



Mid Year Report 2014.

“Why don’t you wipe the blood out of my eye Doctor?” was the reply of the patient after I told him of a bleeding at the backside of his eye.

Being the poorer and less educated people, our patients are in great need of instructions and teachings they will grasp with their minds.

Before we begin our daily eye consultation, a nurse gives a small health talk which is done also on outreach consultation visits.

Inside the clinic, we created a counselling room especially to advise the patients, unfold the disease and the treatment to them so that they can follow properly.

The nurses adopt a language the patient can understand and use examples of daily life illustrating the disease.

For example: if a patient suffers from a starting cataract and the advice given is to wait for the operation, the nurse may say:

“if you have a banana tree in your farm, don’t you wait until the bananas are ripe before harvesting? That is the same with your cataract”.

Special and repeated counselling is necessary for patients suffering from high blood pressure, diabetes, glaucoma and for those who are HIV positive.

Education and awareness are essential to keep the patients away from the so called opticians who visit villages and towns promising free eye consultations without any knowledge of eye diseases.

Another big danger to eye health is the local treatment by “native doctors”. Many of them dispense acidic mixtures and even infected liquids to treat red eyes and small wounds of the eye with disastrous results.

When the patient comes at the end for treatment to our clinic, the eyes are often pussy, blind and beyond any help.

The tradition of consulting “native doctors” is still very strong not only amongst the elderly people who never went to school but as well with school leavers and their children.

To be blind even on one eye is off course particularly tragic for a child who is still at the start of his life.

Education, instruction and training concerning health and hygiene problems should be a priority aspect in Cameroon.

Nkongsamba the 18th July 2014

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