



# FOCUS

**JULY 2023**

## **Editor's Note**

We bring to you, the second issue of GEI FOCUS this year, July 2023. Last few months have been busy for the GEI family. From doctors to students and all the staff, we have a lot to share and pat our backs for various achievements.

We bring to you news from Nurses day celebration, opening of our new branch at Thripunithura, 6th anniversary celebrations at our Edapally branch, achievements of our doctors at AIOC 2023, along with some experiences and some amazing art.

Our medical superintendent, Dr Saikumar S. J., the current president of Kerala Society of Ophthalmic Surgeons, served as the Organising Secretary for AIOC Kochi 2023, a mammoth conference held in the month of May 2023. The conference was attended by over 7000 delegates from all over the country. Many of our doctors participated with presentations and helped in organizing events within the conference. GEI held its alumni meet during AIOC which was attended by both past and current team of doctors.

Adversity brings out the best in us. When faced with a problem, how we improvise our services to help the society is the story we would love to share about the 'Eyedrops Bank' at GEI.

Happy reading!

**Dr Vanashree Nair**

**JULY 2023**

## OUR DRUG BANK

Everyday we come across many faces in our OPD. Yes, it's our responsibility to diagnose and give a solution to their problems but do we really know if our patients are using those medications prescribed by us?

It was a fine day and as usual I was busy in OPD. A middle aged man walked in with teary eyes. He was an autorickshaw driver who had chronic eye condition, for which he required regular follow up and medications. During my conversation with him, I realized he was aware of his condition but those expensive medications were a burden for him and never used it unless he had unbearable symptoms. I searched my drawer and found some sample medicines for him. A smile spread over his face, which filled my heart. This is not the story of one man but of many.



Ophthalmic medications are expensive. Medications that need to be continued for prolonged periods or lifelong can cause a significant economic burden for the patients and their families. This may, in turn, lead to poor compliance to medications and worsening of their condition.

At the same time, patients presenting with acute conditions are usually unprepared for buying multiple medications. On the other hand, a large number of expensive, unused sample medicines are being discarded because they have passed their expiry date.

Hence, for the judicious use of available precious resources and to reduce the burden of treatment for

unfortunate patients, we decided to expand the activities of our “Drug Bank” which was, till then, our personal collection of sample medicines being dispensed to our camp patients. To begin with, we had many questions like from where to collect, where to store or how to utilize it effectively. That is when we the Team GEI worked together to make our dream a reality.

We sat together and made boxes, covered and labelled and used them as our drug collection boxes which were kept in all OP consultation rooms to collect the unused sample medications. Medicines thus collected were sorted, categorized and safely stored in the Drug Bank in the Community Ophthalmology department in the OPD Annex. Currently, most of the commonly used medications and combination of drugs are available in the Drug Bank. These medications are dispensed to any patient who presents to the Drug Bank



with the doctor's prescription. Patients who are on regular medications for prolonged periods have the convenience of collecting their medications directly from the Drug Bank even without an OPD appointment.

A little effort from our side can make millions smile.

**Dr Tintu Susan Joy**

**Dr Sruthi R**

**Dr Rosina Thomas**

Department of Community Ophthalmology.

## Some glimpses from AIOC 2023



Dr Giridhar addressing the gathering during the valedictory function, AIOC 2023.



Dr Saikumar S. J., Organising Secretary, addressing the gathering at the inaugural function of All India Ophthalmological Society Annual Conference 2023, held at Grand Hyatt, Kochi.

## Some glimpses from AIOC 2023



Dr Mahesh G. controlling all the scientific halls for smooth functioning.



Dr Neena Menon and Dr Thomas Kuriakose attending a session.



Giridhar Eye Institute congratulates Dr. Neena M (HOD, Neuro-Ophthalmology and Strabismus, Giridhar Eye Institute) for receiving the "Prem Prakash Disha Award" for the Best paper in Strabismus in 2022. She received the award at the 81st Annual Conference of the All India Ophthalmological Society - AIOC 2023, held at Lulu Bolghatty Convention Center, Kochi. The paper is titled "Acute Acquired Concomitant Esotropia precipitated by excess near work during COVID-19-induced home confinement".



Dr Jiz Mary Santhosh, Long term surgical retina fellow at Giridhar Eye Institute, won the Appreciation Certificate for the AIOS Ophthalmic Photography Competition 2022 on the occasion of World Sight Day. She was honoured with this award during the recently concluded AIOC 2023 in Kochi.



Dr Ashapurna Borgohain presented a paper titled "Functional and morphological changes in eyes with CNVM switched to intravitreal Brolucizumab" in the Diabetic Retinopathy category.



Dr Aparna Anand, cash prize winner in Microlabs Quiz during AIOC 2023.



Giridhar Eye Institute alumni meet at AIOC, Kochi 2023



Dr. Lekha T (Senior Consultant, Giridhar Eye Institute), was awarded the International Ophthalmic Hero Award at AIOC 2023 for the Best E-Poster at the 5th WORLD ROP CONGRESS held in Dubai 2022-titled "SERIAL IMAGING OF THE NOTCH IN RETINOPATHY OF PREMATURITY"





Team Edapally celebrated 6th anniversary





- 1** Dr Neena received the Certificate of Merit from the Editor of Indian Journal of Ophthalmology for her article titled "Can photoscreening detect amblyogenic risk factors in children with neurodevelopmental disability?"
- 2** Dr Anna Elias, Senior Consultant at Giridhar Eye Institute, presented a scientific research paper titled "Glaucoma Diagnostic Accuracy of Macular Ganglion Cell versus Retinal Nerve Fibre Layer Thickness" at the 81st National Conference of the All India Ophthalmic Society. The paper was presented at a scientific session, Hyde Park 3, of the 81st AIOC 2023 in Kochi. The paper received the 'CERTIFICATE OF MERIT' for the best paper of the session.

In addition, another publication titled "Diagnostic ability of superficial vascular density measured by optical coherence tomography angiography to differentiate high myopic eyes from eyes with primary open angle glaucoma" published in the Indian Journal of Ophthalmology, December 2022, was selected for the Best of IJO Certificate for the year 2022. Dr Liz Mary Santhosh, a DNB candidate at Giridhar Eye Institute, was the main author of the paper. The paper was her thesis for her DNB Ophthalmology course and Dr Anna Elias was her guide.

Dr Liz Mary Santhosh is the first postgraduate candidate at Giridhar Eye Institute to achieve this feat.

## Inuaguration Function : 4<sup>th</sup> branch at Thripunithura



The function was graced by the presence of Shri K Babu, Honourable MLA, Smt. Rema Santhosh, Municipal Chairperson, Shri Jayakumar P K, Ward Councilor and Dr Giridhar, Medical Director.





Team at Thripunithura



Team Retina at the instruction course on CSCR at AIOC 2023 with Dr Giridhar as the Chief Instructor.



Instruction course on trauma management at AIOC 2023. Standing from left to right- Dr Anubhav Goyal, Dr Sony George, Dr Vanashree Nair, Dr Sugaranjini G, Dr Marian Pauly.



Dr Sugaranjini G, presented a paper in the Cornea and Refractive session at APACRS 2023 Singapore.



The Department of Nursing at Giridhar Eye Institute commemorated International Nurse's Day on May 12th, 2023, which marks the birth anniversary of Florence Nightingale. In keeping with the spirit of care and compassion towards general mankind, the nurses at Giridhar Eye Institute dedicated this year's International Nurse's Day to the life and sacrifice of Dr Vandana Das.

## ART CORNER



Aarya Babu - Executive (Insurance Department)  
using micron pen



Aarya Babu - Executive (Insurance Department)  
using Acrylic and Water Colour



**Giridhar Eye Institute**  
Lighting up Lives

KADAVANTHRA | EDAPPALLY  
THRIPUNITHURA | MATTANCHERRY

**KADAVANTHRA**

Ponneth Temple Road, Near Ponneth Temple  
Kochi, Kerala - 682 020, E-mail: giridhareye@gmail.com

**EDAPPALLY**

Above Saravana Bhavan, Toll Jn  
Kochi, Kerala - 682 024, E-mail: edappally@giridhareye.org

**MATTANCHERRY**

Star Junction, Fort Cochin  
Kochi, Kerala - 682 002, E-mail: gre\_mattancherry@giridhareye.org

**THRIPUNITHURA**

Aradhana Buidling, Opp. Pooja Cricket Ground, Hospital Road  
Kochi - Kerala - 682 301, E-mail: thripunithura@giridhareye.org

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**Call : +91- 484 - 417 0000**

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