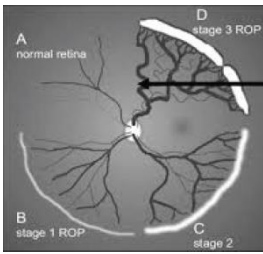


PAKISTAN Retinopathy of Prematurity Educational & Research Alliance Newsletter



PROPERA

Pakistan Retinopathy of Prematurity
Education and Research Alliance

Issue No: 29/12/17

Volume No: 3/Propera/17



Message

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Montefiore Med Center, Albert Einstein Coll of Med, New York

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I would like to take this opportunity to introduce and update you on the purpose and activities of the PROPERA Network.

In our fourth year we have screened nearly 2500 premature babies and treated approximately 120 patients at our current 5 national centers with the support of Adamjee Eye Hospital & Childlife Foundation. Our initial screening protocol of gestational age of 35 weeks or less and birth weight of 2 kg or less have shown to be appropriate. As 30% of the type 1 ROP patients had gestational age above 30 weeks and birth weight of more than 1.5 kg. We would like to continue with our aim to increase the awareness of ROP to decrease the risk of blindness in premature children of Pakistan.

PROPERA has been fortunate to have **Dr Graham Quinn** (Children's Hospital of Philadelphia) **Dr Sajid Maqbool**, **Prof Asad Aslam Khan** and **Prof Daud Khan** as our Mentors. We have more than 50 active participants (neonatologists and ophthalmologist) and 5 sites currently running the screening programs. National Institute of Child Health, Lahore General Hospital, PIMS, Shifa International and AFIO, JPMC and Al Shifa Trust Eye Hospital have been key collaborators. Future sites are Liaquat National Hospital, Punjab Childrens, Fatima Memorial, Ganga Ram, Services, Sheikh Zayed & Jinnah Hospital, Lhr.

Our Key Ophthalmologists in Karachi are Dr Alyscia Cheema, in Lahore Prof M Moin, in Islamabad Dr Sorath Noorani, Amir Awan and in AFIO Dr Ahsan Mukhtar. If you would like to get more information or need help in starting a program in your NICU please contact them.

We are running education modules about ROP which are didactic & hands on (to learn how to examine babies). We also have dedicated sessions on 'how to establish ROP screening center at your hospital'. This explains in detail all the components required for starting and maintain a comprehensive screening program. We are very excited to pilot a telemedicine program based on weekly Retcam pictures made possible by a grant from Qarshi Foundation.

The upcoming event is an ROP symposium on Dec 10 during OSP annual meeting in Lahore. I invite you to join us at the meeting. The symposium is interactive, with a panel of experts heading the discussion to identify problems and their solutions faced by departments starting and running ROP screening programs in their hospitals.

Please spread the word that **ROP can cause BLINDNESS**.



ROP Training Program LGH,

16 March, 2017



ROP Conference Al-Shifa Trust Eye Hospital, Rawalpindi, March 2017



World ROP Meeting Cancun, Mexico. August 2017



Montefiore UNIVERSITY Department of Ophthalmology and Visual Sciences

PROPERA Pakistan ROP Research and Educational Alliance: Aims And Accomplishments Over 3 Years
 Mian UK, Noorani S, Cheema A, Mukhtar MA, Moiz M
 Writing group for PROPERA

Background
 Retinopathy of Prematurity (ROP) is a leading cause of blindness in children in Pakistan. The PROPERA project was initiated to address this issue through research and education.

Accomplishments
 The project has successfully conducted ROP screening at four government hospitals in Pakistan, reaching over 10,000 children.

Conclusions
 The findings of the PROPERA project highlight the need for standardized ROP screening protocols and increased awareness among healthcare providers and the public.

Next Steps
 The project will continue to focus on expanding screening services and providing educational resources to improve ROP outcomes in Pakistan.

PROPERA Network
 The network includes various stakeholders such as hospitals, researchers, and educators, all committed to improving ROP care in Pakistan.

Results of ROP Screening at 4 Government Hospitals in Pakistan
 Mian UK, Noorani S, Cheema A, Mukhtar MA, Moiz M
 Writing group for PROPERA (Pakistan ROP Educational and Research Alliance)

Hospital	Screened	Prevalence	Severe ROP
Hospital 1	2500	15%	2%
Hospital 2	3000	18%	3%
Hospital 3	2000	12%	1%
Hospital 4	2500	14%	2%
Total	10000	15%	2%

PROPERA Network
 The network includes various stakeholders such as hospitals, researchers, and educators, all committed to improving ROP care in Pakistan.

Website



HOMEPAGE

ACCOMPLISHMENTS

JOIN PROPERA

DONATE



VISION

To Protect the Premature Children of Pakistan

WHO WE ARE

A group of Like minded Ophthalmologists

OBJECTIVES

To create awareness of ROP within Pakistan

BACKGROUND

Pakistan currently ranks fourth in number of

Software:

PROPERA ROP DATABASE LGH

OPD Forms	Reports	Queries	Reports	Pediatric Reports
<ul style="list-style-type: none">Patient RegistrationFollow up VisitClose EMR	<ul style="list-style-type: none">Report By NameReport By MonthDischarge by NameDischarge by DateExpiry ReportExpiry CrosstabVisit CrosstabROP Rt Type CrosstabROP Lt Type Crosstab	<ul style="list-style-type: none">01 Query 28 wks or02 Query >28 to 3003 Query >30 to 3204 Query >32 to 35 wks05 Query >35 wks06 Query <1 Kg or less07 Query >1 to 1.5 Kg08 Query >1.5 to 2 Kg09 Query >2 Kg10 Query All CriteriaFind Duplicates	<ul style="list-style-type: none">01 Report 28 wks or Less02 Report >28 to 3003 Report >30 to 3204 Report >32 to 3505 Report >35 wks06 Report <1 Kg07 Report >1 to 1.5 Kg08 Report >1.5 to 2 Kg09 Report >2 Kg10 Report All CriteriaFind Duplicates	<ul style="list-style-type: none">Surfactant CrosstabO2 SaturationMech VentilationNasal CPAPOxygen ProtocolLoss FollowupType 1 ROP RtType 1 ROP LtType 2 ROP RtType 2 ROP Lt

Version 1.2 (19-Nov-17)
Design Prof M.Moin

Publications:

Pakistan Journal of
OPHTHALMOLOGY

Original Article

Awareness of Retinopathy of Prematurity (ROP) amongst Pediatricians in Pakistan

Muhammad Moin, Nasira Inayat, Umar K. Mian, Ayesha Khalid, Agha Shabbir Ali

Pak J Ophthalmol 2016, Vol. 32 No. 1

Editorial

Retinopathy of Prematurity and Pakistan; an Epidemic Coming

Retinopathy of Prematurity; Sight is Right of Every Child



**PAKISTAN
PEDIATRIC JOURNAL**

Retinopathy of Prematurity; an Experience at a Tertiary Care Hospital

AYESHA KHALID, AGHA ALI HAIDER, NOSHEEN FATIMA, Fatima Tahira, Fizza, Amna, Lubna Siddique, Muhammad Moeen, Agha Shabbir Ali

BARRIERS IN THE ESTABLISHMENT OF RETINOPATHY OF PREMATURETY SCREENING PROGRAM IN A DEVELOPING COUNTRY

Lubna Siddiq Mian, Muhammad Moin
Lahore General Hospital Lahore Pakistan

Treatment of Retinopathy of Prematurity (ROP)

Screening Criteria:

Oxygen Protocol: 91-94% SiO₂

Birth weight 2 kg or less

OR

Gestational age 35 weeks or less

Screening Protocol:

First screening at 4 weeks post gestation or 35 weeks (what ever comes first). Using of dilating drops, lid speculum and indirect ophthalmoscopy with 20/28 D lens with indentation. Record findings pertaining to Zone, Stage and presence or absence of plus disease. Follow up according to level of severity more severe 1 week and less severe 2 weeks. Special care needs to be taken to educate the parents so they do not miss the post discharge visit as type 1 ROP usually occurs between 36-38 weeks of gestation.



Treatment of ROP:

Timely treatment (with 24-48 hours) can reduce poor visual outcome from nearly 40% to less than 10 %.

Treatment is done for **Type 1 ROP**; Zone 1 and plus disease, Zone 1 and stage 3, Zone 2 stage 3 and plus. It consists of 360 degree ablation of the avascular retina anterior to the region of the active disease to arrest the progression of ROP. The ridge and extravascular fibroproliferation at the junction between the avascular and vascularized retina should be avoided. Both cryo and laser treatment may be painful procedures, thus, both should be performed under either sedation or full anesthesia, ensuring a good analgesia. When an anesthetist is not available, an experienced neonatologist should give support. If the treatment is not being performed at the neonatal unit, facilities for artificial ventilation, resuscitation equipment and intravenous line must be available. Mydriasis should be achieved prior to cryotherapy or laser. Laser is the preferred treatment than Cryopexy.

Laser Photo-coagulation:

- Diode Laser (used extensively preferably red).

1. Laser Indirect delivery system. Aiming for greyish white spots.
2. 200-500 milliwatts, and 0.2-0.5 seconds.

The avascular retina should be treated with a distance between laser spots of no more than half of spot

Complications:

Systemic: Apnea, bradycardia, oxygen desaturation are common. These complications can occur during the first 3 days after treatment and require mechanical ventilation.

Eye: Subconjunctival haematoma, swollen of the eyelids, conjunctival laceration, vitreous haemorrhage, cataract may develop in 1-2%.

Treatment of very posterior ROP is generally easier with Anti-VEGF therapy. Vitreoretinal surgery may be indicated for Stage IVa or b.

Future sites:

Khyber Hospital, KPK
 Mardan Medical College, KPK
 Liaquat University Hospital Jamshoro / Hyderabad Sindh
 Helpers Hospital & CMH Quetta
 Jinnah Hospital & Sheikh Zayed Hospital, Lahore



PROPERA Sessions at the Lahore Ophthalmology 17

Session Code	73	ROP Education Module (PROPERA)			
Chairman	Khurram Azam Mirza	Emerald B			
Co-Chair	Khalid Iqbal Talpur	10-Dec-17	Start	9:00 AM	
Moderator	Umar K Mian	Sunday	End	10:30 AM	
Soorath Noorani	Pathogenesis of ROP		9:00 AM	9:10 AM	10 mins
Alycia Cheema	ROP Classification		9:10 AM	9:20 AM	10 mins
Lubna Siddiq Mian	Clinical Trials in ROP		9:20 AM	9:30 AM	10 mins
Ahsan Mukhtar	Laser Treatment of ROP		9:30 AM	9:40 AM	10 mins
Khurram Azam Mirza	Anti-VEGF Treatment in ROP		9:40 AM	9:50 AM	10 mins
Muhammad Moin	ROP Cases; Identification & Management		9:50 AM	10:05 AM	15 mins
Amer Awan	Surgical Options in ROP		10:05 AM	10:15 AM	10 mins
Umar K Mian	Discussion; ROP Education Module (PROPERA)		10:15 AM	10:30 AM	15 mins

Session Code	81	Setting Up ROP Program (PROPERA)			
Chairman	Sajid Maqbool	Shalimar B			
Co-Chair	Alycia Cheema	10-Dec-17	Start	11:00 AM	
Moderator	Umar K Mian	Sunday	End	12:30 PM	
Umar K Mian	Essentials of ROP program		11:00 AM	11:10 AM	10 mins
Soorath Noorani	Panel Discussion on Ophthalmic Concerns of ROP		11:10 AM	11:35 AM	25 mins



Al-Shifa Trust Eye Hospital
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