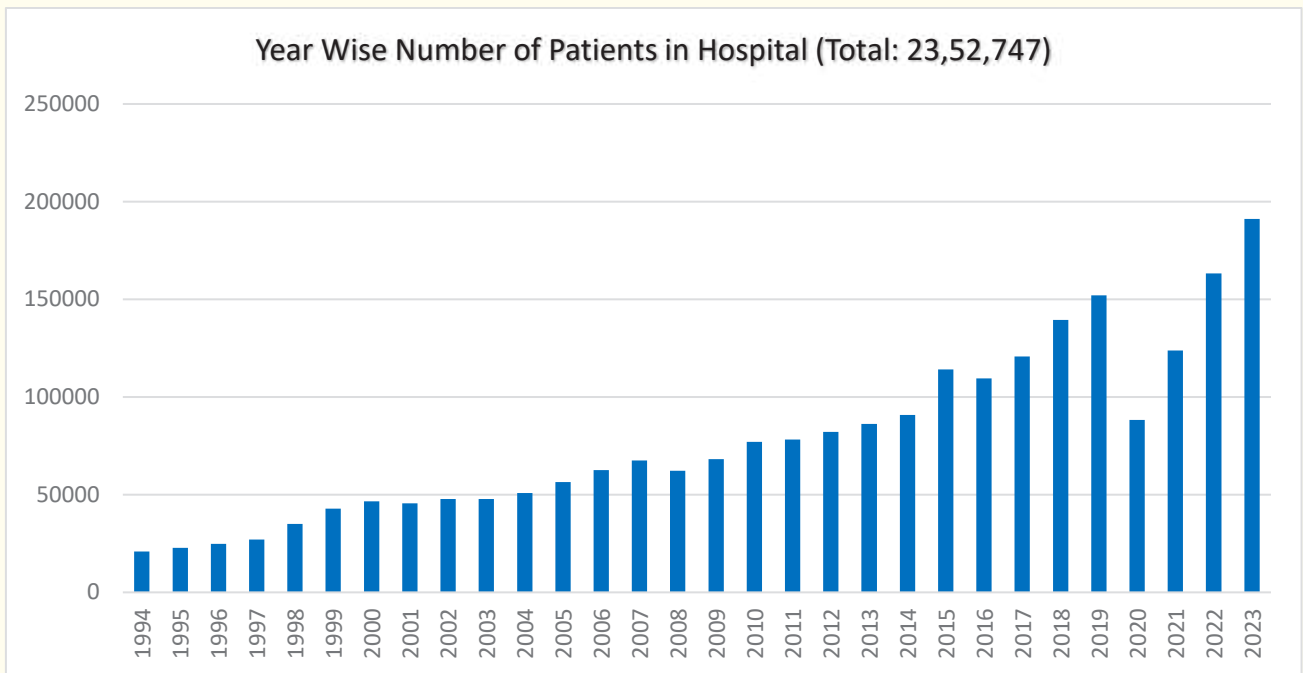


Fig. 3: Total number of outpatient consultations provided at HEH base hospital 1993-2023

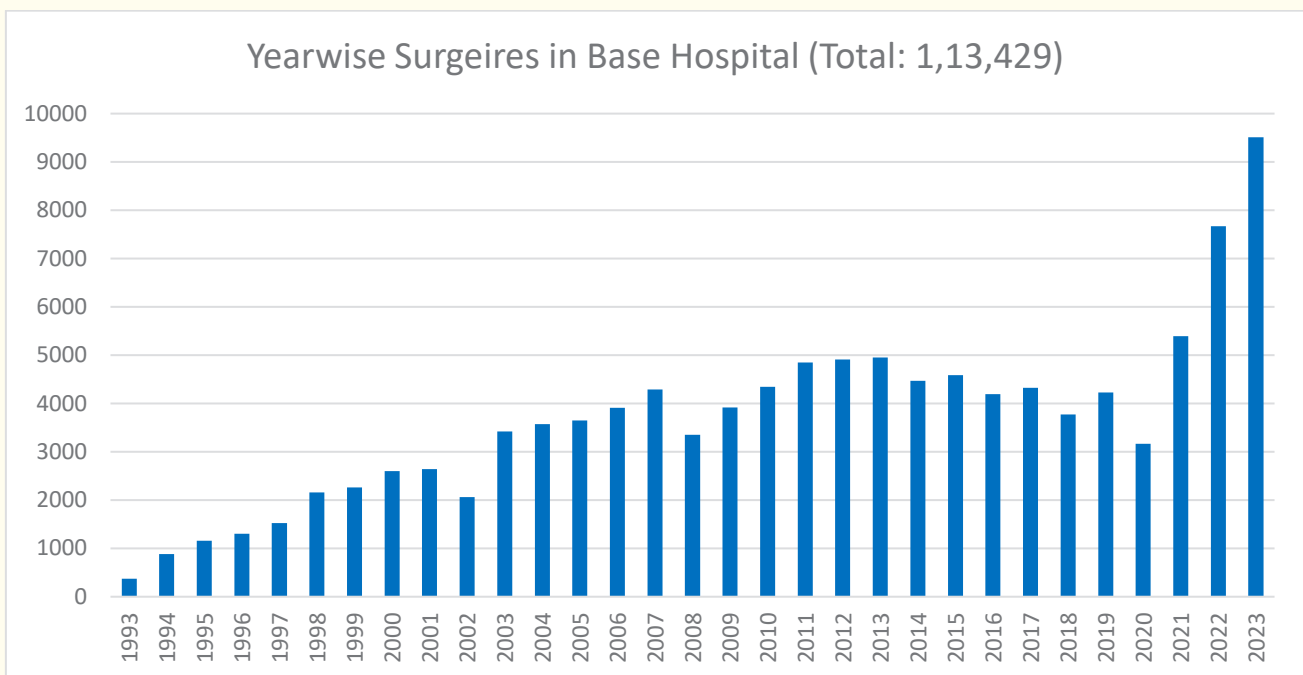


Fig. 4: Total number of surgeries performed at HEH base hospital 1993-2023

Year	No. of Surgical Eye Camp (SEC)	No. of OPD at SEC	No. of Surgery SEC	No. of School Screening	No. of Student	Glass Distribution	No. of DST	No. of OPD in DST Camp
1993-2013	123	87083	20781	1311	218924	6567	468	75053
2014	13	7679	993	87	34093	1068	119	25078
2015	19	8962	1325	48	22388	705	82	14991
2016	24	7999	1250	43	16783	542	116	21506

Year	No. of Surgical Eye Camp (SEC)	No. of OPD at SEC	No. of Surgery SEC	No. of School Screening	No. of Student	Glass Distribution	No. of DST	No. of OPD in DST Camp
2017	20	7590	1195	83	23519	425	72	12405
2018	27	6823	846	44	24731	504	119	20198
2019	44	12991	1302	67	25645	500	168	14875
2020	17	7485	1016	14	5824	191	10	2891
2021	26	10833	1411	19	8318	233	47	21816
2022	37	13511	1663	35	18502	592	119	32520
2023	52	17159	2314	43	19040	580	131	29169
Total	402	188,115	34,096	1,794	417,767	11,907	1,451	866,319

Some memories of the year 2023 in Photos:



Equipment handover Ceremony from Embassy of Japan in Nepal to strengthen the outreach activities of the hospital. Equipment provided on grant were AB Scan, Auto Refractometer/Keratometry, Anterior Vitrectomy & Laminar Flow Machine; 11st Oct, 2023

Some memories of the year 2023 in Photos:



45th NNJS Day Celebrated with Eye Examination of Journalists



Handover program of Remidio FOP NM-10 Camera in donation by Rotary Club of Pokhara



Annual Planning Workshop with Eye Care Center of Gandaki Province



Annual Planning Workshop with Eye Care Center of Karnali Province



Nepal Netra Jyoti Sangh Kaski Annual Assembly and Newly Elected Executive Committee Members Taking Oath



MOU with Eye Care Center Besisahar, Lamjung, after takeover of the hospital by provincial government



Farewell Program to the First Batch of Bachelor of Optometry Students

Some memories of the year 2023 in Photos:



Portable slit lamp and tonometer Handover by Takam Foundation before surgical camp in Manang



Basic Life Support Training to Paramedical Staff of HEH by Dr. Maya Lama & Team



Hospital Visit by Honorable Prof. Dr. Ram Prasad Pokhrel; Patron, NNJS



Waste Management Training from Waste Service to hospital staffs.



Dr. Madhusekhar (HOD IOL & Cataract Services, Arvind Eye Hospital) and Mr. Yesunesan (Senior Faculty, LAICO) Visited HEH and Shared the Insight on Practices HEH is following as Part of Enhancing Cataract Surgical Outcome (ECSSO) Collaboration.



Basic Eye Care Training Program to Female Community Health Volunteers (FCHVs) in Sundarbazar, Lamjung by Trainer Govinda Nath Yogi & Subash Nepal



Refresher training to Eye Care Centers' In charge of Karnali Province

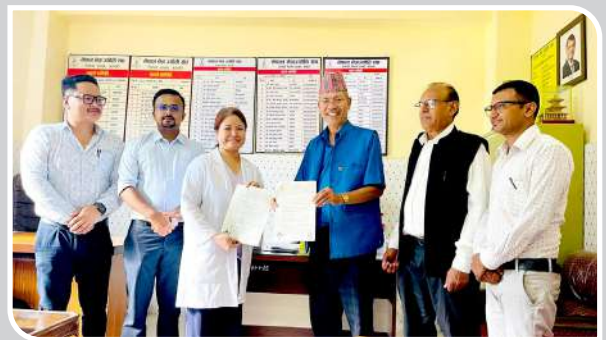
Some memories of the year 2023 in Photos:



Welcome & Discussion Program with BJORN STENVERS, Director of Eye Care Foundation with Hospital's Authorities



Hospital's Chairman Senior Advocate Surendra Thapa Magar Expressing his Votes of Thanks in Handover Ceremony of Patient Waiting Chairs by Gorkha Milan Samaj Pokhara



MOU signed Ceremony with Chairman of Gharou Basic Hospital Chairman & Municipality's Authorities for Starting Monthly Surgical Camp in Walling, Syangja



Handover of Equipment to the Chairman of Chankheli Rural Municipality by BJORN STENVERS, Director of Eye Care Foundation and Hospital's Authorities



Opening ceremony of Eye Care Center in Badigaad, Baglung with Municipality authorities, NNJS Baglung and HEH authorities



Ribbon Cutting Program of Eye Care Center Arjun Chaupari, Syangja by Medical Director Prof. Dr Eliya Shrestha



Handover Certificate by Traffic Police to HEH for technical Support in Eye Check-up Camp

Citizen Charter (नागरिक बडापत्र)

नेपाल नेत्रज्योति संघ
हिमालय आँखा अस्पताल
घारीपाटन, पोखरा - १७, कास्की, नेपाल
नागरीक वडा पत्र

क्र. सं.	सेवाको किसिम	आवश्यक कामजात	सेवा शुल्क	लाग्ने समय	सेवा उपलब्ध हुने दिन र समय	सेवा उपलब्ध हुने भवन/कोठा नं.	जिम्मेवार अधिकारी र गुनासो सुन्ने अधिकारी
क नाम दर्ता (Registration)							
साधारण बहिरङ्ग विभाग (General OPD)							
१	नयाँ नाम दर्ता (New Registration)	व्यक्तिगत विवरण	रु. ५०	एक मिनेट	सार्वजनिक बिदाका दिन बाहेक आईतबार देखी शुक्रबार (८:३५ बजे देखि २:०० बजे सम्म)	नाम दर्ता कक्ष	रजिष्ट्रेशन इन्चार्ज/ अस्पताल व्यवस्थापक
	पुरानो नाम दर्ता (Old/follow-up Registration)	पुरानो ओ. पि. डि. कार्ड	एक हप्ता भित्र - नि:शुल्क तत्पश्चात रु. ५०	(भिड अनुसार पालो कर्नु पर्ने हुन सक्छ)			
	स्वास्थ्य बीमा नाम दर्ता (Insurance Registration)	स्वास्थ्य बीमा बोर्डबाट जारी कियारिशिल बीमा कार्ड	बीमा बोर्डबाट तोक अनुसार	एक/दुई मिनेट (भिड अनुसार पालो कर्नु पर्ने हुन सक्छ)			
	स्पेशलिटी सेवाका लागि नाम दर्ता (Specialty OPD Registration)	पुरानो ओ. पि. डि. कार्ड	रु. १००				
पेईङ्ग क्लिनिक बहिरङ्ग विभाग (Paying OPD)							
२	नयाँ नाम दर्ता (New Registration)	व्यक्तिगत विवरण	रु. ३००	एक मिनेट	सार्वजनिक बिदाका दिन बाहेक आईतबार-बिहिबार (९:०० बजे देखि ३:३० बजे सम्म) शुक्रबार (९:०० बजे देखि २:३० बजे सम्म)	पेईङ्ग भवन नाम दर्ता कक्ष	
	पुरानो नाम दर्ता (Old/follow-up Registration)	पुरानो ओ. पि. डि. कार्ड	एक हप्ता भित्र - नि:शुल्क तत्पश्चात रु. ३००	(भिड अनुसार पालो कर्नु पर्ने हुन सक्छ)			
अन्य विशेष बहिरङ्ग सेवा (Other Special OPD)							
३	आकस्मिक बिरामी दर्ता (Emergency Registration)	व्यक्तिगत विवरण	रु. १००	तत्काल	२४ सै घण्टा	अस्पताल सञ्चालन समयमा नाम दर्ता कक्ष अन्य समयमा बाई (१६)	
	सार्वजनिक बिदा क्लिनिक (Public Holiday Clinic)	व्यक्तिगत विवरण	रु. ४००	अवस्था अनुसार	शनिबार र सार्वजनिक बिदाका दिनहरू (९:०० बजे देखि ११:३० बजे सम्म)	तोकिए अनुसार	

क्र. सं.	जौंचको किसिम	आवश्यक कामजात	सेवा शुल्क	लाग्ने समय	सेवा उपलब्ध हुने दिन र समय	सेवा उपलब्ध हुने भवन/कोठा नं.	जिम्मेवार अधिकारी र गुनासो सुन्ने अधिकारी
ख आँखा जाँच/अनुसन्धान सम्बन्धी सेवाहरू (Investigations and Related Services)							
१	IOP	विशेषज्ञको सिफारीस	नि:शुल्क	१-३ मिनेट	अस्पताल सञ्चालन रहेको दिन र समय भित्र	बहिरङ्ग विभाग कोठा नं. ५	बहिरङ्ग विभागीय इन्चार्ज, प्रमुख /अस्पताल व्यवस्थापक
२	BIOMETRY	विशेषज्ञको सिफारीस नमद तिरको रसिद (बील)	200	५ मिनेट			
३	BIOMETRY (OPTICAL)		1000				
४	CORNEAL TOPOGRAPHY		1000	१-२ घण्टा			
५	FFA		2000				
६	DISC / FUNDUS PHOTOGRAPHY		500	१० मिनेट			
७	OCT		2000	१० मिनेट			
८	OCT One Eye Insurance Patients		1500				
९	VISUAL FIELD (HVF) SERIES		2000	३० मिनेट १ घण्टा			
१०	Glaucoma Package Test (HVF, OCT, Fundus Photo, CCT)		4000	२-३ घण्टा			
११	OCT (ONH + Macular Thickness)		3000	५-१० मिनेट			
१२	CCT/ Axial Length		200				
१३	DRY EYE TEST		500	५-१० मिनेट			
१४	MEIBOGRAPHY		200				
१५	DRY EYE TEST WITH MEIBOGRAPHY		800				
१६	VEP, ERG, EOG		1200	२-३ घण्टा			

क्र. सं.	जौंचको किसिम	आवश्यक कामजात	सेवा शुल्क	लाग्ने समय	सेवा उपलब्ध हुने दिन र समय	सेवा उपलब्ध हुने भवन/कोठा नं.	जिम्मेवार अधिकारी र गुनासो सुन्ने अधिकारी
ग प्रयोगशाला सेवाहरू (Lab Services)							
१	Hematology	नमद तिरको रसिद			अस्पताल सञ्चालन रहेको दिन र समय भित्र	MB 2 कोठा नं. १८ र १९	प्रयोगशाला कक्ष प्रमुख /अस्पताल व्यवस्थापक
१.१	BLEEDING TIME		35	२० मिनेट			
१.२	CLOTTING TIME		35	२० मिनेट			
१.३	DIFFERENTIAL LEUCOCYTE COUNT		35	३० मिनेट			
१.४	ESR		35	१ घण्टा			
१.५	HEMOGLOBIN		35	३० मिनेट			
१.६	LAB PACKAGE (CBC+Random Blood Sugar (RBS)+Creatinine+HIV+HBs Ag + HCV)		1000	४५ मिनेट			
१.७	PLATELET COUNT		50	३० मिनेट			
१.८	TOTAL LEUCOCYTECOUNT		35	३० मिनेट			
१.९	URINE CULTURE AND SENSITIVITY TESTING		400	३ दिन			
१.१०	CBC (Complete Blood Cell Count)		300	३० मिनेट			
१.११	Blood grouping and Rh typing		100	२० मिनेट			
१.१२	Red Blood Cells (RBC)		50	३० मिनेट			
२	Biochemistry						
२.१	BLOOD UREA		100	३० मिनेट			
२.२	Blood Glucose (Fasting)		60	३० मिनेट			
२.३	LIPID PROFILE		400	४५ मिनेट			
२.४	Blood Sugar (Post-prandial)		60	३० मिनेट			
२.५	Blood Glucose (Random)		60	३० मिनेट			
२.६	SERUM CREATININE		100	३० मिनेट			
२.७	SERUM URIC ACID	100	३० मिनेट				
२.८	URINE SUGAR TEST	30	२० मिनेट				
३	Immunology						
३.१	CRP Test	100	३० मिनेट				

Citizen Charter (नागरिक बडापत्र)

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४	Microbiology												
४.१	BLOOD AGAR		150	७२ घण्टा	अस्पताल सञ्चालन रहेको दिन र समय भित्र	MB 2 कोठा नं. १८ र १९	प्रयोगशाला कक्षा प्रमुख /अस्पताल व्यवस्थापक						
४.२	BRAIN HEART INFUSION BROTH		150	७२ घण्टा									
४.३	GIEMSA STAINING		100	३ घण्टा									
४.४	GIEMSA STAINING		150	३ घण्टा									
४.५	GRAM STAINING		150	३ घण्टा									
४.६	KOH		150	२ घण्टा									
४.७	MANTOUX TEST		100	४८-७२ घण्टा									
४.८	SABOURAUD DEXTROSE AGAR		150										
५	Parasitology												
५.१	URINE ROUTINE, MICROSCOPIC		40	३० मिनेट									
६	Serology												
६.१	HBsAg		350	४५ मिनेट									
६.२	HIV		400	४५ मिनेट									
६.३	RHEUMATOID FACTOR		100	३० मिनेट									
६.४	VDRL		60	४५ मिनेट									
६.५	HCV		400	४५ मिनेट									
क्र. सं.	शल्यक्रियाको किसिम	आवश्यक कामजात	सेवा शुल्क	लाग्ने समय	सेवा उपलब्ध हुने दिन र समय	सेवा उपलब्ध हुने भवन/कोठा नं.	जिम्मेवार अधिकारी र गुनासो सुन्ने अधिकारी						
घ	शल्यक्रिया सेवा (Surgical/Operation Services)												
१	मोनिबिन्दु शल्यक्रियाहरू	परामर्श तथा बाई कन्सल्टाट तोकै अनुसारका कामजात पत्रहरू	CATARACT + SICS + GENERAL BED	5000	शल्यक्रिया हुने १ दिन तत्पश्चात विशेषज्ञको सल्लाह बमोजिम फर्को अपमा जाँचका लागि आउनु पर्ने हुन्छ	सार्वजनिक बिदा बाहेकका दिनहरू अस्पताल सञ्चालन रहेको समय भित्र	अप्रेसन कक्ष Operation Theatre	सम्बन्धित विभागिय इन्चार्ज वा प्रमुख अस्पताल व्यवस्थापक / मेडिकल डायरेक्टर					
	Insurance Patients		9000										
	CATARACT + PHACO + INDIAN FOLDABLE IOL + GEN BED		12000										
	Insurance Patients		12050										
	CATARACT + PHACO + WESTERN FOLDABLE IOL + GEN BED (MEDIUM RANGE)		28000										
CATARACT + PHACO + WESTERN + FOLDABLE PRELOADED IOL + GEN BED (PREMIUM RANGE)	50000												
२	जलबिन्दुको शल्यक्रियाहरू	परामर्श तथा बाई कन्सल्टाट तोकै अनुसारका कामजात पत्रहरू	GLAUCOMA TRAB + GENERAL BED	5000	शल्यक्रिया हुने १ दिन तत्पश्चात विशेषज्ञको सल्लाह बमोजिम फर्को अपमा जाँचका लागि आउनु पर्ने हुन्छ	सार्वजनिक बिदा बाहेकका दिनहरू अस्पताल सञ्चालन रहेको समय भित्र	अप्रेसन कक्ष Operation Theatre	अस्पताल व्यवस्थापक / मेडिकल डायरेक्टर					
	GLAUCOMA TRAB + CABIN		7000										
	PHACO + TRAB + INDIAN FOLDABLE IOL + GEN BED (Insurance Patients)		21000										
३	रेटिनाका शल्यक्रियाहरू	परामर्श तथा बाई कन्सल्टाट तोकै अनुसारका कामजात पत्रहरू	ANTERIAL VITRECTOMY	5000	शल्यक्रिया हुने १ दिन तत्पश्चात विशेषज्ञको सल्लाह बमोजिम फर्को अपमा जाँचका लागि आउनु पर्ने हुन्छ	सार्वजनिक बिदा बाहेकका दिनहरू अस्पताल सञ्चालन रहेको समय भित्र	अप्रेसन कक्ष Operation Theatre	अस्पताल व्यवस्थापक / मेडिकल डायरेक्टर					
	AVASTIN INJECTION 1ST & 2ND DOSE		7000										
	AVASTIN INJECTION 3RD and above		5000										
	C3F8 (Retina) Surgery		5000										
	Silicon Oil Implant Surgery		5000										
	SILICON OIL REMOVAL		10000										
	Phaco + PPV + SOI		29000										
	SICS + PPV + SOI		22000										
	CYCLO, CRYO, NTERIOR OZTER		1000										
	CYCLO, CRYO, NTERIOR WITH GRAFT		1500										
	INTRAVITRAL INJECTION		3000										
	PARS PLANA POSTERIOR VITRECTOMY (PPV)		12000										
	Insurance Patients		11500										
	PPV + BAND BLOCK + SLICON OIL		18000										
	PPV + INTRA OCULAR F.B. REMOVAL		14000										
	PPV + SLICON OIL		15000										
	PHACO + RD Surgery		22000										
RD WITH SCLERAL BUCKLING	10000												
४	Sclero-Cornea स्केलरा-कर्नियाका शल्यक्रियाहरू	परामर्श तथा बाई कन्सल्टाट तोकै अनुसारका कामजात पत्रहरू	Corneal Cross Linking	1000	शल्यक्रिया हुने १ दिन तत्पश्चात विशेषज्ञको सल्लाह बमोजिम फर्को अपमा जाँचका लागि आउनु पर्ने हुन्छ	सार्वजनिक बिदा बाहेकका दिनहरू अस्पताल सञ्चालन रहेको समय भित्र	अप्रेसन कक्ष Operation Theatre	अस्पताल व्यवस्थापक / मेडिकल डायरेक्टर					
	CORNEAL PERFORATING INJURY, RESUTURING A		2000										
	CORNEAL PERFORATING INJURY, RESUTURING B		6000										
	CORNEAL PERFORATING INJURY, RESUTURING C		8000										
	Insurance Patients		8500										
	INTRA CORNEAL F.B. REMOVAL IN OT		2500										
	PENETRATING KERATOPLASTY (PK)		6000										
	Insurance Patients		20000										
	PERFORATING INJURY, RESUTURING MILD CASE		2000										
	PERFORATING INJURY, RESUTURING MODERATE CASE		6000										
	PERFORATING INJURY, RESUTURING SEVERE CASE		8000										
	ADVANCED PTERYGIUM		8000										
	PTERYGIUM		6000										
Insurance Patients	6000												
५	Oculoplastic, कस्मेटिक शल्यक्रियाहरू	परामर्श तथा बाई कन्सल्टाट तोकै अनुसारका कामजात पत्रहरू	Amniotic Membrane Graft	8000	शल्यक्रिया हुने १ दिन तत्पश्चात विशेषज्ञको सल्लाह बमोजिम फर्को अपमा जाँचका लागि आउनु पर्ने हुन्छ	सार्वजनिक बिदा बाहेकका दिनहरू अस्पताल सञ्चालन रहेको समय भित्र	अप्रेसन कक्ष इउभचवतव्यल त्जभभतचधम	अस्पताल व्यवस्थापक / मेडिकल डायरेक्टर					
	BLEPHAROPLASTY		10000										
	Insurance Patients		16000										
	BOTOX INJECTION		15000										
	Canalicular Repair		5000										
	CYST REMOVAL MILD A		1500										
	CYST REMOVAL MODERATE B		3000										
	CYST REMOVAL SEVERE C		5000										
	Insurance Patients		4500										
	DCR		8000										
	Insurance Patients		7500										
	DCR WITH INTUBATION		10000										
	DCT		1000										
	Ectropion Correction		2500										
	ENTROPION W/O GRAFT		1000										
	Oculoplastic, कस्मेटिक शल्यक्रियाहरू			2500									
	ENTROPION WITH GRAFT			5500									
Insurance Patients		5000											
Epiblepharon Correction (One Eye)		3000											
Papilloma Excision		4250											
Insurance Patients													

	EVISCERATION		1000				
	Fornix Reconstruction		10000				
	LID RECONSTRUCTION		8000				
	LID REPAIR IN MAJOR OT A		1500				
	LID REPAIR IN MAJOR OT B		3000				
	LID REPAIR IN MAJOR OT C		5000				
	Laceration repair Major		1000				
	Lid Laceration Repair Small		3500				
	Lid Laceration Repair Large		6000				
	Lid Tumor Excision		10000				
	ORBITOTOMY		6000				
	OSSN Excision + Graft		7000				
	PROBING		1000				
	Insurance Patients		2500				
	PTOSIS CORECTION (SILING OPEERATION)		10000				
	Insurance Patients		16000				
	TARSHORAPHY PERMANENT		2000				
	TARSHORAPHY TEMPORARY		1000				
	THREE SHIP SURGERY		2500				
	BLTR		1500				
	Wart Excision		3000				
	Other Surgeries, अन्य शल्यक्रियाहरू						
	SQUINT		10000				
	Insurance Patients		13500				
	CHALAZION MILD A		1000				
	CHALAZION MULTIPLE B		1500				
	Insurance Patients		2800				
	AC Formation		1000				
	Hypopyon Wash		1000				
	Hyphema Wash		1000				
	CANALLCULUS REPAIR		2000				
	CONJUNCTVAL HOODING OR GUNDERSON FLAP		1000				
	ENUCLEATION		1000				
	Insurance Patients		9000				
	CORTEX WASH		1000				
	OSSN Removal		7000				
	Symblepharon Release		8000				
	Conjunctival Laceration Repair		5000				
	Insurance Patients		7200				
	Scleral Fixation with IOL		8000				
	Iris Reposition		3000				
	SICS+ Pterygium		11000				
	Secondary PCIOL / ACIOL		5000				
	Lens Aspiration + SICS + Phaco		17000				
	Scleral Fixation		8000				
	INJ Tricot		3000				
	GA (GENERAL ANAESTHESIA SURGERY)		10000				
	CATARACT + SICS + TRAB + IOL - Insurance Patients		14000				
		परामर्श तथा वाई कलवाट तोकै अनुसार का कागज पत्रहरू		शल्यक्रिया हुन १ दिन तत्पश्चात विशेषज्ञको सल्लाह बमोजिम फूलो अपमज जोचका लागि आजन्म पर्ने हुन्छ		अप्रेसन कक्ष Operation Theatre	
क्र. सं.	सेवाको किरिम	आवश्यक क्रम/जात	सेवा शुल्क	लाभ समय	सेवा उपलब्ध हुने दिन र समय	सेवा उपलब्ध हुने भवन/कोठा नं.	डिस्पेन्सर अधिकारी र नुसारो सुने अधिकारी
३	अन्य सेवाहरू तथा सामान्य शल्यक्रिया (Other Services & Minor Surgeries)						
१	Eye Retina Yag Laser		2500				
२	Insurance Patients		2500				
३	LASER (YAG PI)		1000				
४	Insurance Patients		2000				
५	LASER (YAG PI) (BE)		2000				
६	LASER RETINAL (FOCAL)		1000				
७	PRP ONE EYE (LASER RETINAL)		1000				
८	Insurance Patients		2500				
९	PRP BOTH EYE (LASER RETINAL)		2000				
१०	LASER (YAG CAPSULOTOMY)		1000				
११	LASER (YAG CAPSULOTOMY) (BE)		2000				
१२	Insurance Patients		2500				
१३	ULTRASOUND/A SCAN		250				
१४	ULTRASOUND/B-SCAN (OCULAR)		300				
१५	Insurance Patients		500				
१६	ULTRASOUND/B-SCAN (ORBITAL)		500				
१७	ELECTIRC EPILATION-A (FEW LASHES)		100	१५-३० मिनेट			
१८	EPILATION		50	५-१० मिनेट			
१९	CANCREATION/ CONCRETION REMOVAL		100	५ मिनेट			
२०	DRESSING		100	३-५ मिनेट			
२१	Insurance Patients		65	५ मिनेट	अस्पताल सञ्चालन रहेको दिन र समय भित्र		बहिरङ्ग विभागीय इन्चार्ज, प्रमुख /अस्पताल व्यवस्थापक
२२	MINTOMYCIN INJECTION		600				
२३	OTHER MINOR SURGERY WITH SUTURE		1000	१५-३० मिनेट			
२४	OTHER MINOR SURGERY WITHOUT SUTURE		500	१० मिनेट			
२५	PSEUDO MEMBRANE REMOVAL		200	५ मिनेट			
२६	PST		500	५ मिनेट			
२७	PUS DRAIN MILD CASE A		100	५ मिनेट			
२८	PUS DRAIN MODERATE CASE B		500	५-१० मिनेट			
२९	PUS DRAIN SEVERE CASE C		1500	१० मिनेट			
३०	RESUTURE (INTRA OCULAR SURGERY DONE IN OTHER PLACES)		2500				
३१	SALINE WASH		200	५-३० मिनेट			
३२	BETADINE WASH		200	५ मिनेट			
३३	SYRINGING		50	५ मिनेट			
३४	LID REPAIR IN MINOR OT		1100	१५-३० मिनेट			
३५	C.P HAIR REMOVAL IN OT		1500	५-१० मिनेट			
३६	SUTURE REMOVAL		100	५-१० मिनेट			
३७	Silastic Tube Removal		500	५-१० मिनेट			
३८	Wart Excision in Minor OT		1500	५-१५ मिनेट			
३९	Papilloma Excision in Minor OT		1500	१० मिनेट			
४०	Conjunctival Laceration Repair in Minor OT		2500	१५-३० मिनेट			
४१	Laceration repair Minor		500	३० मि. -१ घण्टा			

क्र. सं.	सेवाको किसिम	आवश्यक कामजात	सेवा शुल्क	लाग्ने समय	सेवा उपलब्ध हुने दिन र समय	सेवा उपलब्ध हुने भवन /कोठा नं.	जिम्मेवार अधिकारी र गुनासो सुन्ने अधिकारी
स	अप्टोमेट्रिक जाँच (Optometric Evaluation)						
१	AMSLER VF ASSESSMENT	विशेषज्ञको शिफारीस मगद विरेको रसिद (बीस)	100	५-१० मिनेट	अस्पताल सञ्चालन रहे को दिन र समय भित्र	साधारण बहिरङ्ग विभाग कोठा नं. १५ र २४	अप्टोमेट्री विभागीय प्रमुख /अस्पताल व्यवस्थापक
२	AUTO REFRACTION		150	२-५ मिनेट			
३	BASIC DRY EYE TEST		500	५ मिनेट			
४	COLOR VISION		200	५ मिनेट			
५	Insurance Patients		200	५ मिनेट			
६	COLOR VISION- D-15		200	१० मिनेट			
७	CONTACT LENS TRIAL		200	३० मिनेट			
८	RGP/SCLERAL/SEMISCLERAL CL TRIAL		400	१-३ घण्टा			
९	SOFT CONTACT LENS TRIAL		200	३० मिनेट			
१०	CONTRAST SENSITIVITY TEST		100	१० मिनेट			
११	CYCLOPLEGIC REFRACTION		50	१ घण्टा			
१२	DISC PHOTOGRAPHY		200	१०-१५ मिनेट			
१३	EXOPHTHALMOMETRY		100	५-१० मिनेट			
१४	FRESNEL PRISM TRIAL		100	३० मिनेट			
१५	HESS CHARTING		300	१५-३० मिनेट			
१६	LOW VISION ASSESSMENT		200	३० मि. -१ घण्टा			
१७	PACHYMETRY		200	१० मिनेट			
१८	PHOTOREFRACTON		150	५-१० मिनेट			
१९	SCHIMMER'S TEST		100	५-१० मिनेट			
२०	VISION THERAPY ASSESSMENT		200	३० मिनेट			
२१	VISION THERAPY IN OFFICE PER SITTING		300	३० मिनेट			
२२	Fusional Therapy with Synoptophore		100	१५-३० मिनेट			
२३	Step Vergence Therapy		100	१५ मिनेट			
२४	Vergence Therapy with Vectograph		150	१५ मिनेट			
२५	Vergence Therapy with Aperture Rule		150	१५ मिनेट			
२६	Lens Sorting Therapy		150	१५ मिनेट			
२७	Brock String Exercise		150	१५ मिनेट			
२८	Free Space Ecentric Grids Exercise		100	१०-१५ मिनेट			
२९	Fusional Exercise with Life Square Card		100	१० मिनेट			
३०	Accommodative Exercise (Hart Chart)		150	१५ मिनेट			
३१	Vergence Therapy with Prism Flipper		100	१५ मिनेट			
३२	Fusional Exercise (Barrel/3 Dot Card)		100	१५ मिनेट			
३३	Lens Flipper Exercise		100	१५ मिनेट			
३४	ORTHOPTIC SCREENING (PBCT, WFDT)	150	१५-३० मिनेट				
३५	Insurance Patients	300	५५ मिनेट				
३६	Dry Eye Therapy	500	५५ मिनेट				
३७	Ocular Prothesis (Artificial Eye)	1000	५५ मिनेट				

क्र. सं.	सेवाको किसिम	आवश्यक कामजात	मुख्य	लाग्ने समय	सेवा उपलब्ध हुने दिन र समय	सेवा उपलब्ध हुने भवन/कोठा नं.	जिम्मेवार अधिकारी र गुनासो सुन्ने अधिकारी
औषधि पसल सेवा (Pharmacy Shop Service)							
१	औषधिहरू (Medicines)		अंकित मूल्यमा १०% छुट	अवस्था अनुसार	आइतबार देखि शुक्रबार (९:०० बजे देखि ३:३० बजे सम्म) शनिवार (९:०० बजे देखि १२:०० बजे सम्म)	फार्मसी पसल	फार्मसी इन्चार्ज/अस्पताल प्रशासक
चशमा सम्बन्धि सेवा (Optical Service)							
२	चशमा फ्रेम तथा शिशाहरू (Spectacles) Contact Lens		छनीट अनुसार	अवस्था अनुसार	आइतबार देखि शुक्रबार (९:०० बजे देखि ५:०० बजे सम्म) शनिवार (९:०० बजे देखि १२:०० बजे सम्म)	चशमा पसल	चशमा पसल इन्चार्ज/अस्पताल प्रशासक



Mina Rai and Tulasi Dhakal Awarded with Employee of the Year Award - 2021



Dr. Hara Maya Gurung and Bashanti Bhujel Awarded with Employee of the Year Award - 2022



LEAP – ENHANCING CATARACT SURGICAL OUTCOMES (ECSO)

OCTOBER 2023 - SEPTEMBER 2024

The overarching aim of this collaborative learning series is to facilitate the enrolled hospitals to achieve a post-operative BCVA of 6/12 or better in 90% of the cataract surgery operated eyes on the latest follow-up day

PROGRAMME PATHWAY



शापु

(Seasonal Hyper Acute Pan Uvitis)

परिचय

शापु (Shapu) एक दृष्टि-नाशक आँखाको रोग हो । यो रोग प्राय नेपाली बालबालिकाहरूमा वि.सं. २०.. (सन् १९७५) देखी देखापरेको छ । प्राय : बर्षायामपछि भदौदेखी मसिर महिनासम्म विशेष गरी नेपालको मध्यपहाडी भेगमा शापु महामारीको रूपमा देखा पर्ने गरेको छ । यो रोगका लक्षणहरू देखा परेको २४ देखी ४८ घण्टा भित्रै उपचार हुन नपाएमा आँखाको दृष्टि गुम्न सक्ने तथ्याङ्कले पृष्टि गरेको छ ।



कारण

हालसम्म सेतो पुतली (मोथ) लाई शापुको कारणको रूपमा प्राय : जोडिने गरिएको छ । तथापी कतिपय अवस्थामा भने सेतो पुतलीको संसर्गमा नआएका विरामीहरूमा पनि यो रोग देखा परेको छ । तर हालसम्म सुक्ष्म जिवाणु एवं विषाणु समेत रहेको पाइएको छ । तर हालसम्म यो रोगको कारण यही नै हो भनेर यकिन भएको छैन ।

लक्षण तथा विन्हहरू

- एक्कासी एउटा आँखा रातो हुनु
- चिप्रा लाग्नु ।
- उज्यालोमा हेर्न नसक्नु ।
- आँखाको दृष्टिमा तत्कालै कमी हुनु ।
- आँखाको दुखाई सामान्य वा बढी हुनु ।
- उपचारमा ढिला भएमा कालो नानीमा सेतो देखिनु ।



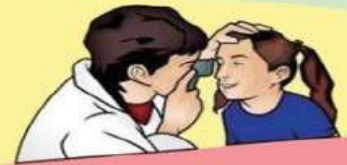
रोकथाम

शापु रोगबाट बच्नका लागि

- सेतो पुतली (मोथ) को संसर्गबाट टाढै रहने
- धेरै उज्यालो, सेतो बत्ती नबाल्ने ।
- साँझ र राती भ्याल ढोका बन्द गर्ने ।
- सम्भव भएसम्म भ्याल ढोकामा जाली हाल्ने
- सुत्ने कोठामा बत्ती निभाएर वा मधुरो बत्ती बालेर भुलभित्र मात्र सुत्ने ।

निदान तथा उपचार

यो आँखाको निदान तथा उपचार आँखा विभाग/अस्पताहरूमा मात्र गर्ने गरिन्छ । शापुको आकस्मिक उपचार सेवा, आँखाभित्र औषधीको सुई लगाएर तथा जटिल अवस्थामा आँखाको शल्यक्रिया समेतबाट गर्ने गरिन्छ । समयमा नै उपचार भएमा मात्र आँखा निको हुन्छ तर ढिला हुन गएमा विरामीको दृष्टि गुम्न सक्छ वा आँखा सुकेर जान सक्छ ।



नियन्त्रण

- रोगको लक्षण देखा परेमा वा शंका लागेमा तुरुन्तै आँखा अस्पतालमा जाने ।
- आफ्नुखुसी कुनै पनि आँखाको औषधी तथा जडीबूटी नराख्ने ।
- आँखा स्वास्थ्यकर्मीहरूको सल्लाह बमोजिम उपचार गर्ने ।



नेपाल नेत्रज्योति संघ
हिमालय आँखा अस्पताल

घारीपाटन, पोखरा

