



# Pakistan Institute of Community Ophthalmology (PICO)

Hayatabad Medical Complex, Peshawar Pakistan

[www.pico.org.pk](http://www.pico.org.pk)

## WHAT IS WORLD SIGHT DAY?

World Sight Day (WSD) is an annual day of awareness held on the second Thursday of October, to focus global attention on blindness and vision impairment.

*It is included on the official World Health Organization calendar, WSD is co-ordinated by International Agency for The Prevention of Blindness (IAPB) under the VISION 2020 Global Initiative. The theme and certain core materials are generated by IAPB. All events are organised independently by members and supporters.*

### **On World Sight Day, VISION 2020 members work together to:**

- ❖ Raise public awareness of blindness & vision impairment as major international public health issues
- ❖ Influence Governments / Ministers of Health to participate in and designate funds for national blindness prevention programmes
- ❖ Educate target audiences about blindness prevention, about VISION 2020 and its activities, and to generate support for VISION 2020 programme activities

### **International Key Messages**

- ❖ Approximately 314 million people suffer serious vision impairment
- ❖ Of these, **45 million people are blind** and 124 million have low vision
- ❖ Yet **75% of blindness is avoidable** - i.e. treatable and /or preventable
- ❖ 90% of vision impaired people live in developing countries
- ❖ Restorations of sight, and blindness prevention strategies are among the **most cost-effective interventions in health care**
- ❖ Infectious causes of blindness are decreasing as a result of public health interventions and socio-economic development. Blinding trachoma now affects fewer than 80 million people, compared to 360 million in 1985
- ❖ 153 million people's vision impairment is due to **uncorrected refractive errors. In most cases, normal vision could be restored with eyeglasses**
- ❖ Aging populations and lifestyle changes mean that chronic blinding conditions such as diabetic retinopathy are now rising
- ❖ **Women face a greater risk of vision loss than men.**  
Without proper interventions, 76 million people could be blind by 2020
- ❖ Without effective, major intervention, the number of blind people worldwide is projected to **increase to 76 million by 2020**
  - **Nearly two-thirds of blind people worldwide are women & girls**
  - **In many places, men have twice the access to eye care as women**
  - **Equal access to eye care could substantially reduce blindness in poor countries\***
  - **Simple and effective strategies can and do successfully address this inequity within VISION 2020: The Right to Sight.**

## *From concept to achievements (1987-2008)*

### **Historical background:**

Pakistan Institute of Community Ophthalmology (PICO) was established on the recommendation of World Health Organization (WHO), as a joint project through partnership between Government of NWFP Pakistan, International Centre for Eye health (ICEH) London UK, Sight savers International, UK and CBM Germany. It is situated at Hayatabad Medical Complex Peshawar Pakistan.

The main aim of establishment of the Institute was to reduce blindness and improve the quality of life of people with blindness and visual impairments in Pakistan as well as worldwide through the following mechanisms:

- Human Resource Development for Comprehensive Eye Care
- Extend Comprehensive eye care services to district and sub district level
- Relevant research
- Capacity building of eye care teams

### **Affiliation**

PICO is affiliated for accreditation and certification with following certification bodies / universities / organizations:

- Khyber Medical University Peshawar, NWFP, Pakistan
- Medical faculty, NWFP, Pakistan
- Pakistan Medical and Dental Council, Islamabad, Pakistan
- College of Physicians and Surgeons, Pakistan
- International Council of Ophthalmology
- International Centre for Eye Health, London School of Hygiene and Tropical Medicine, UK

### **Courses offered at PICO**

#### **A. For medical doctors:**

MPH (Community Eye Health) – 2 year Programme

#### **B. For Mid Level Eye Care Personnel**

- a. BSc. Vision Sciences- 4 year Programme

#### **C. Other Programs**

1. Diploma in clinical refraction- 2 year Programme
2. Diploma in Ophthalmic Technician Training-2 year Programme
3. Diploma in ophthalmic Nursing (in collaboration with the Postgraduate College of Nursing, NWFP Peshawar Pakistan)

#### **D. Short Courses**

1. Two weeks course in Community Eye Health for residents in Ophthalmology Twice a year
2. Refresher Courses for Mid Level Eye Care Personnel
3. Two weeks course in Microsurgical training services
4. Courses in Primary Eye Care

## Important Achievements

### 1. Human Resource Development

S. No	Category	Number of people trained so far
1	Community Ophthalmologists	112
2	Ophthalmic technicians	426
3	Ophthalmic Nurses	43
4	Refractionists	137
5	Ophthalmic technologists	21
6	Optometrists	32
7	Orthoptists	26
<b>Total</b>		<b>797</b>

*PICO has also Conducted VISION 2020 workshops (Planning national eye care programs) in Afghanistan, Yemen, Saudi Arabia, Syria, Iraq, UAE, Jordan, Saudi Arabia, Kuwait and Egypt.*