

Technical Steps in PEC Development

The 1st Taiwan PBL/ECM Course,
2003

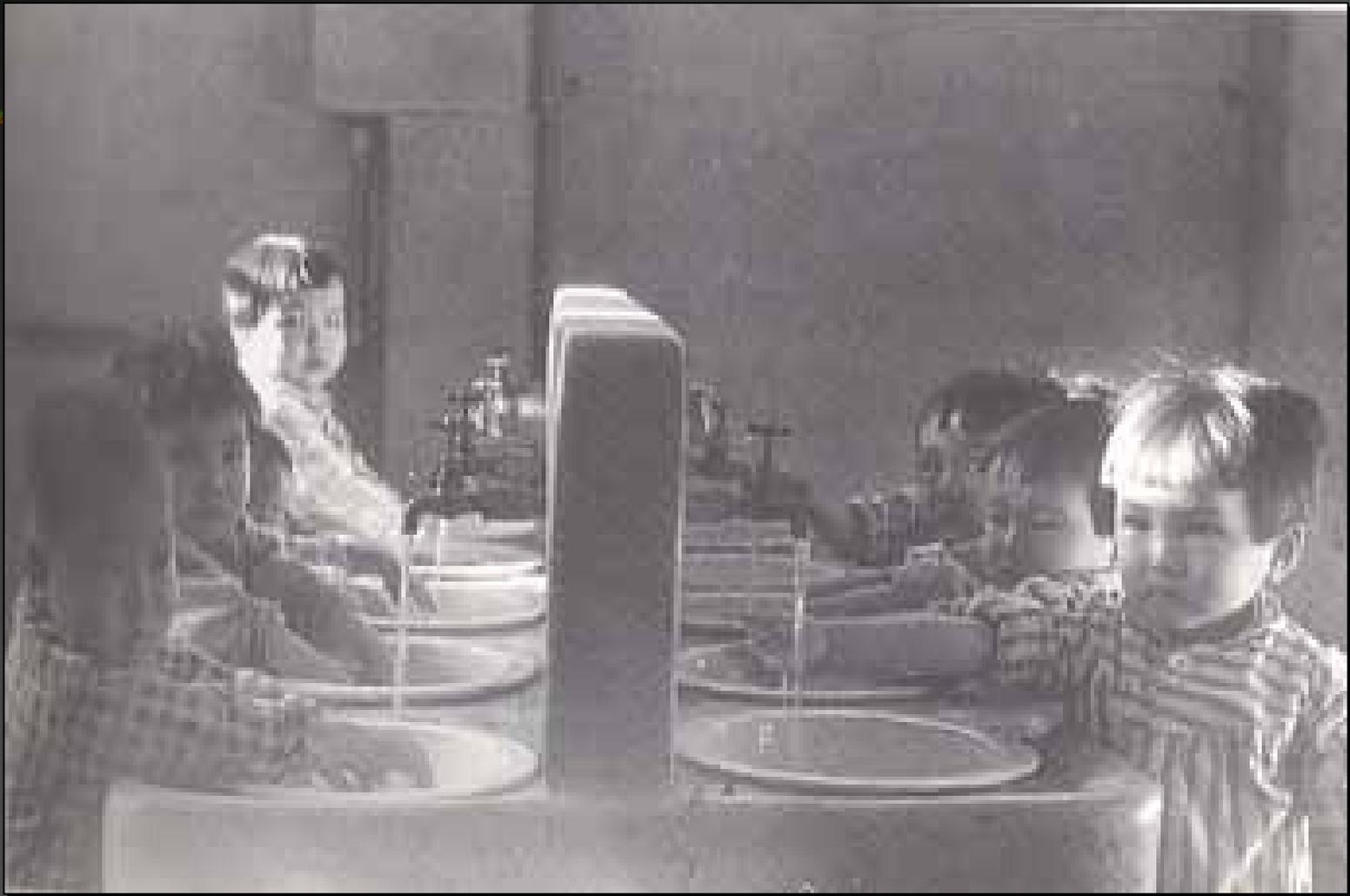
K. Konyama, M.D., PhD,
Teresa Liu, M.D.

Primary Health Care















街頭霍亂預防注射 (左二為謝玉輝院長) (王惟提供)





▲臺灣省衛生處處長許春輝視察山地衛生與兒童合影（王增輝供）



民國五十五年小兒麻痺口服疫苗接種情形。



▲臺灣省臺北保健團工作人員到家中為產婦接生
(轉載自「臺灣省臺北保健團工作報告」)



PEEC

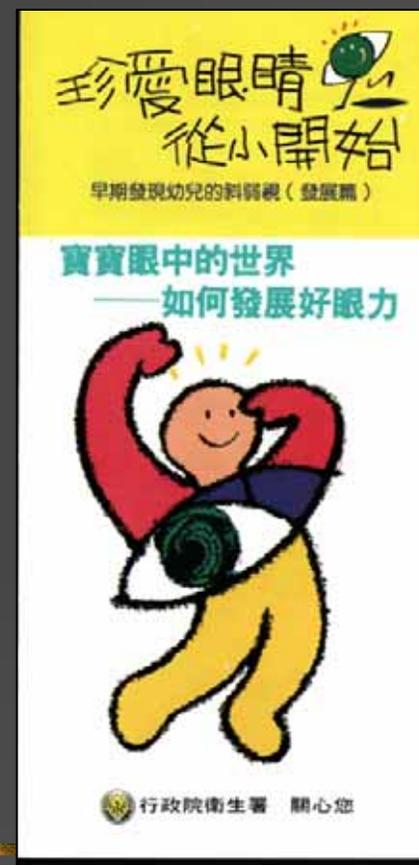
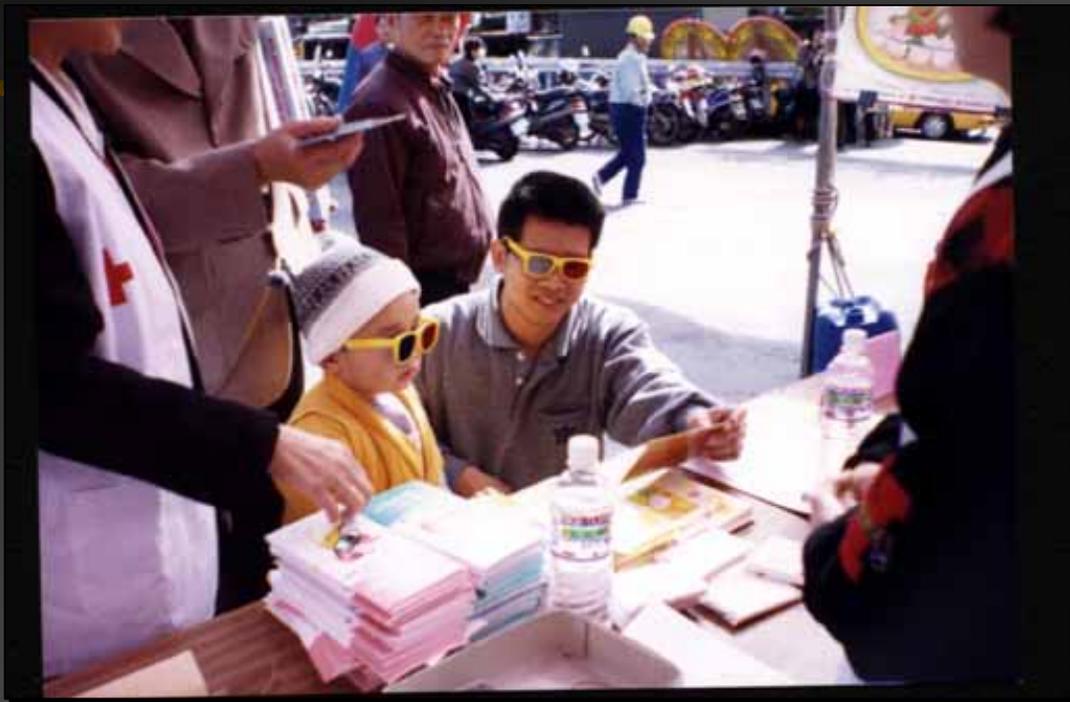


治防眼砂



印編 局生衛市北台







糖尿病護照



行政院衛生署 印製
中華民國糖尿病學會

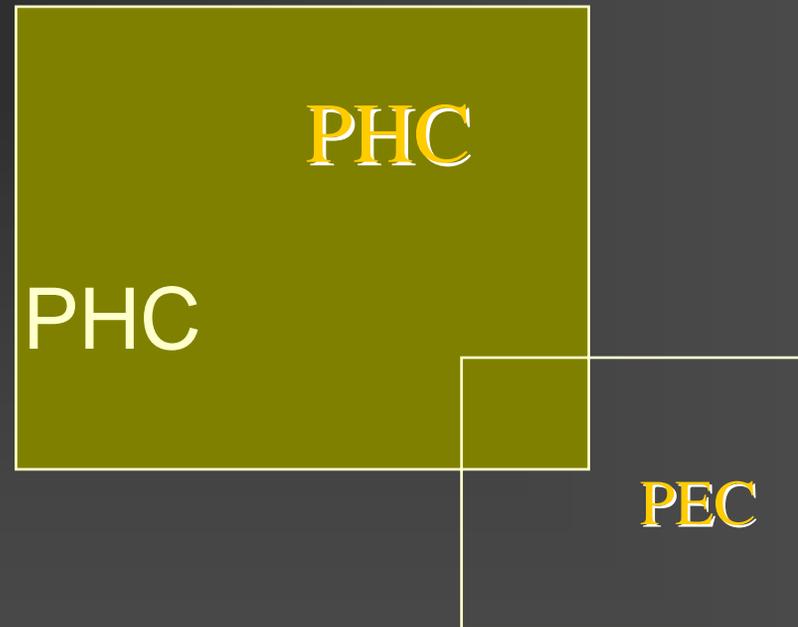


PEC



Primary Eye Care

- An integrated essential part in PHC



Historic review.....■

As a clinical ophthalmologist, do you think you can solve the public problem of

- Xerophthalmia ?
- Trachoma ?
- Cataract ?
- Diabetic retinopathy ?
-

Changes

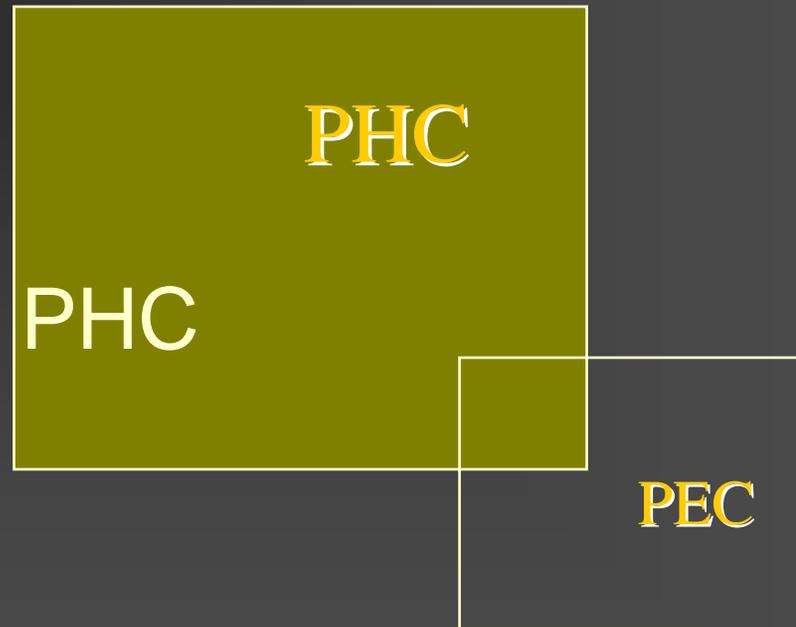
- Population increase
- Disproportionate increase of elderly population (demographic transition)
- Change in pattern of disease (epidemiological transition)
- Economic change

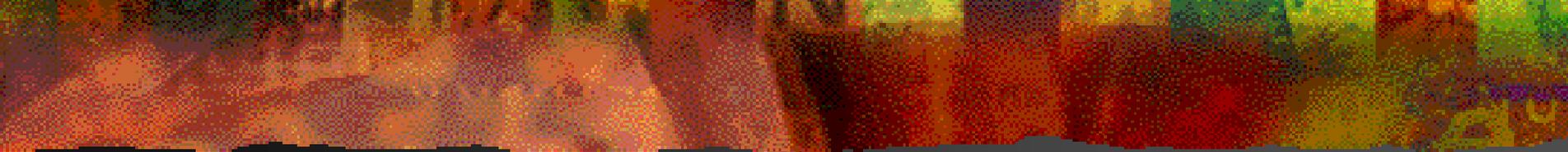
Phases of PBL

- Phase I Nutrition
- Phase II Infection
- Phase III Cataract
- Phase IV NCD

Primary Eye Care

- An integrated essential part in PHC





ALMA ATA CONFERENCE

**HEALTH FOR ALL
THROUGH A PRIMARY
HEALTH CARE
APPROACH**



Primary Health Care

Social justice

Equity

Community participation

Intersectoral collaboration

Appropriate technology

HOLISTIC VIEW

BIOLOGY

ECOLOGY

ECONOMICS

ENVIRONMENT

CULTURE

SOCIAL SUPPORT

LIFE STYLE

HEALTH CARE



HEALTH

Essential elements of PHC

- Health education - I.E.C.
- Maternal and child health
- Food and nutrition
- Water and sanitation
- Immunization
- Treatment of locally endemic diseases
- Simple treatment
- Essential drugs

Relevance of essential elements to PBL

- Health Education
- Maternal and Child Health
- Food and Nutrition
- Immunization
- Water and Sanitation
- Treatment of locally endemic diseases
- Simple treatment
- Essential Drugs

Integration Matrix

Essential elements of PHC

- Health education
- Food and nutrition
- MCH and F. planning
- Safety water and basic sanitation
- Expanded programme of immunisation
- Essential drugs provision
- Control of local endemic diseases
- Minor alignments management

Group Work (1)

Item	Common Eye Diseases
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Common Eye Problems in Community

- Vitamin A deficiency
- Trachoma and late complications
- Eye injuries
- Neonatal conjunctivitis
- Cataract
- Infections
- Glaucoma
- Pterygium
- Refractive errors and reading problems
- The conditions with v.a. less than 0.3

The Common Eye Problems in Community, Pakistan

29/05/01/60)

Priority	Condition	Criteria	Service targets in 100,000 population
1	Cataract with v. a less than 3/60	0.12% of the whole population	1,200
2	Refractive errors including reading problems	10% of whole population for refractive errors	10,000
3	Trachoma and its Active TI,TF All the rest	12% of whole population	10, 000 12, 000
4.	Vitamin A deficiency		Sporadic
5	Trauma Subcategories	Mild case Moderate cases Severe cases Give different	
6	Corneal ulcer Mild Moderate Severe	managements	
7	Spring catarrh		All year round
8	Ophthalmic neonatorum		Common
9	Glaucoma Acute attack Threatened Blind from PACG	Allotment of tonometers and drugs	
10	All conditions with v.a. less than 3/60 ARMD POAG PACG Uveitis		

Group Work (3)

E.E E.D	H.E.	MCH	Food & Nutrition	Water & Sanitation	Immunization	Treatment	Simple Rx	Essential Drugs
Trachoma								
Cataract								

Technical Integration of PEC into PHC

PHC Essent. element	Health education.	Fa. plan & MCH	Food & Nutrit.	Safety water / Basic sanitat	Expnded immunis. Program,	Essential drug	Control of locally endemic diseases.	Treatm. of simple ailment
Cataract	+++						+++	+
Acute glauc.	+++					++		+
Pterygium.	++						+++	++
Xeroph/ keratom.	+++	+++	+++	+++	+++		+++	++
Ophthalm. neonat.	+++	+++				++		++
Corneal F.Body	++					++		++
Trachom.	+++	+++		+++		++	+++	++
Eye injuries	+++	+++				++		++
Corneal ulcer	++					++		++
Refract. errors	+							+
Trichias.	++					++	+++	+++

Relevance

- + Modest
- ++ Moderate
- +++ High

Why do we need integration?

- Burden of blindness
- PHC can absorb most of activities
- Minimise workload of workers
- Similar health care delivery system
- Comprehensive health care

The burden of Blindness and Visual Impairment

- 1999

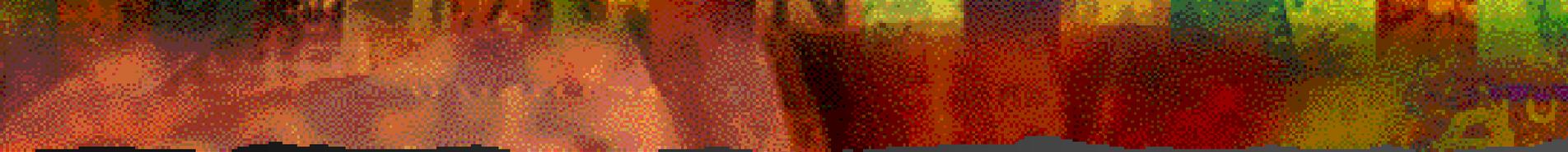
 - 45 million persons blind

 - 135 million visually impaired

- 2020

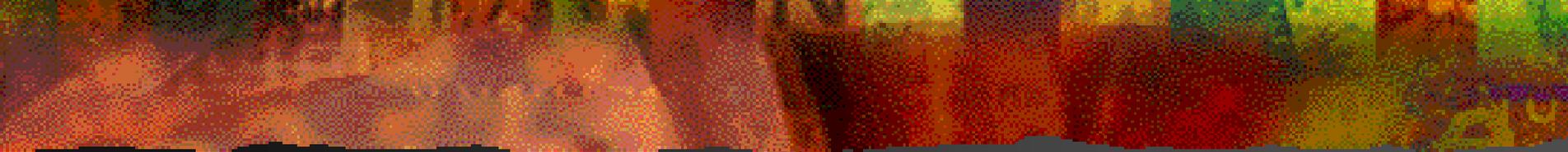
 - Over 90 million blind

 - Over 270 million visually impaired if no action is taken.



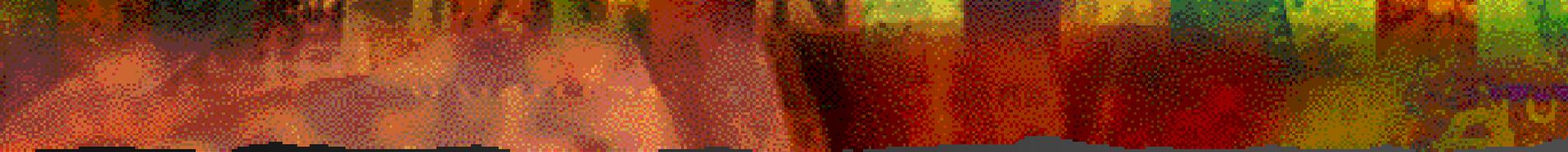
Avoidable Blindness

- Preventable
 - Curable
- 



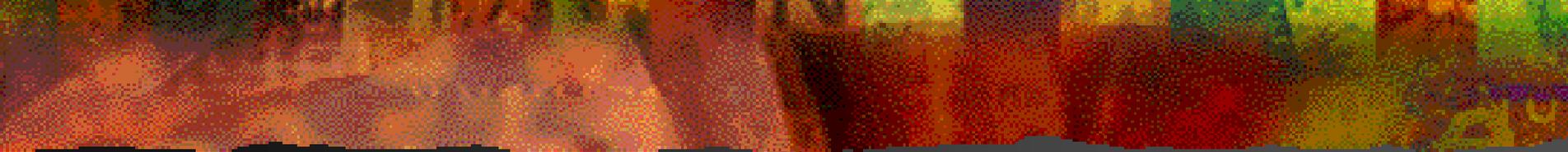
Preventable Blindness

- Xerophthalmia
- Trachoma
- Corneal Infection
- Trauma
- Diabetic Retinopathy
- Glaucoma



Curable Blindness

-
- Cataract
 - Corneal opacity



The fundamental strategy in prevention of blindness program is to deliver PEC as an integral part of PHC

PROMOTION

PREVENTION

PEC

CLINICAL
ELEMENT

COMMUNITY
PARTICIPATION



PREVENTION OF DISEASE

- Primordial Prevention
 - Primary Prevention
 - Secondary Prevention
 - Tertiary Prevention
- 



Primordial Prevention Health Promotion

Changing any underlying social, economic, or cultural action, attitude, or pattern that detracts from health, or promoting positive elements that contribute to health.

Primary prevention

- Action taken on an individual's level to **PREVENT** disease.

Secondary Prevention

- Action taken after the onset of the disease to **MINIMIZE** its consequences

Tertiary Prevention

- Action taken to **REVERSE** the adverse consequences of a diseases.
- Action taken to **ALLEVIATE** the adverse consequences of a disease.

DIABETIC RETINOPATHY

- Health Education
- Maternal and Child Health
- Food and Nutrition
- Immunization
- Water and Sanitation
- Treatment of locally endemic diseases
- Simple treatment
- Essential Drugs

Group work 2 :Prevention & Eye Diseases

E.D	Primary	Secondary	Tertiary



PEC System



Eye care practice

Always remember

- The tissue (cornea, lens, retina, etc) is a part of the eye.
- The eye is a part of a person's body
- The person is a part of a family.
- The family is a part of the community.

Crucial elements of PEC system

- Working PHC system
- Framework of PEC system
- Intersectoral collaboration

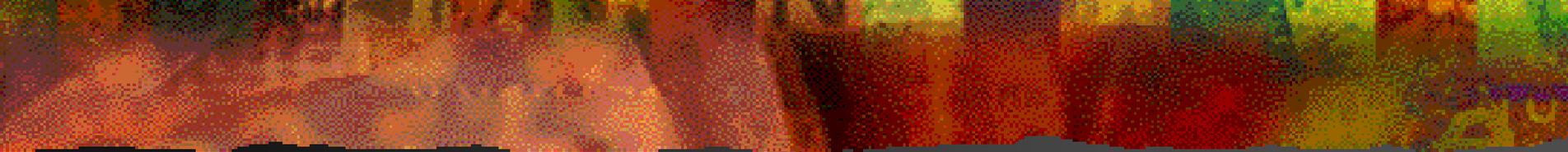
Tasks in PEC

- Promotive functions
- “Clinical functions”
 - To diagnose and treat
 - To diagnose, treat and refer
 - To diagnose and refer



Maintenance of eye health

- Promotion of eye health
- Protection of sight
- Prevention of loss of vision
- Restoration of sight
- Rehabilitation



The development and implementation of PEC activities will depend on the existing PHC system.



Intersectoral Collaboration

- Education,
- Agriculture,
- Social services,
- Housing,
- Water and sanitation.

Community participation

- Empowerment
- Involvement in planning
- Participation in implementation

Benefits of community participation

- Meet community's needs
- Sense of ownership
- Responsibility
- Sustainability

Primary Eye Care elements

- Common Community Eye Problems
- Identification and Priority setting
- Curriculum of Clinical Ophthalmology
- Primary Eye Care Course
- Technical Manual and Guidelines
- Supplies and Equipment

Eye Care Team

- Eye Care concept
- Eye manpower pyramid
 - Ophthalmologist
 - Mid-level eye care personnel
 - Ophthalmologist assistant
 - Ophthalmologist substitute
 - Junior assistant
 - HVW

Eye Care Network

- Provincial hospital – Tertiary level
- District hospital – Secondary level
- Community health centre – Primary level
- Community – where people are living and working

Level and Quality of Eye Care

- Individual level
- Family level
- Community level
- District level
- Provincial level
- Central level

The Table of Level and Quality of Eye Care

- Levels, facilities, qualities
- Manpower
- Supplies and Equipment
- Training needs
- Recording, reporting
- Supervision, monitoring

Primary Eye Care Course

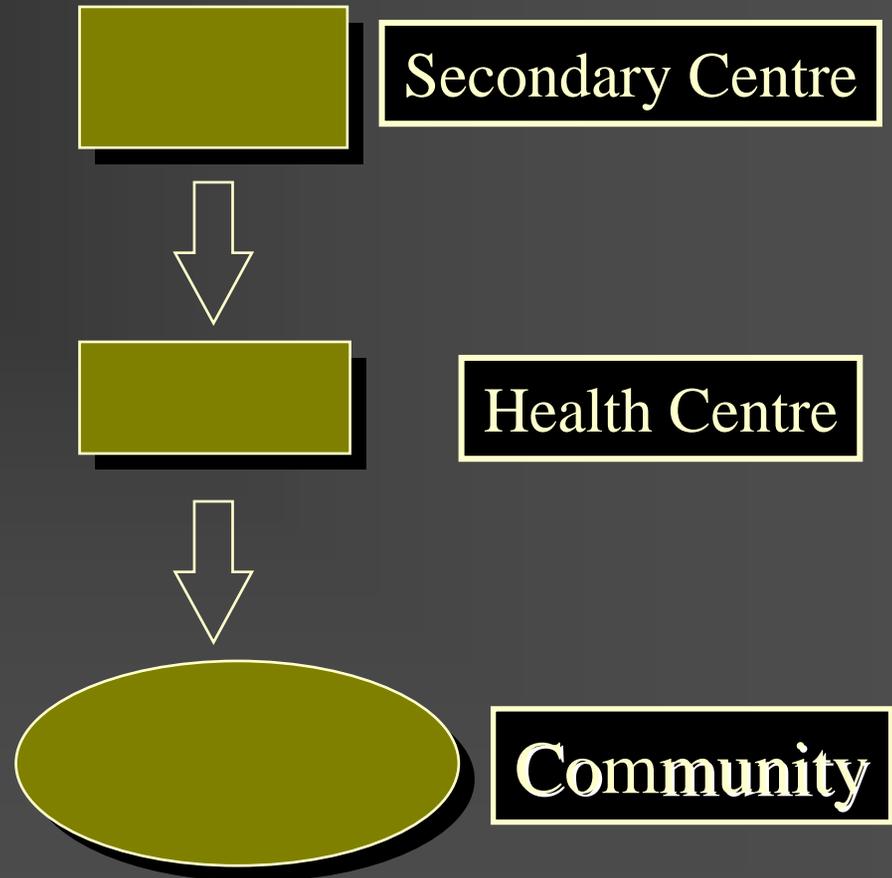
- Phase I Provincial Course
- Phase II District Course
- Phase III Community Course
- Preparations
- Teaching Programme
- Refresher Course

Health systems based on

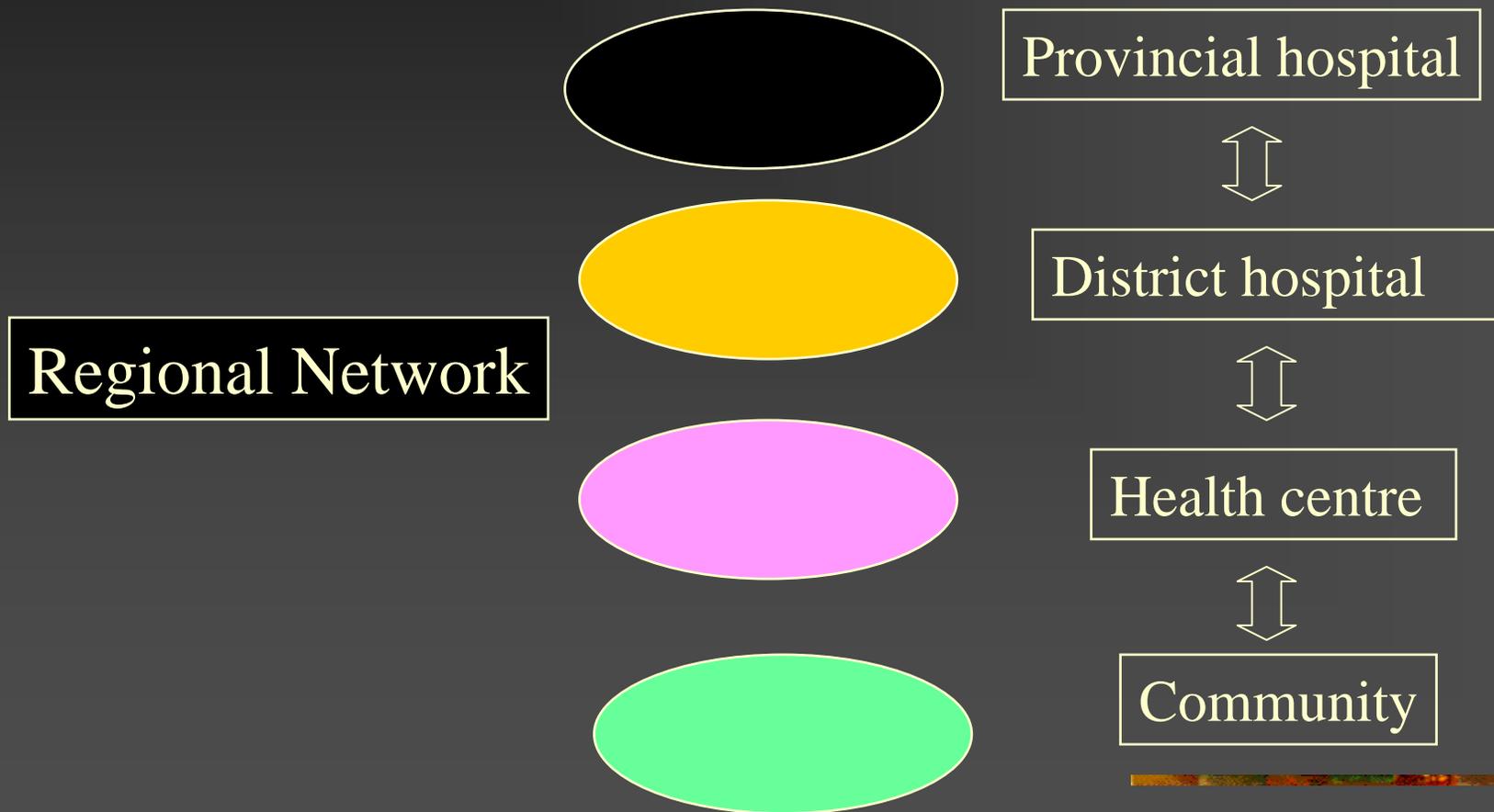
- **Community**
- **Primary level**
- **Secondary level**
- **Tertiary level**
- **Referral system**

What Are Needed in the Preparatory Stage?

- Working PHC
- A strong support from secondary eye centre
- Community participation



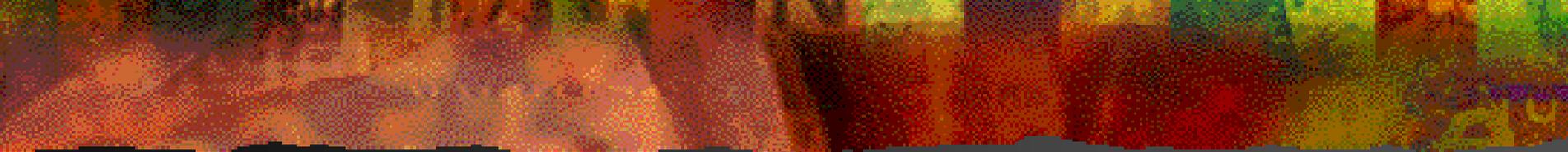
Missing Linkage Connecting Community and Health Care System



Group Work (4)

PEC & Social Resources

Social Resources	Community level	District level	Region level	Province level
1				
2				
3				



Technical Steps of PEC Development (5)

Identification of Common Community Eye Problems and Its Uses

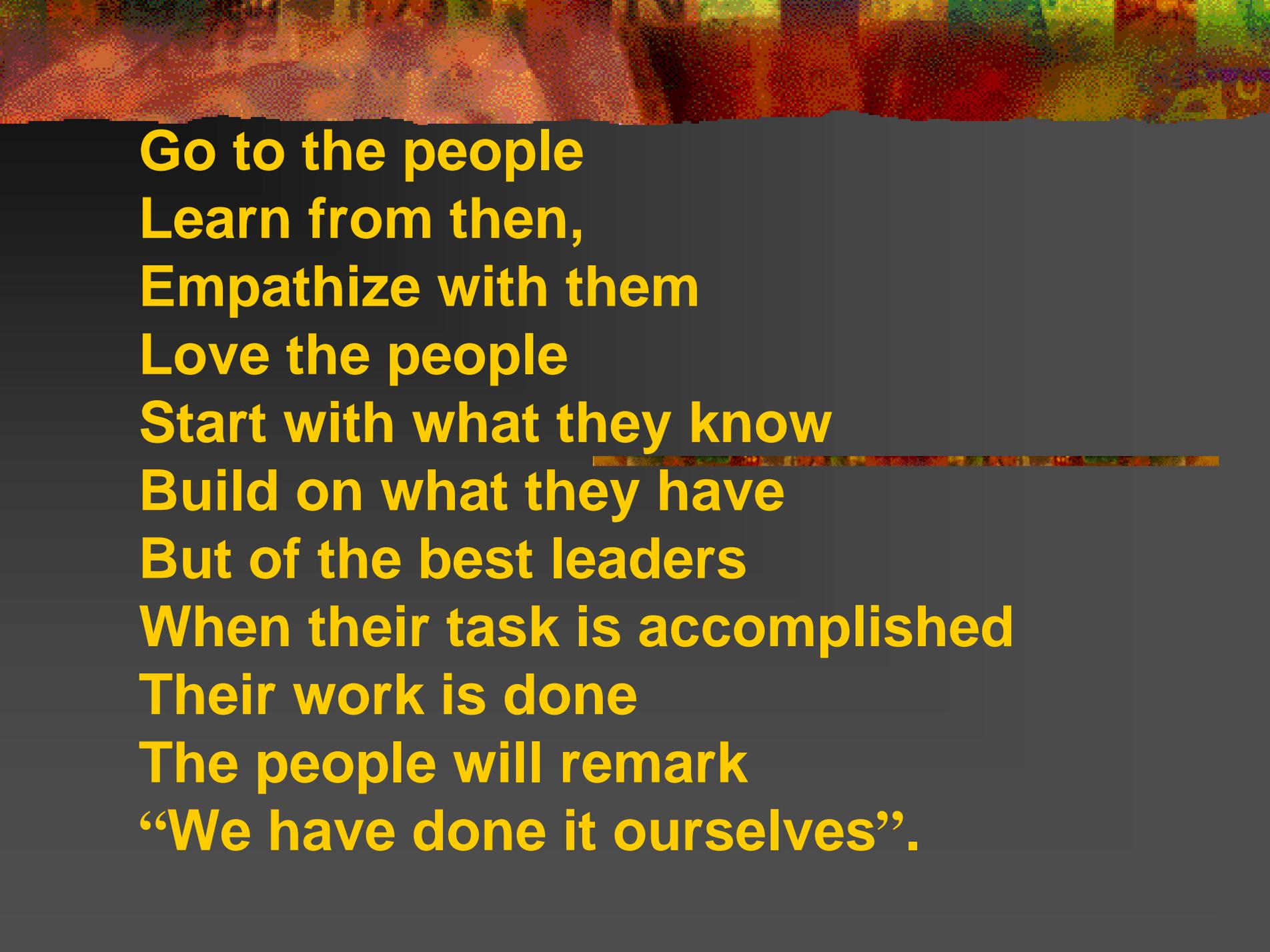


The Common Eye Problems in Community, Pakistan 29/05/01/60)

No.	Condition
1	Cataract with v. a less than 3/60
2	Refractive errors including reading problems
3	Trachoma and its Active TI,TF All the rest
4	Vitamin A deficiency
5	Trauma Subcategories
6	Corneal ulcer Mild Moderate Severe
7	Spring catarrh
8	Ophthalmic neonatorum
9	Glaucoma Acute attack Threatened Blind from PACG
10	All conditions with v.a. less than 3/60 ARMD POAG PACG Uveitis

PEC Manual for Common Eye Problems at Community

Eye problem CATARACT	Individual	Family	Community	Commune health centre	District hospital
Action needed	To know cataract is curable. IOL is useful and now not expensive	To take care for the elderly in family, if cataract may develop. When cataract progressed encourage visiting eye clinic for earlier surgery. To know family care after operated.	To take care of the elderly in community, if some may develop cataract. If saw operable encourage and help to have immediate surgery. If some financial support like IOL help financially. Encourage operated cases return to normal and productive life.	To recognise cataract correctly. If the case is operable refer to the nearby eye clinic for immediate surgery. After cataract follow up regularly. Refer immediate if post-operative complication occurred.	To diagnose cataract correctly. If the cases are operable, refer to the nearby eye clinic. Regular post-operative follow-up. Immediate referral if complication occurs. Assist vesting surgical team in cataract programmes.
Training need	Health education	Health education	PEC community course	PEC course Phase 2	PEC course Phase 1
S/E			Poster PEC kit	Poster, booklets, PEC kits, simple equipment like loupe, mydiatic drop.	Poster, booklets Simple equipment, like loupe, mydriatic drop, direct ophthalmoscope.
M/S			Work record	Medical record (follow-up record)	Medical record (follow-up record)



**Go to the people
Learn from them,
Empathize with them
Love the people
Start with what they know
Build on what they have
But of the best leaders
When their task is accomplished
Their work is done
The people will remark
“We have done it ourselves”.**