

# Increased Awareness in Female for Cataract Surgery in the District Gandhinagar, Gujarat

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## Research Article

**Abstract:** A survey in all talukas of Gandhinagar district was held by Ophthalmic Assistant with the help of health workers and asha workers. Health education, health activities and proper guidance has increased awareness in female for cataract surgery.

**Keywords:** Cataract, Eye camp, Ophthalmic Assistant

### Introduction

Prevalence of blindness is higher in female compared to male. It could be because

- Females are less educated than male
- They don't have much knowledge about the disease
- They don't have much hospital exposure
- They are dependent on opposite gender
- Apart from the all this, as per our social set up health preference is gender specific

Various data suggest that there is less access to information, less affordability of health care and there is definite gap between provider and beneficiary. NPCP(National Programme for Control Of blindness) was launched in 1976. Under it various activities like cataract surgery, school eye screening, Training of health staff, IEC activities, Eye donation activities are done. Gandhinagar district has population of 14 lakh. Of this Male : female ratio is 1000 : 920 (Male-729200, female-670800) There are 4 talukas namely Gandhinagar, Mansa, Kalol and Dahegam

### Material and Method

We studied 14,558 patients operated at Gandhinagar civil hospital in last 7 years i.e. from April-2005 to March-2012. Under NPCB we conducted eye camps in different villages of 4 talukas. First specific day for diagnostic camp and the day of surgery was decided at district hospital (base hospital). Under IEC activities, we made publicity for camps through various pamphlets, announcement by Social workers, health workers and Asha workers were done.

- Patient's primary assessment was done at the camp site like best corrected vision, presence of cataract, presence of any systemic disease like Diabetes, hypertension by ophthalmic assistant
- A date was given to the patient having cataract and they were brought to district hospital in ambulance
- Here ophthalmologist will do all pre operative assessment of the patient like slit lamp examination and fundus examination.
- All required investigations like blood complete, ESR, Urine R/M, RBS, BP are done. Keratometry and IOL power calculation is done.
- Patients are admitted in the ward and operated on next day morning.
- Next post operative day slitlamp examination and vision with pinhole is done.
- Eye drops, Goggles and tablets are given.
- Follow up regime is explained to the patient and conveyed to the ophthalmic assistant
- Patients are taken back to their places in ambulance.
- No charges is taken and food is also provided free of charge during patient's hospital stay.
- All post operative follow up is done by ophthalmic assistant at door step.
- Advantages of this are, females are more motivated by conducting camps at their own place.

### Results

Male: Female chart year wise District Gandhinagar

**Table 1:** Total Cataract surgery done at civil Hospital Gandhinagar

Year	Total cataract Surgery	Gandhinagar District			
		Male	Percentage	Female	Percentage
2005-06	1411	645	45.71	766	54.29
2006-07	1465	645	44.03	820	55.97
2007-08	2011	835	41.52	1176	58.48
2008-09	2500	995	39.80	1505	60.20

2009-10	2728	1101	40.36	1627	59.64
2010-11	2415	1045	43.27	1370	56.73
2011-12	2028	897	44.23	1131	55.77
Total	14558	6163	42.33	8395	57.67

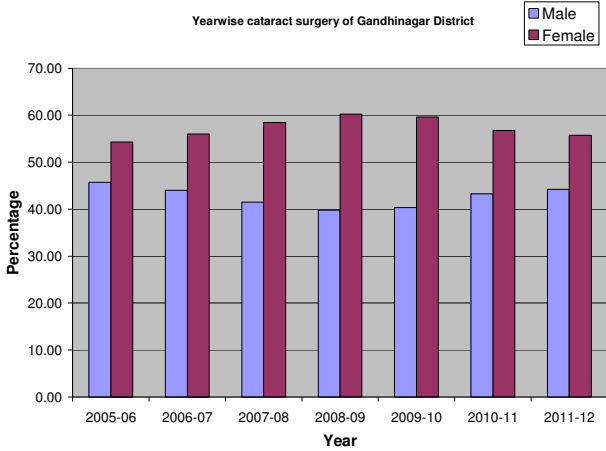


Figure 1: Male:Female chart Taluka wise

Table 2: Taluko- Gandhinagar

Year	Male	Female
2005-06	45.67	54.33
2006-07	44.01	55.99
2007-08	41.33	58.67
2008-09	39.92	60.08
2009-10	40.10	59.90
2010-11	43.14	56.86
2011-12	44.04	55.96

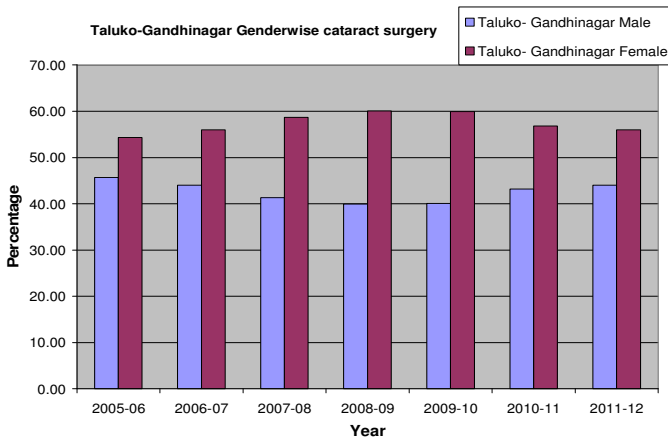


Table 2: Taluko- Mansa

Year	Male	Female
2005-06	45.85	54.15
2006-07	43.78	56.22
2007-08	41.33	58.67
2008-09	39.10	60.90
2009-10	41.06	58.94
2010-11	43.45	56.55
2011-12	44.25	55.75

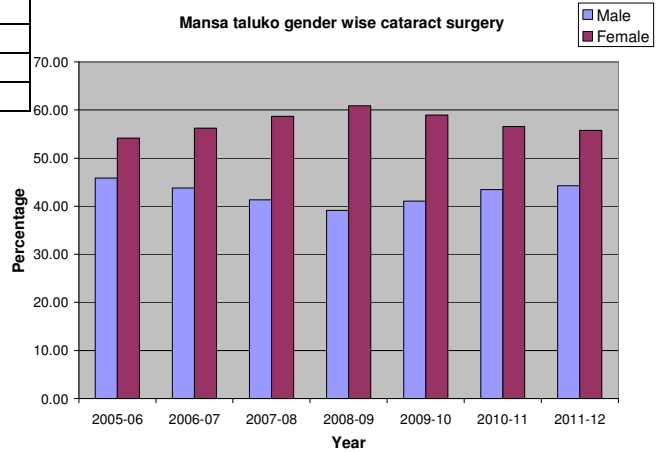


Table 3: Taluko- Kalol

Year	Male	Female
2005-06	45.53	54.47
2006-07	44.70	55.30
2007-08	42.91	57.09
2008-09	39.66	60.34
2009-10	41.26	58.74
2010-11	43.40	56.60
2011-12	44.59	55.41

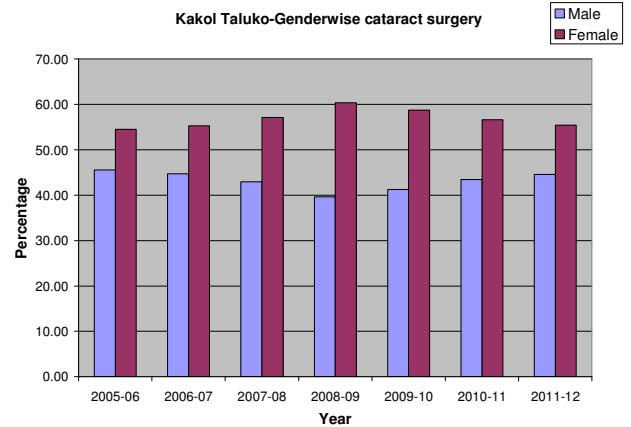
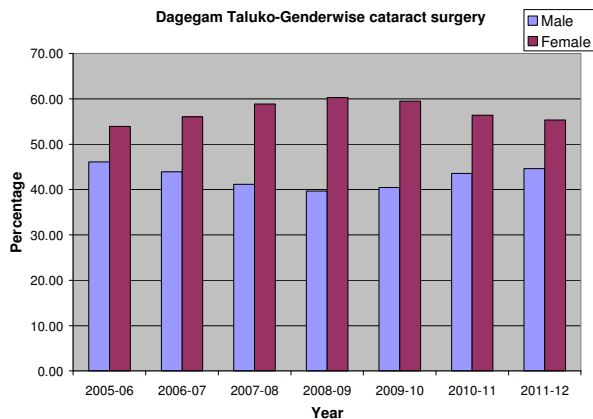


Table 4: Taluko-Dahegam

Year	Male	Female
2005-06	46.08	53.92
2006-07	43.90	56.10
2007-08	41.15	58.85
2008-09	39.69	60.31
2009-10	40.48	59.52
2010-11	43.57	56.43
2011-12	44.66	55.34



There is definite increase in number of females undergoing Cataract surgery compared to males at Gandhinagar Civil Hospital

### Discussion

- Special Education programmes were held by Asha workers and link workers at local level for cataract as Asha workers are women of same social place who know the same tone of language. They are trained under NPCB to work at ground level like collection of beneficiaries and providing them necessary information

### Common Questions asked by patient's were

- What will happen in hospital?
- What type of surgery will be done?
- Is surgery painful?
- Whether IOL will be put or not?
- Days of hospital stay.
- Cost of surgery.

### Conclusion

Proper education and IEC activities have definitely brought awareness among females for themselves. In this entire procedure patient comes to know that they don't have to spend a single penny and no need to be dependent on their male partners. As in urban area education has brought female at the top. The example of which is 'Chandra koche' CEO of ICICI,

such programmes bring awareness among rural uneducated females, thereby increasing their consciousness regarding health.

### Acknowledgement

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