January-March, 2015

...excellence in Community Eye Health
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1. INTRODUCTION

Blantyre Institute for Community Ophthalmology (BICO) is implementing a lot of Projects across Malawi. These include Trachoma Elimination Programme (TRUST Project), SEZ Vision 2020 Eye Care Programme, MORDOR and Low Vision, capacity building and other outreach programs. This report covers all activities or work done between January and April 2015 (Q1 of 2015).

2. MAJOR PROGRAMMES UNDERTAKEN

i. THE TRUST PROJECT.

a. Annual Participatory Review Meeting.

Held at Ufulu Gardens, Lilongwe, BICO took part in the three day annual participatory review meeting for the TRUST Project. The main objectives of the meeting were:

- To review progress to date against the Trust programme objectives (Outputs and Expenditure) and the Elimination Programme.
- Identify gaps in implementation of SAFE strategy and develop plans to address them in 2015.
- Identify lessons learnt in the first year that can help improve planning for year 2 and share experiences with other countries.
- Understand whether efficiencies and quality have been achieved in the programme to date and to develop a solid detailed plan for year 2.

The meeting was attended by guests from Sight Savers UK & Malawi, Kilimanjaro Centre for Community Ophthalmology Tanzania, Global Trachoma Programme, Ghana, Government officials from Ministry of Health Headquarters, and District Health Offices, Malawi, African Medical and Research Foundation (AMREF), Christoffel Blinden Mission (CBM), and Blantyre Institute for Community Ophthalmology (BICO).

b. TT Surgeries.

During the quarter, the following has been achieved

- 55 TT patients operated in the three districts of Machinga, Chikwawa and Nsanje Districts.
Table 1. showing breakdown of surgeries done in Nsanje, Chikwawa and Machinga in the quarter under review

<table>
<thead>
<tr>
<th>District Name</th>
<th>Total verified with TT</th>
<th>Total patients Accepting Surgeries</th>
<th>Total No of eye Surgeries</th>
<th>Epilation</th>
<th>Refusals</th>
<th>Bilateral</th>
<th>Unilateral</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nsanje</td>
<td>20</td>
<td>9</td>
<td>11</td>
<td>4</td>
<td>7</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>Chikwawa</td>
<td>21</td>
<td>15</td>
<td>21</td>
<td>3</td>
<td>3</td>
<td>4</td>
<td>11</td>
</tr>
<tr>
<td>Machinga</td>
<td>38</td>
<td>31</td>
<td>51</td>
<td>3</td>
<td>2</td>
<td>11</td>
<td>20</td>
</tr>
<tr>
<td>Total</td>
<td>79</td>
<td>55</td>
<td>83</td>
<td>10</td>
<td>12</td>
<td>17</td>
<td>38</td>
</tr>
</tbody>
</table>

TT Surgeries at Ntaja Health Centre, Machinga district

c. Case Finders Training.

125 TT case finders trained in Machinga (65), Chikwawa (31) and Nsanje (29). In Nsanje for example, 10 trained case finders managed to identify and mobilise 29 confirmed TT patients for surgery. BICO is yet to find out from Chikwawa and machinga about the effectiveness of the trained case finders.

ii. SEZ VISION 2020 EYE CARE PROGRAMME

This is a new three year programme in BICO and will be implemented in the six districts in the zone; Mangochi, Balaka, Machinga, Zomba, Phalombe & Mulanje. The programme is funded by Kilimanjaro Centre for Community Ophthalmology (KCCO). The programme focuses on three main areas; Cataract Operations, Childhood Blindness and Refractive Errors.
ACHIEVEMENTS BY OBJECTIVES

Objective 1: Disease Control-targeting 5 diseases; Cataract, Trachoma, Onchocerciasis, Childhood blindness and Refractive errors.

During this reporting period, three key activities were conducted only in Zomba. There was pre planning meeting with Staff from Zomba DHO and Central Hospital on how to do outreach activities. After this planning meeting a publicity/ promotion was conducted targeting 8 Health facilities. As a follow up to the promotion, screening and surgeries were also done in these 8 Health facilities.

Screening for Cataracts in progress during outreach and below ready for surgery at Zomba Central Hospital
Objective 2. Human resource development- in all cadres of eye care needed to fight avoidable blindness

During this reporting period, a counseling training a Counselor’s Training was organized by Blantyre Institute for Community Ophthalmology under the South East Zone Vision 2020 Eye care programme, at Zomba Central Hospital from 15th to 16th January 2015. The training was attended by 1 BICO staff, 2 Ophthalmic Clinical Officers; 2 Nurses and 1 Optometry Technician all from Zomba Central Hospital. Elizabeth Kishiki, Child Blindness & Low Vision Coordinator, KCCO and David Chinyanya, Programme Manager, BICO facilitated this training. BICO Executive Director, Prof Kumbo Kalua was also present during this training.

Picture above shows a role play on how counseling is done during the training. The other participants, included Prof Kalua BICO’s Director
Objective 3. Infrastructure development - hospitals and equipment supply

Two major activities took place during this period:

a. Procurement and supply of 100 bottles of Lignocaine as requested by Zomba Central Hospitals for surgeries were done by BICO.

b. BICO also supported Zomba Central Hospital with funds to fumigate the main theatre at Eye Department to allow surgeries to take place after it was shut down for some time due to reported infection. This followed a request by Zomba Central Hospital asking for support for the fumigation of the theatre. A total amount of MK103, 000.00, approximately USD 224 was used.

iii. MORDOR Study

MORDOR is a multicountry (Malawi, Niger, and Tanzania), multicentre randomised clinical study that is being undertaken by BICO in collaboration with London School of Hygiene and Tropical medicine and the Ministry of Health in Malawi. Under this study the aim is to test if mass drug administration (MDA) with Azithromycin (used for MDA in trachoma endemic areas) can reduce child mortality and morbidity which are mainly as result of malaria, pneumonia and diarrhoea in the under-five children. For Malawi the study site is Mangochi district and it was chosen because it is estimated to have relatively high infant and child mortality and it is estimated to have low prevalence of active trachoma (estimated at between 7 and 8% of 1-9 year olds) which would normally not require mass treatment with Azithromycin for trachoma control.

Under this project, the following activities were done:

a) Setting an Office in Mangochi.

This office will accommodate project staff who will coordinate project activities in the district.

b) Interviews.

Interviews for the position of Field Worker were conducted. 10 field workers have been recruited to be based at the project office in Mangochi.

c) MORDOR External Visitors.

Two sets of external visitors came to BICO:

1. Two Medcol students (Louis Rose and Miriam Cox) from University of Birmingham -UK.

These were on research instigating the ‘Prevalence of Factors Affecting Childhood Mortality in the Mangochi district of Malawi’. The picture to the left shows **Louis Rose, Miriam Cox & local research assistant Collins Kapalamula doing data collection**
2. Professor Robin Bailey, London School of Hygiene and Tropical Medicine, visited Malawi on 4th March and left on 8th March 2015.

Receipt of consumables and medical supplies from UK at Q.E.C.H, Eye Department

iv. LOW VISION

During the period under review, the following activities were done

a. Training of Teachers.
   Training of Teachers from resource centres of Nsiyaludzu, Nazombe, Montfort, Mpasa and Makande. This was facilitated by Elizabeth Kishiki from KCCO in collaboration with BICO. In total 15 teachers attended the training held at Montfort Special Needs College. The below shows Elizabeth with the participants to the two day training.
After the training, participants had a tour of Montfort demonstration school where they observed whether teachers observe the general practice of low vision in the classrooms. Below is a picture showing some teachers observing a lesson in progress.
b. **Trainings of Ophthalmic personnel.**

BICO conducted a two day training for Optometrist, Optometric technicians and Ophthalmic Clinical officers (OCOs) from Blantyre, Zomba and Chikwawa districts on 9th and 10th February 2015 at Queens, eye Department. This was a refresher course to some and a full training to some like OCOs from Chikwawa, Optometric technicians from Zomba and some Master of Medicine postgraduate Ophthalmology students.

c. **Orientation of teachers.**

Orientation of regular teachers and head of Makande, Nazombe, Montfort and Nsiyaludzu Primary Schools. The objective of the training was to help regular teachers to understand the needs of the learners with low vision and assessment form so that they help these learners well.

In the picture, Bruno demonstrate how to use a reading stand while regular teachers at Makande Model School observe with keen interest. In the picture below, Bruno orients the regular teachers at Makande in Chikwawa District on 23rd January 2015.
d. Screening & distribution of Optical Devices.

BICO distributed optical and non-optical devices in four Resource Centres of Makande, Nazombe, Nsiyaludzu and Montfort. Teachers and pupils were also oriented on how to use these devices.

The table 2 below shows a summary of the total number of devices distributed to each of the four resource centers.

<table>
<thead>
<tr>
<th>Centre</th>
<th>Spectacles</th>
<th>Telescopes</th>
<th>Magnifiers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Makande</td>
<td>5</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Nazombe</td>
<td>10</td>
<td>1</td>
<td>11</td>
</tr>
<tr>
<td>Nsiyaludzu</td>
<td>10</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Montfort</td>
<td>8</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>33</strong></td>
<td><strong>4</strong></td>
<td><strong>24</strong></td>
</tr>
</tbody>
</table>

e. Visit by Karin to all resource centres.

Dr Karin vanDjk visited all the four resources centres during this quarter under review between 3\textsuperscript{rd} and 6\textsuperscript{th} February 2015. During the visit, he assessed all learners with low vision in all classes and had time to discuss and share experiences with teachers in their classrooms. The picture below shows Dr Karin in a classroom and with a learner with Low Vision at Nazombe Model Primary School in Phalombe.

The policy review meeting took place at Special Needs Education College at Montfort in Chiradzulu on 12th February 2015. Officials from the college, teachers in charge of Resource Centres, Head Teachers, PEAs & DEMs attended this one day policy meeting whose objective was to share experiences and lessons learnt during the one year of implementation and plan for the future.

Picture below shows the participants at the policy meeting.

In the picture above, Bruno Chimaliro making a presentation during the policy meeting
v. OTHER OUTREACH PROGRAMMES.

During the quarter under review, two major outreach programmes were undertaken:

a) Youth Ministry Outreach.

Youth Ministry is a new small programme in BICO. It supports youth who are born again Christians and are involved in Ministries at their local churches. Most of the time they are given travel and upkeep grants that would be beneficial to the youths after they attend youth conference, seminar or retreat. However this programme departed from its core programme and donated assorted relief items to the flood victims from Chigumula Township at Namariha village in the city of Blantyre. This was done in collaboration with Blantyre City Council.

This activity took place on 21st January 2015 at Mzamba primary school in Chigumula. 58 people were supported with relief items that ranged from food stuff to writing materials for school children.

b) Rapid Assessment Programme.

BICO conducted a Rapid Assessment of Eye Conditions in flood camps in Nsanje District on 16th February 2015 at Bitilinyu village, Nyachikadza Camp in Nsanje District. This was in response to the request for support to treat eye conditions, noted to be on the increase as reported by the district health office (DHO) Nsanje.

The assessment focused on the following eye conditions – Trachoma TT, TI, TF, conjunctivitis - Conjunctival discharge, Cataract, Allergy and Glucoma) beside assessing at the general sanitation and
hygiene situation at the camps. A questionnaire was designed for these. It was noted that there was an outbreak of bacterial conjunctivitis. Tetracycline (TEO) was given to all who were diagnosed to have bacterial conjunctivitis. Those needing other interventions were referred to Nsanje District Hospital for further eye management. The rapid assessment team comprised Ignasio Wachepa - Team leader, two OCO’s (Bruno Chimaliro and Charles Blainu), two data recorders (Zachariah Kamwendo and Alvin Chisambi) and Ranneck Singano.

Table showing results of Eye assessments/screenings done at the camp

<table>
<thead>
<tr>
<th></th>
<th>TF</th>
<th>TI</th>
<th>TF/TI</th>
<th>Conjunctival Discharge</th>
<th>TT</th>
<th>Cataract</th>
<th>Allergy</th>
<th>Glaucoma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of People</td>
<td>34</td>
<td>17</td>
<td>36</td>
<td>120</td>
<td>2</td>
<td>10</td>
<td>15</td>
<td>1</td>
</tr>
</tbody>
</table>

**OCO Bruno Chimaliro examining a person at the Camp & other picture shows a child with severe Conjunctiva discharges and skin rashes**
3. Capacity building & Human Resource

i. Staffing and Staff welfare

During this quarter a number of staff were recruited as follows:

<table>
<thead>
<tr>
<th>Name of Officer</th>
<th>Position</th>
<th>Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ignasio Wachepa</td>
<td>Senior Administration &amp; Project Officer</td>
<td>KCCO &amp; TEP</td>
</tr>
<tr>
<td>Chester Phiri</td>
<td>Admin &amp; Logistics Assistant</td>
<td>BICO</td>
</tr>
</tbody>
</table>

ii. Assets and Equipment

Apart from Lab items that have been donated to BICO and College of Medicine (COM) by London School of Hygiene and Tropical Medicine (LSHTM) for the MORDOR study, BICO also procured a vehicle (Nissan Tilda) for administration & logistics.

BICO also received two Ford Rangers from the Sightsavers UK for Trust Project. The vehicles will help ease transportation problems that were there before because most of the activities done under this project depended on hired vehicles.

iii. Project Proposal development

During this quarter, one proposal was resubmitted – Low Vision Project Proposal for one more year with funding from Wilden Ganzen/Lion Club of Netherlands and two Expressions of Interest to OXFAM and Bill and Melinda Gates Foundation. BICO is awaiting feedback from the outcome of these.

iv. BICO Visitors.

During the quarter under review, the following dignitaries visited BICO and undertook various assignments in all BICO implemented projects:

1. Prof Robin Bailey, London School of Hygiene & Tropical Medicine. He came to check on the progress on the Mordor Study and preparations for full implementation of the project.
2. Elizabeth Kishiki, KCCO Low Vision & Child Blindness Coordinator. She came to support BICO in training Special Needs teachers DRAWN FROM FOUR RESOURCE CENTRES OF Makande, Nsiyaludzu, Mpasa, Nkope, Montfort & Nazombe
3. Dr Karin van Dijk, Low Vision Specialist. She was with BICO for two weeks from 2 to 13th February 2015 visiting resource centres, OCO training, attending policy meeting on the future of the Low Vision Project and finalisation of the Low Vision Project.

4. John Muriuki, Regional Director, East, Central & Southern African, Sightsavers based in Nairobi. He visited BICO to learn about BICO’s work and the progress made in the implementation of the Trachoma Elimination Project. He was accompanied by Roy Hauya, Country Director, Sightsavers, Malawi. During the visit, Mr Muriuki also learnt about the MORDOR Project in Mangochi.

v. Financial progress report for the quarter under review.

SUMMARY OF INCOME AND EXPENDITURE FOR BICO PROJECTS FOR THE YEAR ENDED 31 MARCH 2015

<table>
<thead>
<tr>
<th>INCOME</th>
<th>Kwacha</th>
<th>Dollar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Funds balance brought down from 2014</td>
<td>54,618,726</td>
<td>121,375</td>
</tr>
<tr>
<td>Funds received during first quarter of 2015</td>
<td>220,075,117</td>
<td>500,047</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>274,693,843</strong></td>
<td><strong>621,422</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EXPENDITURE</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Projects</td>
<td>19,471,479</td>
<td>45,283</td>
</tr>
<tr>
<td>Salaries</td>
<td>15,595,263</td>
<td>36,268</td>
</tr>
<tr>
<td>Administration</td>
<td>15,198,521</td>
<td>35,345</td>
</tr>
<tr>
<td><strong>Total expenditure</strong></td>
<td><strong>50,265,263</strong></td>
<td><strong>116,896</strong></td>
</tr>
</tbody>
</table>

BICO EXPENDITURE

| | Projects 73% | Salaries 16% | Administration 11% |
| | 0% | 0% | 0% |

| Projects balance as at 31 March 2015 | 224,428,580 | 504,526 |

PROJECTS

MORDOR
THE TRUST
LOW VISION
EFINTD
GTMP NORTH
FUNDERS
LSHTM (FROM GATES FOUNDATION)
KCCO
NTD SUPPORT CENTRE
QUEEN ELIZABETH DIAMOND JULIBEE TRUST
THROUGH ICTC
EFINTD
GLOBAL TRACHOMA MAPPING PROJECT THROUGH SIGHTSAVERS