Report Of Idukki Malanadu Ophthalmic Club From Dec 2022 To March 2023

NEW OFFICE BEARERS

New team of office bearers took charge on Dec 8th 2022.



President Dr V R Mani
Vice president Dr Marykutty Jose
Treasurer Dr Mohan Markose
Secretary Dr Aparna C Varghese
Joint Secretary Dr Marieah Chackochan
KSOS Representative Dr Soman Mani

MONTHLY CME MEETINGS

We had monthly CME meetings. On December 8th , Dr Praveen Murali discussed on Anti-VEGF agents.



On January 19th the topic of the CME was Management of Post cataract surgery corneal edema and the speaker was Dr Sachin Mathew George





February 16th 2023 we had two guest speakers
Dr Sony George discussed about Expanding Horizons In Multifocal Practice-Views And Means



And Dr Praveen Murali talked about Common Retinal Conditions in day to day practice



School screening program was conducted by Department of ophthalmology, Al Azhar Medical college Thodupuzha at SNM VHSS Vannapuram on 10th January 2023. 323 students were screened...48 students were prescribed glasses.








IMOC
IDUKKI MALANAD OPHTHALMIC CLUB
Affiliated to

Glaucoma Week Activities

Activities conducted by the eye hospitals under Idukki Malanad Ophthalmic club to celebrate world glaucoma week from March 12 to 18, 2023

1. Free glaucoma screening camp and awareness class was conducted at Marthoma College for women Perumbavoor on March 11, 2023 by the District mobile ophthalmic unit Ernakulam & Dept. of Ophthalmology, Taluk Headquarters hospital Perumbavoor.



2. Glaucoma awareness seminar and screening camp was conducted by Alphonsa eye hospital Thodupuzha in co-operation with Senior Citizens Forum Vazhithala on March 12th ,2023. Around 90 patients were screened for glaucoma and cataract. Four patients were diagnosed glaucoma suspect and were referred for detailed evaluation.


World Glaucoma Week
Glaucoma Awareness and
Screening Program
Alphonsa Eye Hospital Thodupuzha
&
Idukki Malanad Ophthalimc Club
Mar 12, 2023, 09:20


Mar 12, 2023, 09:55


Mar 12, 2023, 09:56


World Glaucoma Week
Glaucoma Awareness and
Screening Program
Alphonsa Eye Hospital Thodupuzha
&
Idukki Malanad Ophthalimc Club
Mar 12, 2023, 09:27

There was a poster display about glaucoma in the premises





3. Afternoon free clinic- glaucoma evaluation and perimetry from March 13 to 18 2.30 pm to 3.30 pm at Alphonsa eye hospital Thodupuzha. Glaucoma awareness videos were posted in social media and television during this week. Total of 47 patients were screened for glaucoma in the free OPD. HFA was done free of cost for 5 patients.

There was poster display on Glaucoma in the hospital premises.



4. Glaucoma screening and awareness class was conducted on March13th at MOSC Medical College, Kolenchery in cooperation with the IMA, Kolencherry branch. Dr Varghese Paul talked about the need for early detection of glaucoma and brochures were distributed. nearly 200 odd patients were examined and 3 of them had raised IOP and 1 of them was found to have Pseudoexfoliative secondary glaucoma.




WORLD GLAUCOMA WEEK
March 12-18, 2023
Free Glaucoma Check
& Awareness Programm
13th March - Monday
"Get your eyes tested &
beat invisible Glaucoma"


WORLD GLAUCOMA WEEK
March 12-18, 2023
Free Glaucoma Check -up
& Awareness Programme
13th March - Monday
Get your eyes tested &
beat invisible Glaucoma
DEPARTMENT OF OPHTHALMOLOGY
MOSC MEDICAL MISSION HOSPITAL
KOLENCHERY
& IMA KOLENCHERY


PHARMACY
WORLD GLAUCOMA WEEK
March 12-18, 2023

5. Free glaucoma screening camp at St. Joseph's hospital Kothamangalam on 15th and 16th of March 2023 from 2pm to 4 pm. 77 patients were screened.4 glaucoma suspects were identified and selected for investigations. 2 new patients with raised IOP were identified.
6. Al Azhar medical college:-One week of free eye checkup and glaucoma screening for OP patients was conducted from 13/3/23 to 18/3/23.The screening camp was inaugurated on 13/3/23. Dr Elizabeth John Head of the Department of Ophthalmology delivered a talk on glaucoma.





There was a flash mob presented by third year students of the medical college.
210 patients were screened and 5 were found to have raised IOP
Glaucoma awareness talk by the interns for patients in the waiting area and wards, charts with awareness message were prepared and displayed.







7. Free glaucoma screening and awareness programs on 15 March at Devamatha hospital Koothattukulam.
Devamatha hospital Koothatukulam
Awareness generation :
Posters in the hospital
1. Glaucoma week
2. Risk factors posters
3. WhatsApp messages
4. Malayalam Manorama notice
We had 27 patients
All above 40 years
3 were established glaucoma patients
3 had a family history
2 had cataract
No new cases were identified

8. Glaucoma awareness and screening program was conducted at Fathima Eye Care Hospital Thodupuzha from March 13th– 25th
9. Glaucoma screening campaign and awareness class was conducted by Dr Manoj Prathap at TVJ eye hospital on 17th March , March .





Total number of patients screened 56 HFA done for 5 patients. RNFL done for 7 patients.

10. Ahalia Foundation eye hospitals Muvattupuzha conducted a glaucoma screening camp on 17th, Friday on the behalf of World Glaucoma Day for aged people in coordination with Vayomitram Muvattupuzha so as to share information and as well as raise awareness among people about glaucoma in our hospital by making and hanging posters and charts. Along with this we had carried out a free glaucoma screening to patients who are in the risk category.104 patients were screened.







10. Free Glaucoma screening was conducted at Nedumchalil eye hospital MUVATTUPUZHA on 15th& 16th March.



11. Free consultation & IOP check up was conducted at SRS EYE and ENT hospital Koothattukulam for a week starting from March 12th to 18th.50 % reduced rate on other investigations was offered. Free informative leaflets were distributed. Total of 100 patients were screened and 10 patients were investigated further for glaucoma.

12. Glaucoma awareness talk at Rotary club of Kothamangalam on March 25.
Dr Elizabeth Varghese gave a talk at Rotary club of Kothamangalam on Glaucoma the silent thief of sight.





Report Of Idukki Malanadu Ophthalmic Club From April 2023 To June 2023

Monthly CME meetings

CME meeting of IMOC was conducted on 19th April 2023.Dr Mathew Kurian from Chaithanya eye hospital and Research Institute PALARIVATTOM discussed about Cataract surgery related dry eye and Nucleus management in Cataract surgery.







On the CME on June 28th ,Dr Ligi Menon Asst Professor from MOSC medical college Kolenchery discussed in detail about Management of Diabetic macular edema and role of AntiVEGFs. Both the CME sessions were very informative and well attended.





Report of Idukki Malanad Ophthalmic Club from July 2023 To September 2023

Monthly CME meeting and visit of KSOS president

Monthly CME meeting was conducted on 19th July. Dr Saikumar President KSOS visited Idukki Malanadu Ophthalmic club on that day. The KSOS president appreciated the academic and organizational activities of IMOC. He also stressed on the need for more KSOS members coming into the forefront of leadership in KSOS.



Dr Mahesh G was the guest speaker of the evening. He talked on the novel topic “Basics of Medical Law for Clinical Practice”. The talk was very relevant and highlighted some very core issues.



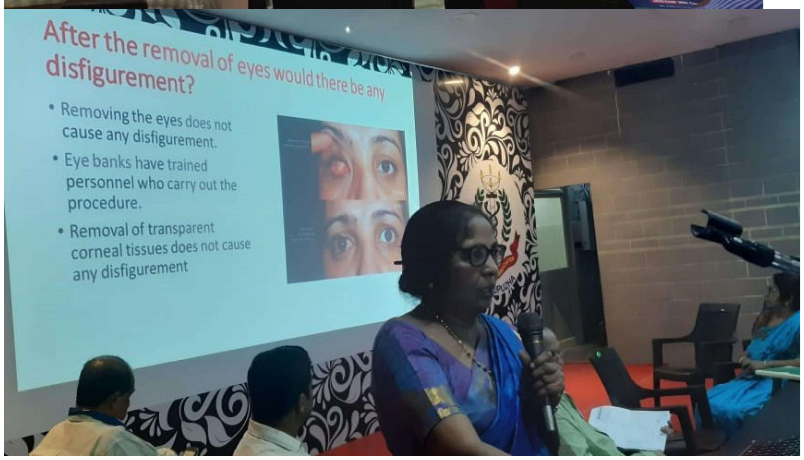
NATIONAL EYE DONATION FORTNIGHT ACTIVITIES OF IMOC- AUGUST 25TH TO SEPTEMBER 8TH 2023

Idukki Malanad Ophthalmic Club and its members conducted National eye donation fortnight activities as part of KSOS- IMA initiative at different IMA branches. Dr V R Mani, President IMOC, planned and coordinated the different activities.

IMA THODUPUZHA

Eye donation fortnight was inaugurated at IMA Thodupuzha on August 25th, Dr Sara Chirayath, Professor, Dept Of Ophthalmology, Al-Azhar medical college, Thodupuzha was the guest speaker. She spoke in detail about eye donation and the need to spread the message .50 IMA members and their families attended the meeting.





GENERAL HOSPITAL, ERNAKULAM

Eye donation fortnight was inaugurated at General Hospital Ernakulam, with the message to spread the awareness about eye donation to the general public. In an event led by Dr Liji Susan Thomas, families of eye donors were honoured, eye donation pledges were submitted and there was also an eye donation awareness rally.





IMA KOLENCHERRY

Eye donation awareness program conducted for doctors in collaboration with IMOC at the monthly meeting of IMA, Kolencherry branch on 30/8/2023 at Brookside Club, Kolencherry at 8pm.Nearly 20 members of the branch attended the awareness session was given by Dr Soman Mani, Retd. Professor

MOSC Medical college Kolenchery which was well received by the audience. A Q and A session followed the talk.





IMA KOTHAMANGALAM

Eye donation fortnight activities were conducted at IMA Kothamangalam on 5th September. Dr Thomas Cherian, Treasurer of Eye Bank Association of Kerala and President-elect of KSOS was the guest speaker. About 40 IMA members and their families were present. He spoke on various aspects corneal transplantation and awareness.





Also, IMA Kothamangalam, in association with Rotary club of Kothamangalam conducted a FAQ session on eye donation, Dr V R Mani, President IMOC and chief consultant Ophthalmologist, St Joseph's Hospital Dharmagiri, Kothamangalam, led the session.


National Eye
Donation Fortnight
August 25 - September 8, 2023
Vision is a gift. Pass it on


National Eye
Donation Fortnight
August 25 - September 8, 2023
Vision is a gift. Pass it on
Four- Way Test
Is it the TRUTH ?
FAIR to all concerned ?
it build GOOD WILL and
TER FRIENDSHIPS ?
Will it be BENEFICIAL
to all concerned ?

GOVERNMENT MEDICAL COLLEGE, IDUKKI – IMA KATTAPPANA

Idukki Medical College, DMO and IMA Kattapana observed the eye donation fortnight at Kattapana Taluk Hospital premises. The programme consisted of a class on Eye Donation by Dr Meera Mathew, GMCI, Eye Donation Pledge by Dr Sudha V, GMCI, street play by nursing students and poster competition among school students.







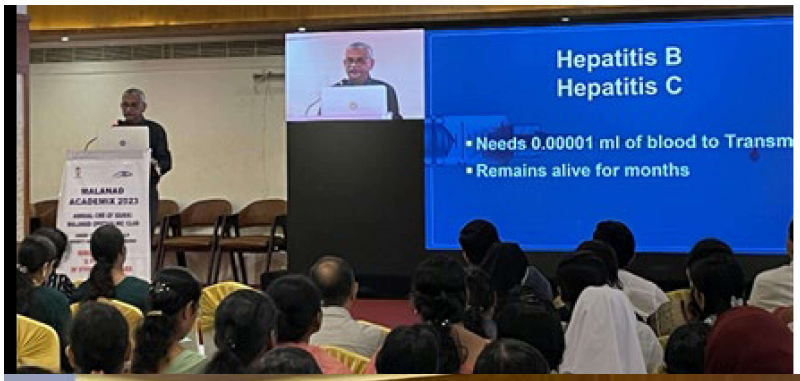

ഒരാളുടെ
നേത്രദാനം
രണ്ടുപേർക്ക്
നൂറിരു
വെളിച്ചം
നേത്രദാനം
മഹാദാനം
NEHAL SARAH SIJU
9D

‘MALANADU ACADEMIX -2023’

The first edition of the annual CME of Idukki Malanadu Ophthalmic Club under the aegis of KSOS was conducted on September 24th 2023, at Hotel Kabani Palace Muvattupuzha. The CME was on the topic ‘Surgical Asepsis and Principles of Sterile Techniques’.



The CME was inaugurated by Dr Thomas Cherian, incoming President of KSOS. Dr P I Mohan introduced the topic, Dr Rajeev Sukumaran presented on Safe injection practices, Dr Sasikumar S presented on Documentation and Ms. Betsy Sebastian presented on the Operation theatre protocols for NABH accreditation. There was a video interactive session on operation theatre protocols which was very well received and appreciated. A total of 187 delegated including doctors, paramedical staff and trade representatives attended the meeting and there was a very positive feedback from the attending paramedical staff.


Hepatitis B
Hepatitis C
▪ Needs 0.00001 ml of blood to Transm
▪ Remains alive for months
MALANAD
ACADEMIX 2023


MALANAD
ACADEMIX 2023
ANNUAL CME OF (DUKK)
MALANAD OPHTHALMIC CLUB
Impo
• OT / CSSD Manual
• Patient charts
• OT Register
• OT Cleaning/Disinfection
• Autoclave log book – Recall re
• Sterilization & Validation regis
• OT Consumables - Recall


Tagamet

Report Of Idukki Malanadu Ophthalmic Club From October 2023 To December 2023

Monthly CME meeting

60th CME meeting of IMOC was conducted on 20th December 2023.Dr Sudha V, Professor and HOD Government Medical college Idukki discussed about ‘Ocular toxicity of systemic drugs- detection and management’. This very relevant topic was discussed in an interesting grand rounds and was well received. There was Christmas and New year celebration with cake cutting and singing of carol





Report of Idukki Malanadu Ophthalmic Club from JANUARY 2024 To MARCH 2024

Monthly CME meeting

61st CME meeting of IMOC was conducted on 1st March 2024.Dr Saikumar S J Medical Superintendent & Head, Cataract and Glaucoma, Giridhar eye institute presented the topic “Glaucoma progression and role of early step up”. This very relevant topic was well received and discussed.





World Glaucoma week March 10-16 , 2024

Following is the list of activities by members and hospitals under Idukki Malanadu Ophthalmic Club for the World Glaucoma Week from March 10th to 16th, 2024.

1. Dept. of Ophthalmology MOSC Medical Mission Kolenchery - World glaucoma week observance 2024 commenced with a small inaugural function on 11.3.24 Monday at hospital Atrium. Following lamp lighting and official inauguration by our respected CEO Joy Sir, we had glaucoma awareness talk delivered by Dr.DeeptiR , HOD ophthalmology . It soon followed by a Role Play enacted by 2020MBBS batch students emphasising and promoting the relevance of glaucoma screening among the public. To add on further activities included Optic Nerve Head imaging by hand held fundus on phone camera which is AI interpreted , NCT checking and pamphlet distribution. All staff and patients actively participated in the







programme and
around 200 patients did the screening of which 28 had moderate to high IOP rise and 20 of them advised further imaging and follow up.

2. Free Walk-in Glaucoma Screening for IMA members and their families, organized by IMA Kothamangalam in association with KSOS & IMOC was conducted at St. Joseph's Hospital Dharmagiri byDr. V. R. Mani, Consultant Ophthalmologist. Screening on





Monday/Wednesday/Thursday 4-5pm from 10th to 16th March 2024, 85 people examined.

3. Alphonsa Eye Hospital Thodupuzha- Release of Glaucoma awareness video and QR code and an awareness class and interactive sessions for public was conducted on 12.3 .24 by Dr Thomas Arun Varghese at hospital premises. Awareness video was telecast on local TV channels throughout the week. FreeGlaucoma screening atHospital itself on all days of the week from 2 to 4 pm.16 patients attended the free glaucoma screening camp. Humphrey perimetry and OCT RNFL was done free of cost for 3 patients.









4. Glaucoma week celebration atDevamata hospital Koothattukulam Glaucoma ribbons , posters and green balloons were distributed, Green dresses were worn by Nursing aids and Doctors. Banner display, Mime and Flash dance by nursing students, Education through display boards and banners, Glaucoma awareness talk by Dr. Nikita Mary Sunny- ophthalmologist Govt.hospital,Koothattululam and Dr. Ashok Kurien, Consultant ophthalmologist, Devamatha hospitalKoothattukulam.

Guests of the days were Ms. Jisha John, optometrist and Antony Linesh, health inspector, Govt. hospital Koothattukulam.









5. Glaucoma awareness, talk for doctors of IMA Muvattupuzha done on 14th March by NEDUMCHALIL Eye Hospital led by Dr Julna Sara Varghese





6. 25 patients were screened for glaucoma at Ahalya hospital Thodupuzha, 3



of them were diagnosed as glaucoma and are under treatment

7. Glaucoma screening week at SRS



Koothattukulam&Kaduthuruthy.Whole week from 9 to 6 pm screening was done by Dr.Smitha, Dr.Shilpa&Dr.Jesna. Screening for Merchant Association members& family for the whole week. All those who were selected after screening could avail Field & OCT at 50 % reduced cost.250 patients were screened and 20 were investigated.









8. Free glaucoma screening camp conducted at Holy FamilyHospital, Muthalakodam. Total of 25 patients were screened on 15/03/24.2 glaucoma suspects were identified and advised to undergo further evaluation.

9. TVJ eye hospital, Kothamangalam- IMA members were screened throughout the week Screening camp was conducted for public on 16th, around 24 people attended and 2 were taken





for further examination.

10. Mar Baselios Hospital Kothamangalam- 3 doctors from IMA Kothamangalam were screened for glaucoma by Dr Fini K Ninan,no cases were detected .





11. Inauguration of district level activities of World Glaucoma Week was conducted at PHC Ramamangalam. Glaucoma awareness seminar was led by Dr Ligi Susan Thomas, member of IMOC and Ophthalmic surgeon at Gneral Hospital Ernakulam. Dr LigiAlso participated in a radio interview on Glaucoma awareness.

Mathrubhumi
മാതൃഭൂമി

സൗജന്യ നേത്രപരിശോധനയോടെ ഗ്ലോക്കോമ വാരാചരണം



ഗ്ലോക്കോമ വാരാചരണത്തിന്റെ ജില്ലാതല ഉദ്ഘാടനം രാമമംഗലം സാമൂഹികാരോഗ്യ കേന്ദ്രത്തിൽ അനൂപ് ജേക്കബ് എം.എൽ.എ. നിർവഹിക്കുന്നു

രാമമംഗലം ▸▸ ഗ്ലോക്കോമ, തിമിര രോഗ നിർണയ ക്യാമ്പോടെ ലോക ഗ്ലോക്കോമ വാരാചരണത്തിന്റെ ജില്ലാതല ഉദ്ഘാടനം രാമമംഗലം സാമൂഹികാരോഗ്യ കേന്ദ്രത്തിൽ അനൂപ് ജേക്കബ് എം.എൽ.എ. നിർവഹിച്ചു. പാമ്പാക്കുട ബ്ലോക്ക് പഞ്ചായത്ത് പ്രസിഡന്റ് സ്മിത എൽദോസ് അധ്യക്ഷയായി. എറണാകുളം ജനറൽ ആശുപത്രി ഒഫ്താൽമിക് സർജൻ ഡോ. ലിജി സുസൻ തോമസ് വിഷയം അവതരിപ്പിച്ചു. രാമമംഗലം ഗ്രാമപ്പഞ്ചായത്ത് പ്രസിഡന്റ് പി.വി. സ്റ്റീഫൻ ഗ്ലോക്കോമ പ്രതിജ്ഞ ചൊല്ലിക്കൊടുത്തു. അഡിഷണൽ ഡി.എം.ഒ. ഡോ. കെ.ആർ. രാജൻ ജില്ലാപഞ്ചായത്ത് സ്ഥിരംസമിതി അധ്യക്ഷ ആശ സനൽ, ബ്ലോക്ക് പഞ്ചായത്ത് വൈസ് പ്രസിഡന്റ് എൽസി ടോമി, ഗ്രാമപ്പഞ്ചായത്ത് വൈസ് പ്രസിഡന്റ് മേരി എൽദോ, മെഡിക്കൽ ഓഫീസർ ഡോ. അനിത എൻ. ഷേണായി, ബ്ലോക്ക് പഞ്ചായത്ത് സ്ഥിരംസമിതി അധ്യക്ഷ പി.എസ്. വിജയകുമാരി, അംഗം കുഞ്ഞുമോൾ യേശുദാസ്, ഗ്രാമപ്പഞ്ചായത്ത് സ്ഥിരംസമിതി അധ്യക്ഷ രായ ജിജോ ഏലിയാസ്, ഷൈജ ജോർജ്, അംഗങ്ങളായ ആന്റോസ് പി. സ്കറിയ, സണ്ണി ജേക്കബ്, എം.യു. സജീവ്, ബിജി രാജു, ജില്ലാ ഒഫ്താൽമിക് കോ-ഓർഡിനേറ്റർ പി.വി. സുജാത, ജില്ലാ എജ്യുക്കേഷൻ ആൻഡ് മാസ് മീഡിയ ഓഫീസർ സി.എം. ശ്രീജ എന്നിവർ സംസാരിച്ചു. രാമമംഗലം ആശുപത്രി ജീവനക്കാർ നിർമിച്ച 'കണ്ണും കരുതലും' എന്ന ഹ്രസ്വചിത്രം എം.എൽ.എ. പ്രകാശനം ചെയ്തു.

കോലഞ്ചേരി മെഡിക്കൽ കോളേജിലെ നഴ്സിങ് വിദ്യാർഥിനികൾ ഫ്ലാഷ് മോബ് അവതരിപ്പിച്ചു. ജീജ പി. സദാശിവൻ, ഡോ. സായി ശങ്കർ, താര ആർ. നമ്പൂതിരി എന്നിവർ പരിപാടികൾ അവതരിപ്പിച്ചു. തുടർന്ന് ജില്ലയിലെ സഞ്ചരിക്കുന്ന നേത്രചികിത്സാ വിഭാഗം നടത്തിയ സൗജന്യ ഗ്ലോക്കോമ തിമിര രോഗനിർണയ ക്യാമ്പിൽ ഇരുന്നൂറോളം പേരെ പരിശോധിച്ചു.

18/03/2024 KOTHAMANGALAM-MUVATTUPUZHA Pg 09



Report of Idukki Malanadu Ophthalmic Club from APRIL 2024 To JUNE 2024

Monthly CME meeting

62nd CME meeting of IMOC was conducted on 17TH June 2024.Dr Natasha Radhakrishnan, Senior retina consultant and Head of Paediatric retina and uvea , Chaithanya eye institute Kochi, presented the topic “Mistakes in uveitis

diagnosis and management". This very relevant topic was well received and discussed.





Family Get Together And Weekend Retreat

Family get together and weekend trip of IMOC was conducted on May 25-26 2024 at Tea Terrain spa and resort , Pambanar, Peerumedu.17 members with their families attended the get together . It was a memorable and rejuvenating experience



Monthly CME meeting

63rd CME meeting of IMOC was conducted on 17TH July 2024.Dr Vinay S Pillai, Senior consultant and Head of Cornea and refractive surgery , Giridhar eye institute Kochi, presented the topics

1. “Blink-Beyond Just The Tears ”.
2. “Endothelial dysfunction –DMEK to the rescue”

These topics were elaborately presented and discussed in depth.

