



**CENTRES for
HEALTH &
EDUCATION
PROGRAMMES**

CHEPs

Empowering | Promoting Health, Education and Development | Improving lifestyle



AVOIDABLE BLINDNESS

MISSION: TO ELIMINATE AVOIDABLE BLINDNESS IN KENYA THROUGH PROVISION OF QUALITY, ACCESSIBLE AND AFFORDABLE EYE CARE SERVICES TO ALL DESERVING KENYANS

SIMPLE WAYS TO HEALTHY EYES

THE DO'S FOR EYE CARE

1. Clean face and eye discharge always to keep flies away. The discharge is food for the flies.
2. Flush the face water from the water because they carry germs.
3. Eye washwater that enriched with antibiotics does not work.
4. Protect eyes from sharp objects, e.g. pins, pencils, wood and particles.
5. Take care from babies with any type of discharge to a health worker or eye specialist/ophthalmologist for treatment.
6. Consider children immunization schedule promptly.
7. Visit a health worker in case of any eye problem, e.g. abnormal eye size, protruding eye, eye discharge, and pain eyes.
8. Visit an eye specialist if unable to see clearly for 30 days.
9. Always use eye protective measures while undertaking work with a welding.
10. Wear an eye spectacle if unable to see clearly for 30 days.

THE DON'TS FOR EYE CARE

- Do not rub your eyes for any eye problem or discharge.
- Do not use traditional eye medicine.
- Do not use drops, even for a long period on conjunctiva eye.
- Do not use unsterilized hands to touch the eye.
- Do not use unsterilized eye washing solution, e.g. using ground water or unsterilized water protective glasses.



CHEPs 137TH EYE CAMP

LAMU COUNTY

27TH TO 29TH MAY 2023

Introduction

Centres for Health and Education Programmes (CHEPs) is a registered Non-Governmental Organization (NGO) in Kenya. Our goal is to empower, promote access and improve quality of health and education for the benefit of under resourced individuals and communities.

It is alarming that 282 million people worldwide have abnormal vision and 14% of these are completely blind. Also of concern is the fact that 90% of visually impaired people live in low-income settings. CHEPs is on a mission to prevent, improve or restore the eyesight of people in remote, marginalised and needy communities. CHEPs identifies the beneficiaries through its presence and wide network among these communities. CHEPs eye camps are organised in collaboration with local communities, leaders, hospitals and health workers. During the eye camps, beneficiaries are screened and provided advice and treatment for a variety of eye conditions. Spectacles are provided for refractive errors to improve their vision. Surgeries are conducted to restore vision among those blind due to cataract.

CHEPs has already conducted 137 eye camps among impoverished communities across Kenya providing services to over 52,306 needy people. Over 40,996 have been provided with various eye medications and over 15,746 supplied with spectacles. Over 7,595 surgeries have been performed restoring vision to the cataract blind

137th eye camp was held in Lamu Island, also known as “The Island of festivals” is a UNESCO world heritage site that attracts tourists from all over the world. It however also faces a range of medical challenges including prevalent eye diseases.

The following services were offered by the CHEPs team free of charge:

- Total number of patients served –500
- Eye drops dispensed to treat various eye diseases – 350
- Readers dispensed-150
- Cataract blindness diagnosed and operated– 53

The eye camp.

Screening of patients







Surgeries in progress







Operated patients

















Acknowledgement

We are grateful to Beta Charitable Trust for sponsoring this camp. The support went a long way in providing much needed ophthalmic services to over 500 men, women and children of Lamu County, thereby restoring their vision and empowering them as well as equipping medical students with ophthalmic skills. We look forward to more collaboration in future.

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