

# Ocular Trauma CME Program

Slogan: preparing for future

Organized by: Nepal ophthalmic society

Venue: Tilganga Institute of Ophthalmology, auditorium hall

Date: 15<sup>th</sup> December 2019

Chairperson: Prof. Sabina Shrestha (Vice president NOS)

Chief Guest: Dr. Rupesh Agrawal (General secretary APOTS)

Moderator: Dr. Eli Pradhan

Speakers: 1. Dr. Rupesh Agrawal

2. Dr. Anadi Khatri

3. Dr. Bikram Bahadur Thapa

4. Dr. Grant Justin

Report written by: Dr. Bikram Bahadur Thapa (Member, APOTS, Nepal)

## **Background:**

Nepal is a country of warriors. There are about 300 ophthalmologists working in Nepal. Ocular trauma is one of the neglected issues among all eye care providers might be due to most of donor agencies are focused on cataract related blindness cure, minimal awareness among patient and eye care providers, poorer outcomes on its management and lack of legal issues.

At present era, trauma is the leading cause of monocular blindness, most of which are preventable and many of them are treatable. Thus, spreading knowledge among ophthalmologist regarding it will help on spreading quality ocular trauma care in this poor nation. Thus, Nepal ophthalmic society in conjunction with APOTS organized an ocular trauma CME program on 15<sup>th</sup> December 2015 at Tilganga Institute of Ophthalmology with a slogan of “Preparing for Future.”

AIM:

To increase the knowledge on ocular trauma in ophthalmologist of Nepal.

**Presentations:**

Dr. Rupesh Agrawal presented his keynote speech on ocular trauma, past, present and future. He highlighted controversies in the existing literature and the new directions and improvement in the terminology related to ocular trauma. Dr. Anadi Khatri highlighted on the management of sympathetic ophthalmia and proposed blunt trauma to phthisical eye as a risk factor for the occurrence of it. Dr Khatri also highlighted about role of OCTA and OCT in ophthalmic trauma. Dr. Bikram Bahadur Thapa presented a case series of intralenticular foreign body and demonstrated how an ultrasound immersion technique helps in the management of these cases. Dr. Grant Justin presented on the primary evaluation of ocular trauma with special reference to some of the severe cases.

**Results:**

Almost 50 ophthalmologists from Nepal attended the program. They actively participate on discussion. Few ophthalmologists join APOTS formally and few have promised to join. We are planning to form National ocular trauma society in near future. Some glimpses of event are here.





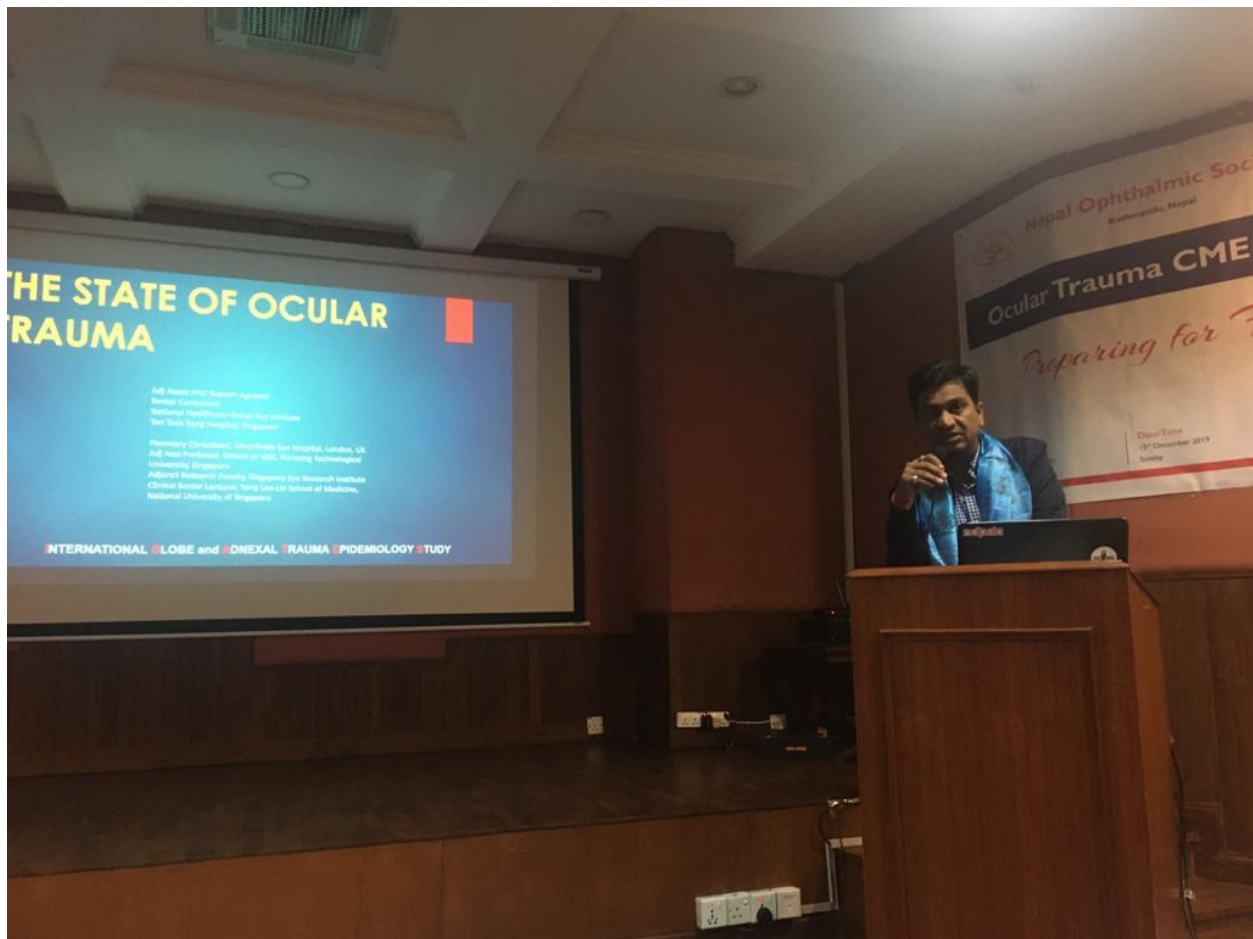
## Take a deep breath!

- Is there a chemical injury (irrigation) or a retrobulbar hematoma (LCC)?
- Is it an open globe?
- Vision, IOP, Pupil Check
- Bilateral External and Slit Lamp exam
- Antibiotics/Nausea/Pain/Tetanus
- NPO
- Fox shield
- Consider Imaging



Nepal Ophthalmic Society  
Kathmandu, Nepal  
Ocular Trauma CME  
*Preparing for 7*  
Date: 7  
19 October 2019  
Venue





## **Conclusions:**

It stimulates Nepalese ophthalmologist on ocular trauma and its management. Further active work on ocular trauma are required in Nepal to explore its magnitude and prevention.