

FOCUS



Giridhar Eye Institute
Lighting up Lives

Editor's Note

We are back with our second issue of Focus this year, the August 2024 edition.

Past few months have gone swiftly with so many events happening at local and international levels. We proudly present the achievements and accolades won by our doctors, students, optometrists and other members. Our humble attempt to bring all news together, acknowledge and celebrate the success of all. I encourage you all to go through our newsletter to get an insight and inspiration, as we celebrate the milestones and landmark achievements of our colleagues. The coming months will see more of events and we hope to bring all the news to you in the forthcoming issues! Happy reading!



Dr Vanashree Nair



THE ART OF OCULAR PROSTHESIS!

Ocularistry

Ocularistry is an art to rehabilitate people with disfigured eyes cosmetically and socially. An ocularist is a trained person skilled in the arts of Fitting, Shaping and Painting artificial eyes or ocular prosthesis. The ocularist works with the oculoplasticsurgeon to plan the prosthesis, to modify and to understand the limitations in some sockets to get a good cosmetic fit.

The disfigurement associated with the loss of an eye can cause significant physical and emotional problems. Most patients experience significant stress, due primarily to adjusting to the functional disability caused by the eye loss, and to societal reactions to the facial impairment. Therefore prosthesis is essential to promote physical and psychological healing for the patient as well as to improve the social acceptance.

History: Making of artificial eye has been practiced since ancient times. The first ocular prosthesis was made of clay attached to a cloth and worn outside the socket (Ectblepharons) by the Romans and Egyptians in the fifth century B.C. About twenty centuries later artificial eyes for the socket were developed from gold and colored enamel. In the sixteenth century, Venetians made artificial eyes out of glass. Later-on acrylic was used, and now Poly Methyl Methacrylate (PMMA) has replaced acrylic.

Indications for ocular prosthesis:

- *After Enucleation and Evisceration with or without implant*
- *Over Phthisical eyes*
- *Blind eye with scarred Corneas*
- *Congenital anophthalmia/microphthalmia*



Types of ocular Prosthesis: Based on fitting procedure, there are three types of ocular prosthesis, namely Stock shell, Custom made prosthesis and Scleral shell.

Stock Shell: Stock eyes are prefabricated and readily available in the market with different corneal and sclera colours. Since it is prefabricated, fitting with this gives only a certain amount of symmetrical appearance with the fellow eye. The prosthesis motility will be less and the patient may develop irritable socket with discharge and redness due to the poor fitting and the poor quality of material. However this type is indicated in few cases where patient cannot afford time and money to spend for custom made eyes. It can also be used for a temporary fit or if one has to change shells frequently.

Custom-made prosthesis: Custom made shells is comfortable prosthesis fabricated for each patient according to their socket size and it is high quality PMMA material. It is hand painted and fits snugly into the socket. Various Modifications can be made on the custom made prosthesis in order to develop or expand the contracted socket and ptosis shelf to correct the ptosis.

Scleral shell: It is a thin shell with transparent sclera and can be used in eyes with irregular corneas where cosmetic contact lens will not fit.

At Giridhar Eye Institute, our work in Ocular prosthesis began 12 years ago. A significant number of patients (598 and counting) have benefitted from prosthesis work we have been carrying out. We would be glad to help patients who are in need of a good prosthesis or care of their prosthetic shell and servicing.

Ocularist - Mr. Iby.P.Varghese

Mizhi 2024 – April 28th



Dr Neena was invited as a speaker at MIZHI 24 at Alleppey to deliver a talk on "Masquerades in Strabismus"

TOC Reflections Expert Viewpoint 2024 – 5th may



Dr Neena was a panellist at TOC Reflections Expert Viewpoint 2024 – 5th may



Inauguration of Project Drishti

Diabetic Retinopathy Centre – SSM Community Ophthalmology Centre – Thripunithura. – 8th May 2024.



Project Drishti (under a Global Grant from The Rotary Foundation (TRF)) initiated by the Rotary Club of Cochin at SSM Community Ophthalmology Centre – Thripunithura, was inaugurated by Rtn. Vijaykumar T R (District Governor, Rotary International District (RID) 3201) on 8th May 2024, in the presence of Rtn. Prakash Aswani (President – Rotary Club of Cochin), Rtn. Raveendra Krishnan (Club Chair – Service Projects), Rtn. Rajan Nair (Club Chair – TRF, Rtn. Susheel Aswani (Club Chair – Fundraising), Rtn. Dr. Sujit Vasudevan (Member – Association of Physicians of India), Rtn. Venugopal C Govind (Past District Governor of RID3201, and Trustee – SSM Eye Research Foundation) and Dr. A. Giridhar (Managing Trustee – SSM Eye Research Foundation, and Director – Giridhar Eye Institute). This was made possible through the collaborative efforts of four international partner rotary clubs based in USA, England, Wales & Nigeria, along with the Rotary Club of Cochin, and the generous support of five rotary international districts.

This project, with a budget of USD 55,615 (or Rs. 46.16 lakhs) aims to combat preventable blindness by providing essential equipment for the diagnosis and treatment of diabetic retinopathy including a Retinal Scanner, Green Laser and Operating Microscope. These items will help further the efforts of the SSM Community Ophthalmology Centre to give economically backward communities access to the best of facilities. The SSM Centre is operated by the Giridhar Eye Institute and continues to provide regular screening and treatment facilities to BPL communities. With increasing incidence of diabetes, diabetic retinopathy has become an important cause of preventable blindness. There is poor awareness of this complication, which if not detected early, can result in irreversible blinding eye disease. Project Drishti aims to create more awareness about the risks of diabetic retinopathy and to provide treatment either free or at nominal cost to deserving patients



APACRS Travel Grant

Dr Raniya K P 30th May to 1st June 2024



Giridhar Eye Institute proudly congratulates Dr Raniya K.P., our 2nd year primary DNB resident for being the recipient of the prestigious Asia Pacific Association of Cataract and Refractive Surgeons (APACRS) Travel Grant 2024. This is the first time ever at Giridhar Eye Institute, a postgraduate has presented in an international conference. GEI wishes her all the best for her career and future. Kudos !!!

MES Medical College CME

Perinthalmanna on 2nd June 2024



Dr Neena speaking on "IIH; what an Ophthalmologist needs to know" at the MES Medical College CME at Perinthalmanna on 2nd June 2024



EERPPAM



EERPPAM – symposium on Dry eye management, was conducted by Giridhar Eye Institute, at Abad Plaza, Kochi, on 9th June 2024. The day was dedicated to exploring the complexities of dry eye diagnosis and management, alongside examining the latest cutting-edge technologies in the field.

The event was inaugurated by our Mentor, Dr. A. Giridhar, along with KSOS President-Elect, Dr. Mahesh G., and COC President, Anil B. Das. As part of the KSOS President's initiative, a Lifetime Achievement Award was presented to Dr. Lalitha Susan Thomas in recognition of her significant contributions to the field of Ophthalmology.



The CME featured keynote lectures by esteemed experts including Dr. Geetha Iyer, Dr. Bhaskar Srinivasan, Dr. Sharon D'Souza, Dr. Sheeresh Kumar, Dr. Anil Radhakrishnan, Dr. Aneeta Jabbar, and Dr. Sujith V. Nayanar. Their insights were complemented by case-based discussions, presenting both simple and complex cases managed in-house at Giridhar Eye Institute by emerging leaders in the field of cornea.



This knowledge-rich event was highly appreciated by all attendees. We extend our gratitude to the organizing team, Dr. Vinay S. Pillai and Dr. Sugaranjini G., for curating a remarkable itinerary of talks, and to the entire GEI team for their support.



First Anniversary

Thripunithura centre



Thripunithura centre first anniversary celebration was held on – 5th July 2024.
We wish the centre good luck to continue with quality work!

World Congress



5th World Congress of Paediatric Ophthalmology and Strabismus
– Kuala Lumpur 11-13th July.

Dr Neena exhibited a video on “slow slips and late drifts”, ‘Posterior Capsular Surprises in Paediatric Cataract surgery’ and a poster on Monocular Elevation Deficit and She won the 1st place in free paper in Adult Ophthalmology.



THE PAEDIATRIC OPHTHALMOLOGY DEPT MOVES TO A BIGGER AND BETTER FACILITY



New Paediatric block Inauguration was held on 15th July 2024. Senior renowned paediatricians Dr. Abraham Paul and Dr. Tony Mampilly did the honours. We are confident that our new paediatric OPD with ample space and a bright ambience would enhance the experience of our tiny patients!



Vision 2020 Annual Conference



Ms. Malavika. A., our Optometrist represented Giridhar Eye Institute at the 18th Edition of VISION 2020: Right to Sight India, annual conference (a national conference on Community Ophthalmology) held at Christian Medical College Hospital, Ludhiana from 5th to 7th of July 2024 along with Mr. Manoj of Outreach Department. She presented a paper titled "Burden of ocular abnormalities among children with various disabilities in special schools of Kochi, Kerala" which was well appreciated by the scientific committee.

Boundless Tale of White Dot Syndrome in a Child

Case Contest Winner

Boundless Tale of White Dot Syndrome in a Child

Dr. Lekha T. DNB, FRCS
Consultant, Giridhar Eye Institute, Kochi
lekhat31@gmail.com

Introduction

White dot syndrome (WDS) is a group of posterior uveitis disorders manifesting as whitish-yellow lesions affecting the outer retinal layers, retinal pigment epithelium (RPE) and/or choroid. Some of the common WDS includes acute posterior multifocal placoid pigment epitheliopathy (APMPE), serpiginous choroiditis, acute zonal occult outer retinopathy (AZOOR), multiple evanescent white dot syndrome (MEWDS), punctate inner choroidopathy (PIC) etc. Given their overlapping clinical and imaging features, WDS and their mimickers represent a diagnostic challenge for clinicians. Multimodal imaging (MMI) utilizing optical coherence tomography (OCT), fluorescein angiography (FA), indocyanine green angiography (ICGA), and fundus autofluorescence (FAF) are important in precise anatomic localization and better characterization of the lesions. The exact etiology of many of these disorders remains unknown, but mostly considered as inflammatory and noninfectious, although an underlying infectious cause should always be ruled out.

We describe the 7 years follow up data of a young boy who initially presented with unilateral defective vision following an attack of viral fever. Fundus findings and MMI were suggestive of MEWDS with some lesions resembling multifocal choroiditis (MFC). He responded well to oral steroids with good visual recovery, but recurred few weeks later requiring another course of steroids. He had 2 more recurrences with typical MEWDS findings which resolved without any systemic therapy. There have been few case reports of MEWDS as primary diagnosis but later demonstrating typical findings of other disease entities like MFC and AZOOR which further complicate our understanding of MEWDS (1). In our case the initial presentation was atypical with features partly like MFC and later on presented with the typical pattern of MEWDS. MMI, especially FAF and OCT greatly helped in the diagnosis and monitoring of our patient. FAF showed hyper autofluorescence (AF) that is believed to be due to inflammation causing increased phagocytosis of the photoreceptor outer

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Uveitis Society (India)

Certificate OF ACHIEVEMENT
is awarded to

Dr. Lekha T

in recognition of her outstanding achievement in winning the **top prize** in the **case contest** held for publication in the US(I) newsletter on White Dot Syndromes June 2024 issue.

Case title - "Boundless Tale Of White Dot Syndrome In A Child"

Dr. Kalpana Babu
President

Dr. Sudharshan S
Secretary

Dr. Abhilasha Baharani
Editor-in-Chief, Newsletter

Dr Lekha T won the TOP prize in case contest held by Uveitis society of India in June 2024 issue.



IROP Retina summit 2024 in SN Chennai.



Dr Anubhav presented a talk in free paper session in IROP Retina summit 2024 in SN Chennai.

Talk on ROP management survey from eye of a neonatologist- an online survey

Awareness session for Malayala Manorama

-August 2024-



An awareness session on Cataract & Glaucoma was conducted for the staff at the Malayala Manorama, Kochi Bureau. Dr. S. J. Saikumar, our Medical Superintendent, delivered an informative talk on "Cataract and Glaucoma," followed by an engaging interactive session. He also provided detailed insights into the Swarnam Eye Bank.



Congratulations



We congratulate our Quality Manager – Rinu Mathew for having successfully completed her certification course by CPHQ !

Art Corner



Floral mandala art using
micron pen

Arya Babu

Executive – Department of Insurance and claims

