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Eyes4Everest AGM Minutes
30/11/2023 @ Skype

1. Attending:

Shaun (Tzu-Hsuan) Chang, Grace Wee, Celine Zhang, Joe Wang, Jenny Hsieh

2. Apologies: None.

3. Discussion of last year's AGM (Sep 2022)

- President's Report

2023 saw the return of Australian volunteers to the Everest region, including myself. On request of the Himalayan Trust Nepal, Eyes4Everest constructed an eye clinic within an existing building at the Khunde Hospital.

Eyes4Everest Australia thank our Nepalese optometrist, Rickchen Sherpa who has 3 practices in Kathmandu, Rickchen already had connections with frame, lens and ophthalmic drop providers. As well as ophthalmic instruments and fitout. It was just up to the Himalayan Trust to provide transport and an engineer to refurbish the existing building at Khunde Hospital. Eyes4Everest Australia provided the funding.

The opening of the clinic happened on November 17, 2023. As the founder of Eyes4Everest, I was proud to be part of a Sherpa opening ceremony. A high ranking monk blessed the clinic,

and offered Chang to purify the hearts of all those involved. We got to hear the stories of Dr John Hayden, a GP from Dunedin who spent two and a half years at Khunde Hospital between 1996 and 1998. John shared his experience of treating uncorrected refractive error, which was basically letting patients go through a box of donated glasses and seeing which one would provide the clearest vision. It really emphasised the importance of our work in the Everest region. When it was my turn to speak and reflect on those early days of getting the organisation up and running, the emotion of the occasion got to me.

It is an honour to be part of something greater than yourself. There is a lot of people to thank but that list would be endless.

2023 was a great year to run the eye camps at Khunde Hospital and Pangboche Health Post. We had great portable ophthalmic equipment that have proved the test of time, as well as newer technology that gave us an edge in running these eye camps. Having a physical clinic also gave us the ability to use a proper slit lamp. I was proud to be able to offer patients a huge range of spectacle frame, bifocal lenses choices, and the option to add an anti-reflective coat or photochromatic lens. A total of 275 patients were tested over 3 days. 99 of which were from the Pangboche health post.

A total of 92 pairs of spectacles were dispensed, 4 pairs of sunglasses.

49 patients were prescribed with ophthalmic eye drops, with most being ocular lubricants.

A total of 44 referrals for ophthalmologists were provided, 36 for which were due to cataracts, 2 for posterior capsular pacification, 4 for suspicious looking optic nerves including glaucoma and 1 for a bad pterygium.

UV related ocular conditions including cataracts, pterygium continued to be the most prevalent ocular conditions seen in the area. However, we did see retinal haemorrhages, ocular conditions relating to traumatic brain injuries, retinitis pigmentosa and keratoconus.

From a refractive and binocular vision perspective, moderate exophoria and convergence insufficiency continued to be prevalent. Some nerve palsies were observed and the appropriate advice was given. There were more cases of uncorrected refractive errors (myopia, hyperopia, astigmatism and presbyopia) than I can remember in previous years. One does wonder if the increased use of mobile phones and iPads have led to this rise.

The dream of building an eye clinic has been fulfilled. A new door opens in terms of how the eye clinic would be best run. No doubt some major changes will be made on how we run future volunteer trips.

Kind Regards,
Shaun

- Treasurer's report
 - Operations total in \$26 558.82 from donations (\$8141) and volunteers. Unrealised profits in share portfolio and managed funds are back in the green (\$11800). [Statement of financial position](#)
 - Total expenses \$13003 from realised loss in shares, volunteer mission and donations to other organisations.
 - Income after expenses is \$13555, mostly in unrealised profits. Cash reserve about \$2-3k.
- Discussions
 - Publish president's report publicly
 - Need to find new income stream for the future, find doners etc.
 - Melb uni interested in having final year students attached to E4E missions - potentially can have optom station in Kunde for a week at a time
 - Volunteers had great experience this year and keen to come back. [E4E trip 2023 summary](#)
 - Days are good but nights are very cold, future trips should be earlier in the year.
 - More myopia this trip perhaps due to more access to phones and schooling?
 - Potentially ask Essilor for sponsor/donation if we can provide stats about increasing myopia in the region
 - Rickchen moving to Sydney, may need our help to settle in
 - Volunteers asking for iCare
 - Need to fund to purchase a retinoscope for the local nurses
 - Next year should involve Thame and Porche, Gokyo

Meeting close.



Signed

Name Jenny (Chia-Wei) Hsieh

Position Administration

30/11/2023



Signed

Name Shaun (Tzu-Hsuan) Chang

Position Operations and logistics

30/11/2023