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InSight

A Trinidad Eye Hospital Publication

CREATING AN INNOVATIVE EYE CARE SYSTEM

Trinidad Eye Hospital is pleased to introduce you to our first publication to keep our readers inspired by all that has been happening to transform eye health management for our patients and our partners in eye care.

A not-for-profit approach has been adopted by the TEH since 2016 with Caribbean Vitreous and Retina Surgery Ltd. as our proud majority sponsor. We are so excited to share this experience with you.

Our Vision: "A World Where Everyone Sees"

Our Mission: "To make the world a better place by providing quality affordable eye care for all"

Our love for patients and the passion for making a difference have been our motivation. We hope you enjoy this issue as much as we do. Please send us your feedback at the address below.

IN THIS ISSUE

CHAIRMAN'S MESSAGE

DIABETIC EYE SCREENING PROGRAM

CHRISTMAS IN JULY CHARITY

and more

TEH Trinidad Eye Hospital

TRINIDAD EYE HOSPITAL

tehnewsletter@trinidadeyehospital.org

www.trinidadeyehospital.org

Freeport | Maraval | San Fernando | St. Augustine

Editors

Franka Mohammed

Anura Bodoe-Bunsee

Contributors

Dr. Ronnie Bhola, Dr. Dorian Dwarika, Lee Ann Lazarus, Prianka Persad, Ibraheem Mohammed

MESSAGE FROM OUR CHAIRMAN

by Dr. Ronnie Bhola FRCS(Ed), CCT (UK)

I would like to start by expressing my deepest gratitude to all members of the Trinidad Eye Hospital team and the patients who continue to trust our commitment to serve them. We are always striving to fill the need for the best quality of clinical and surgical eye care management in affordable and innovative ways.

Looking back, this idea started about 3 years ago. Something was stirring inside me prompting me to do something more for people who suffer from eye disease. Sight is something so vital to the quality of one's life, and in many cases going blind is avoidable. After visiting the Moran Eye Centre in Utah, USA and Aravind Eye Hospital in Madurai, India, we received all the inspiration and mentorship that we needed to get started.

It has been a privilege helping more than 3000 patients get the care they need since 2016. To date, 100 patients have benefited from our charity cataract surgery initiatives.

My colleague and friend, Dr. Dorian Dwarika has worked alongside me as an ophthalmologist since inception and together we treat a range of eye disease: Glaucoma, Retina and Cataract.

Our special projects include: Cataract, Diabetic Eye Screening, Refractive Error, Patient Education and Training of Ophthalmic Professionals.

As we look to the years ahead, the future of Eye Health in our country and region looks promising. We hope to increase our charitable offerings and our ability to subsidize more of our services.

Our Strategic Plan focuses on:

1. Clinical and Surgical Services
2. Talent and Culture
3. Financial Stewardship
4. Communication Systems and Processes
5. Physical Resources.

TEH is interested in applying some eastern practices to western medicine. There are many challenges but we continue to persevere and inspire a wider network into action. Together we can make a difference. Let's do it!

INTERESTED IN COLLABORATION?

If you are interested in working with us– contact us today!
tehnewsletter@ trinidadeyehospital.org
Dr. Ronnie Bhola FRCS(Ed), CCT (UK)
Chairman & Chief Surgeon

DIABETIC EYE SCREENING PROGRAMME (DESP)

By Lee Ann Lazarus

Trinidad Eye Hospital's Diabetic Eye Screening Program (DESP) was initiated in March 2018. Diabetes is one of the leading causes of blindness in the Caribbean and as such the intent of this program is to reduce blindness in Trinidad and Tobago, and by extension the Caribbean. This program is led by a Consultant Ophthalmologist and is rooted in prevention and early detection. TEH is pleased to have screened over 1000 diabetics to date. Holding true to the mission statement of providing “Quality, Affording Eyecare to All”, this program was made accessible to many through the TEH's Subsidized Pricing payment option.

QUICK STATS

Classification of eye diseases found in 1000 persons screened

None	14%
Background Retinopathy	18%
Sight Threatening Retinopathy	39%
Other	29%

Diabetic eye screening is a key part of diabetes care and all diabetics should have their eyes screened at least once per year. Diabetics are at risk of damage from diabetic retinopathy, a condition that can lead to sight loss if it's not treated. It occurs when diabetes affects small blood vessels, damaging the retina. These changes can go unnoticed until they have reached an advanced stage when it might be too late to save the patient’s eyesight.

Early detection of disease through painless, digital, retinal photography can also let patients know of other negative changes in their bodies, health and wellbeing.

PROVIDING THIS SERVICE ALLOWS FOR DIABETICS TO PROTECT THEIR QUALITY OF LIFE.

THE GIFT OF SIGHT INITIATIVE

By Prianka Persad

Cataracts are the leading cause of blindness throughout the world and 90% of this blindness is found in developing countries. Although cataract surgery may sound simple, many people cannot afford it. This results in patients living in darkness everyday due to a treatable condition. Some suffer when placed on the public healthcare system's long waiting lists.

Since its inception as a not-for-profit organization in 2016, the Trinidad Eye Hospital has conducted 100 charity cataract surgeries for patients through the annual Gift of Sight initiative. The results of this endeavor have been both rewarding and humbling and as such, the TEH has decided to host this initiative bi-annually.

THERE IS NOTHING MORE SATISFYING THAN CHANGING SOMEONE'S LIFE BY RESTORING THEIR EYESIGHT

The Christmas In July initiative, carded for July 8th 2019, will provide twenty-five (25) patients with free cataract surgery. TEH will once again partner with its sponsors to provide the “Gift of Sight” to those in need and most importantly, the extreme privilege of restoring not just sight, but life!

Want to learn more about the Gift of Sight?

Contact us today!

tehnewsletter@ trinidadeyehospital.org

THE TTARP OUTREACH

In an effort to increase eye health education in our communities, the TEH team reached out to the Trinidad and Tobago Association of Retired Professionals (TTARP) as their members are mainly 50 years or older, which is a high risk group for eye disease.

TEH representatives attended TTARP San Fernando's Branch Meeting in March 2019 where a Diabetic Eye Screening Program (DESP) mini-lecture and vision screening was done. Following this successful outreach event, Dr. Bhola & the team participated in the TTARP's Annual Health Fair held in April 2019 where approximately 600 of their members attended. Dr. Bhola addressed the group on a wide range of eye care topics like eye vitamins, eye exercises and common eye diseases.

Effective May 2019, TEH became an official discount partner of the TTARP offering its members special discounts for a wide range of eye care services.

DATT RELATIONSHIP

The TEH's Diabetic Eye Screening Program (DESP) is one area where we are committed to a more proactive approach to diabetic eye health. We have commenced collaboration with another not-for-profit group: the Diabetes Association of Trinidad and Tobago (DATT).

Our team met with the president and executive members of the association to discuss possible partnerships and collaborative projects. DATT has several branches spread geographically throughout the country and in February and March 2019, our Programme Manager did DESP talks at its San Fernando and Couva Branch Meetings.

At these meetings, their members were able to learn more about how diabetes affects their eyes, the eye screening process as well as sign up for DESP. In July 2019 we will begin screening from our first Mobile unit at the DATT Head Office in Chaguanas. We are so excited to join forces against diabetic eye disease.

EMERGING NEW METHODS
Rubeotic Glaucoma Treatment

By Dr. Dorian Dwarika MRCS (Ed) and Ronnie Bhola FRCS (Ed),CCT (UK)

Over the years, we started seeing a lot of rubeotic glaucoma cases at our TEH clinics. As this type of glaucoma develops in patients, it goes through stages:

- It forms a pre trabecular membrane and blocks the open angle
- Later on it develops PAS and Secondary Angle Closure Glaucoma - more specifically a non pupil blocking anterior pulling secondary angle closure.

In many cases, these patients had both vitreous hemorrhage and traditional retinal detachment.

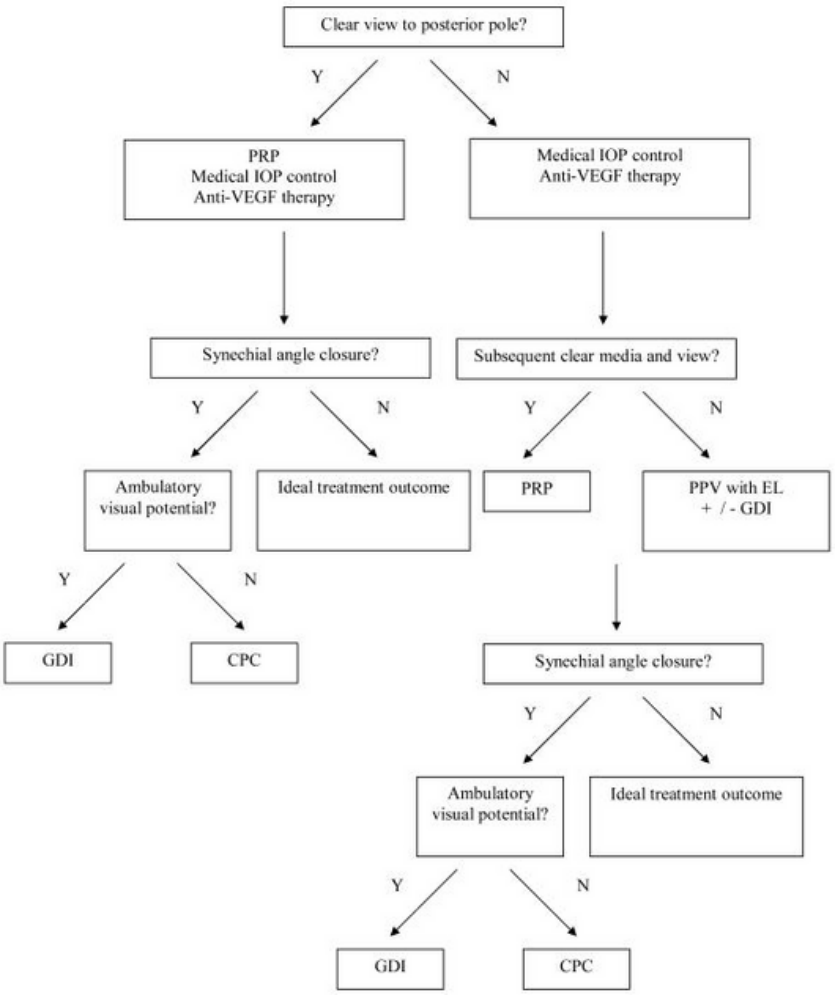
In the past, we treated this problem in two areas:
IOP Control: Medical Drops and Diamox
Neovascular Drive: Anti VEGF/ Laser / Vitrectomy

WE NOTICED: 80 - 90% OF PATIENTS WHO WE CONTROL WITH PRP OR ANTI VEGF AND MEDICAL TREATMENT, PROGRESSED TO NEEDING SURGERY.

Based on the outcomes and after extensive case review and analysis, we found the standard algorithm for treatment could be changed for better results.

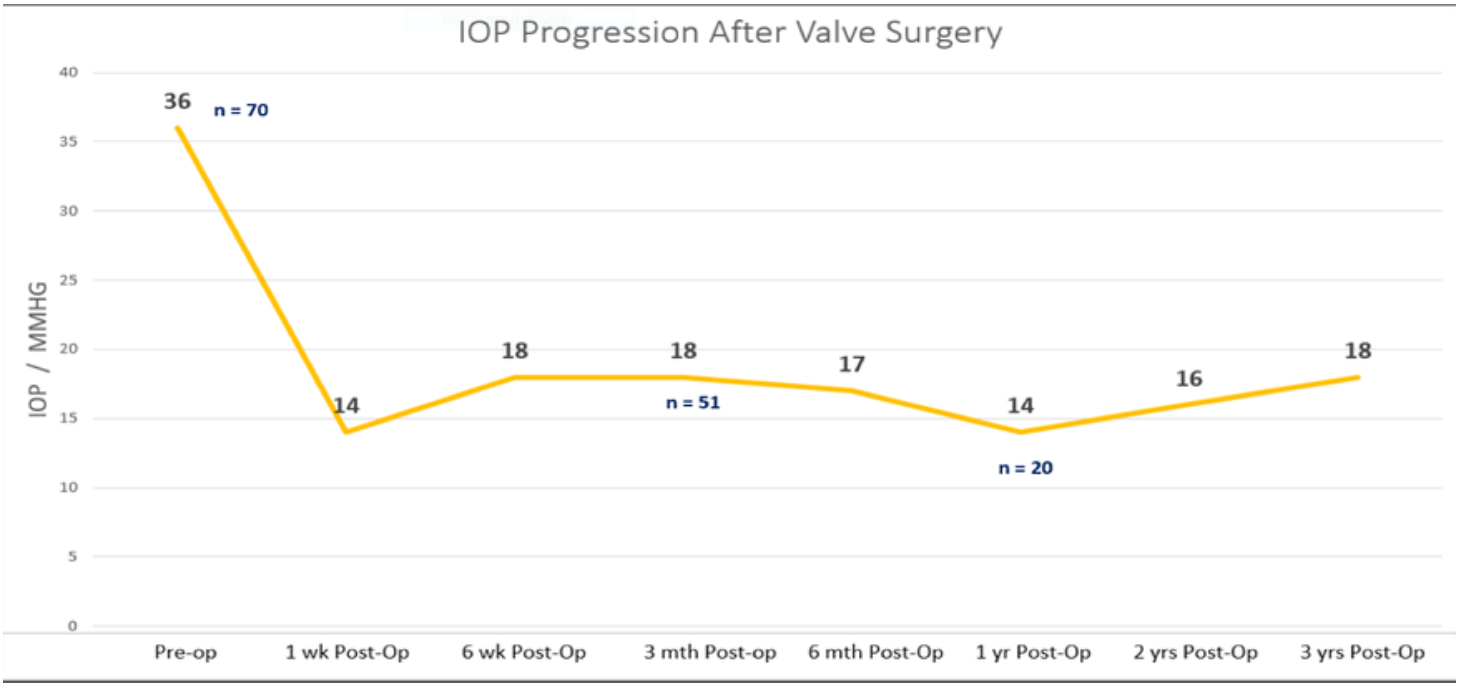
Once a patient had rubeosis and needed IOP controlled, we did PPV and PP Ahmed Valve Surgery regardless of the view of the posterior pole or synechial angle being closed because we knew they were likely to progress.

Standard Algorithm for Management of Rubeotic Glaucoma



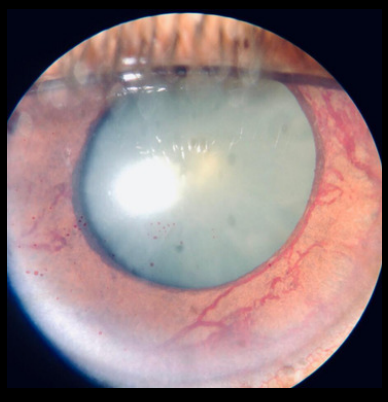
EMERGING NEW METHODS
Rubeotic Glaucoma Treatment

The results thus far look promising, as we've been able to maintain a steady low IOP Post Op as seen below.



We have noticed that this approach of performing combined PPV and PP Ahmed Valve for rubeotic glaucoma cases, has been quite a successful intervention. There has been a low retinal complication rate and a low tube complication rate with these procedures. Blocked tubes can be cleared with surgery and exposed tubes are also easily corrected with surgery.

This is a fairly new and interesting technique being practiced at TEH that has been allowing patients a less stressful experience and longer lasting improvement in their vision. To date, we have done more than 100 cases with positive outcomes.



This photo shows the eye of one of our many diabetic patients who presented with gross rubeosis and high uncontrolled IOP.
This eye was saved with surgery using our PPV and PP Ahmed Valve technique

TEH FAMILY MOMENTS

Christmas Lunch 2018

Valentine's Day 2019

Christmas in July 2018

TTOA Conference 2018

Clinic Day in Maraval

DESP Screening

Valentine's Day 2019

TTOA Conference 2018

Christmas Lunch 2018

TEH FAMILY MOMENTS

Surgery at Good Health Medical Centre

Gift of Sight 2018

Vision Screening Outreach

Dream Foundation Beach Clean Up 2019

Gift of Sight 2018

Walk for Sight 2018

HIGH VOLUME CLINICS - AN INNOVATIVE POD SYSTEM APPROACH

Trinidad Eye Hospital has a drive to contribute to the World Health Organization's global initiative to 'Eliminate Avoidable Blindness, VISION 2020: The Right to Sight'. This goal demands that eye care practitioners do more to treat as many persons as possible, hence the implementation of high volume clinics at all our TEH locations.

To achieve these high volumes, an innovative pod system was created. This system is a novel idea and has grown to be quite effective. It allows one ophthalmologist, together with a team of technicians, to treat approximately 100 patients in a 7 hour period.

The TEH clinics are laid out for patients to have a smooth "upstream" flow from first contact at reception straight up until doctor interaction and final payment. When first introduced, patient wait times were long, however with some improvements to the system, wait times have been reduced significantly.

An integral part of the pod system is an effective patient flow. Patients do a battery of eye tests before their consultation with the doctor and although they may spend more than 2 hours per visit, they value the high quality of ophthalmic care that they receive every step of the way.

The design of the doctor flow, remains the most ingenious part of the pod system. Simply stated, the doctor needs the correct number of exam lanes each called a pod. Every pod is supported by its own examination chair, slit lamp, computer screen and dedicated clinic aide. A pre-screened patient is placed in each pod in a timely manner and the doctor moves from one pod to the other in 15 minutes or less.

This way the ophthalmologist can consult with one patient while in the other pods' patients wait to be seen.

THE POD SYSTEM ALLOWS ONE OPHTHALMOLOGIST, TOGETHER WITH A TEAM OF TECHNICIANS, TO TREAT APPROXIMATELY 100 PATIENTS IN A 7 HOUR PERIOD.

The high volume system allows doctors and staff to utilise smaller work spaces efficiently during patient visits and patients have a simple and seamless flow during their visit. The increase in automation of patient notes and scans has also aided in the speed of operations within the pod system.

A NOTE FROM OUR OPTOMETRIST

By: Ibraheem Mohammed

As the Optometrist, serving the many patients who walk through the doors at TEH, I have found it to be a gratifying experience. I graduated from the UWI Optometry programme in 2017 and was thrilled to have the opportunity to work with the TEH team of Ophthalmologists everyday.

Many of our patients suffer with diabetes and are refracted after their corrective surgeries. Some patients present in our clinics with multiple pathology but this has allowed me to grow and sharpen my skills within my profession. It has been both challenging and fulfilling to help patients to improve their vision.

2018/2019 - St. Augustine & San Fernando:
Average refractions per month: **250**
Average pairs of glasses sold per month: **65**

Our subsidized programme has been designed to allow less fortunate patients to purchase spectacles at more affordable rates without compromising on quality. Almost 80% of our patients utilize this option. We also do vision screening and educational outreach events throughout the country and we look forward to increasing these efforts in the years ahead.

BUILDING COMPETENCE

The Trinidad Eye Hospital understands the importance of continuous education and the ability as an organization to grow and keep abreast with new and emerging methods and technologies. We strive to ensure that our staff are not only qualified, but are also continuously learning and improving.

EXPANDING CAPABILITIES

Our Diabetic Retinopathy (DR) Screeners and Graders - Ms.Lee Ann Lazarus and Ms.Vasti Ramkumarsingh are currently undergoing an intensive 40 week, level 4 online programme - Certificate in Higher Education in Diabetic Retinopathy Screening.

This is a unique qualification awarded by Gloucestershire Retinal Education Group in partnership with the University of Gloucestershire and focuses on the skills required to identify the appearance and significance of retinal damage caused by diabetes. They learn how to identify and reduce risks associated with diabetes in the development of sight threatening retinopathy.

CONTINUOUS IMPROVEMENT

TEH believes that competence and qualifications are key to quality assurance. Ms.Prianka Persad and Ms.Prashanta Persad, two of TEH's Certified Ophthalmic Assistants and Ophthalmic Surgical Assistants are currently studying to become Certified Ophthalmic Technicians.

Their love for the field of ophthalmology and their desire for continuous improvement is evident as they have been accepted by the international body Association of Technical Personnel in Ophthalmology (ATPO) as Regional Ambassadors.

TEH, in collaboration with the Caribbean Eye Institute (CEI) has been training our Clinic Aides to become Certified Ophthalmic Assistants.

BUILDING COMPETENCE

SHARED LEARNING

Dr. Ronnie Bhola, Dr. Zahrid Mohammed and Ms. Franka Mohammed, the Organization Transformation Leader, attended the *2019 Latest Updates in Ophthalmology Subspecialty Conference,* Barbados in February 2019. The conference included experts in ophthalmology from the Caribbean, U.K. ,Canada and the USA and was a great forum to share ideas and research. Dr. Bhola and Dr. Mohammed presented on retina and glaucoma surgical cases. This conference was hosted by Dr. Kim Jebodhsingh and TEH admires the work that she is doing in Barbados to position the Caribbean as a leader in Ophthalmology.

BECOME A CATALYST FOR CHANGE

MAXIMIZE YOUR INFLUENCE

The vision of the TEH "A World where everyone SEES" demands leaders who can transform the norm and push the boundaries of what's possible. Members of the team attended the 2-day *Global Leadership Summit* hosted by Mettamorphosis Leaders in March 2019. It was an event that encouraged the leaders to become a catalyst for change and identify their growth goals. The video-cast conference featured world renowned transformational leaders and best selling authors who all strive to maximize their influence and change the world. TEH was featured at this summit and Dr. Ronnie Bhola was honoured as a Regional Transformational Leader in Eye Care.

KNOWLEDGE SHARING

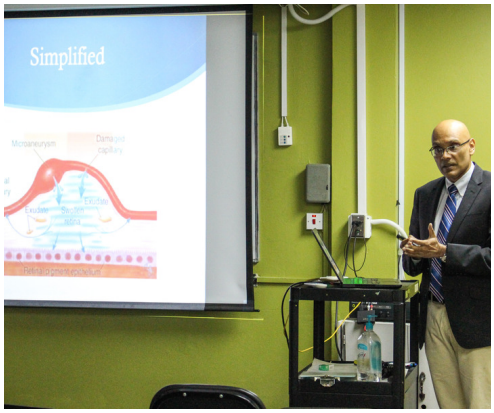
DOCTOR EDUCATION SESSIONS

Knowledge sharing is a pillar of TEH's strategic imperatives, as it strives towards achieving its vision. The TEH values being able to inspire and grow young ophthalmologists and as such have started regular Doctor Education Sessions throughout the year.

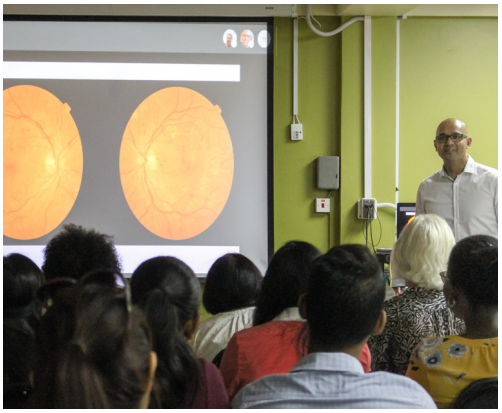
These sessions began with a small group of about 15 doctors but have grown over the months and includes case study discussions and dynamic surgery videos. Real cases seen and treated at the TEH clinics are presented and discussed.

Sessions aim to sensitize attendees on a variety of eye conditions as well as to encourage discussion and collaboration for treatment of difficult cases. Sessions also provide guidance for students preparing for postgraduate exams.

To date we have held 8 sessions of this nature and have had the privilege of external doctors presenting at these sessions on interesting topics. In July 2018 , Dr. David Burton presented on Orthoptics and New Devices in Glaucoma Management and in September 2018, Dr. Vineeth Kumar spoke on Diabetic Retinopathy. They are both Consultant Ophthalmologists based in the UK who have been sharing their knowledge as Associate Lecturers of the TEH.



"A CANDLE LOSES NOTHING BY LIGHTING ANOTHER CANDLE "
- JAMES KELLER



OPTOMETRISTS' LECTURE SERIES

The Optometrist Lecture Series is a collaboration between the TEH and UWI Optometry department. Two sessions have been held so far in October 2018 and May 2019. This series is part of building a shared care relationship where the TEH aims foster open communication between optometrists and ophthalmologists. The goal is to empower optometrists to be able to detect a variety of eye diseases in its early stages as well as to be able to assist ophthalmologists with caring for patients post diagnosis. So far, the two lectures have had high engagement levels from optometrists, technicians and students.

Dr. Vineeth Kumar, Consultant Ophthalmologist from the UK also participated in the series and spoke on topics such as Diabetic Retinopathy, Cataract & Glaucoma. More of these sessions are already in the works for October 2019.

TEH
Trinidad Eye Hospital

Our Mission To make the world a better place by providing quality, affordable eyecare for all

OUR SERVICES

Cataract Surgery
Retina Surgery
Glaucoma Testing & Treatment
Diabetic Eye Screening
Optical Services

Email: customerservice@trinidadeyehospital.org

SUBSIDIZED PRICING AVAILABLE

DIABETIC EYE SCREENING PROGRAM

Please call **687-3377 (DESP)** to schedule an appointment today!

Early detection can save your sight!

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www.trinidadeyehospital.org

Dr. Ronnie Bhola FRCS (Ed),CCT (UK)
Dr. Dorian Dwarika MRCS (Ed)
Dr. Zahrid Mohammed MBBS

San Fernando
99B Circular Road
301-8080 / 222-7972

Maraval
Royal Palm Plaza
622-6619

Freeport
153 Mission Road
225-6839

St. Augustine
Cor. Warren & Private Road
645-7565 / 221-7636