






**EYES 4 EVEREST**



# Volunteer Information Brief

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# Project Background

In February 2013, Behavioural Optometrist Shaun Chang visited the Hospital built by his childhood hero Sir Edmund Hillary. Senior doctor Dr Kami Temba Sherpa explained to Shaun the problem of uncorrected refractive error in the village, especially with children at school.

When inspecting the hospital facilities, Shaun found bags of donated glasses, an incomplete trial lens set and Nikon vertometer. No one had trained the staff how to use it. By that afternoon, Shaun had sorted the trial lenses and labeled the donated glasses. It was an exciting and gratifying moment when one doctor found himself to be a -1.75DS myope.

Shaun returned to Australia, and formed Eyes4Everest - a small team of optometrists and other allied health professionals.

Eyes4Everest's first trip in October 2014 anticipated to see 80 to 100 children. However after two and a half day, the three optometrist had seen over 150 children.

Their second trip in 2015 saw 472 patients – both children and adults in the village of Khumjung, Khunde, Phortse and Thame. 20% of the students at the Hillary School required spectacles to help improve sight and/or relieve eyestrain. The most common reason for low vision in adults was cataract.

Eyes4Everest is now working with Nepalese based company Advanced Eyecare to provide tertiary eyecare.

## Collaborative Approach

We closely work with Ramchandra Nepalese optometrist who supplies our prescription spectacles and sunglasses. Our sherpa guide Kami Tenzing delivers the glasses to the villagers. The Eyes4Everest Foundation Nepal also employs Nepalese optometrists to run our eye missions.

## Clinical Services

Clinical services provided by Eyes4Everest are comprehensive. We provide the following:

- Refraction and prescription of spectacles
- Basic repair and adjustment of spectacles
- Binocular vision testing
- Detection, diagnosis of ocular disease.
- Treatment of anterior eye disease
- Referral to ophthalmologists and other health professionals
- Awareness of eye health problems & the need for eye care services in communities



# Objectives

The principle purpose of Eyes4Everest is to treat preventable blindness in the Everest region and Lalitpur region of Kathmandu.

In furtherance of the principle purposes, the objectives are:

- ▶ Provide training and supervision in primary eyecare to hospital staff
- ▶ Provide eye testing and medical care for anterior eye diseases
- ▶ Identify patients who require further management and treatment from an ophthalmologist
- ▶ Collect data for research purposes
- ▶ Promote the prevention of or control of diseases in the community, in particular, but not limited to those that can lead to blindness or vision loss and to promote the needs of those are vision impaired or blind.
- ▶ Bring awareness of Eye4Everest's work to the general public





## Country/Location:

Sargamatha National Park, Nepal

## Funding Expenses:

The cost of each trip is as follows:

**Everest Base Camp / Gokyo & Renjo La Pass - \$2800 AUD**  
**Annapurna Sanctuary / Annapurna Base Camp - \$2600 AUD**

### Cost includes:

- ▶ Return flights from Kathmandu to Lukla
- ▶ Breakfast, lunch, dinner, coffee and tea for the trek
- ▶ Accommodation in Kathmandu (Twin share)
- ▶ Nepalese Optometrist Fee
- ▶ Tea House Accommodation for the trek (Twin Share)
- ▶ TIMS Card & Trekking Permit
- ▶ Sherpa Guide Fee & Porter Fee
- ▶ 2x cultural activities in Kathmandu
- ▶ Cultural dinner in Kathmandu on first night of arrival

### Cost excludes:

- ▶ Guide and porter tips – this a general custom in Nepal
- ▶ Soft drink and alcohol
- ▶ Shower and Battery Charge
- ▶ Equipment Hire

### Participants to organise:

Participants are expected to organise the following:

- Return flights from Kathmandu to Sydney (or other)
- 2x Passport sized photos
- Travel Insurance (that includes Helicopter rescues) i.e. World Nomad
- Travel Vaccination
- 30 day Nepal Visa \$50USD at the Tribuhvan Airport or \$80 if you apply at the Nepalese Consulate in Sydney



# Equipment

## What you will be provided:

- Trial lens set and cross-cyl & Trial Frames x2
- Distance Prentice Card and Near Card
- Ishihara 24 Plate Colour Vision Test & Farnsworth D15
- Randot Stereo Test
- Perkins tonometer
- Heine SL200 Portable Slit Lamp
- Diagnostic drops
- 3 metre LEA chart x3
- Nearpoint chart x3
- Relevant paper work
- Alcohol swabs

NB. It is expected that volunteers share the use of these equipments.

## What the Optometrists will provide:

- Ophthalmoscope
- Retinoscope
- Batteries
- Occluder and pinhole



# Interested in **JOINING?**

We are after **TEN** optometrists  
for our eye mission

[eyes4everest.org.au](http://eyes4everest.org.au)

Visit our website and follow the steps to get started

**STEP 1: READ THE BRIEF**

**STEP 2: REGISTER**

**STEP 3: FUNDRAISE**

You will be asked  
to complete:

- ✓ Acknowledgement & Waiver Form
- ✓ Registration Form
- ✓ Medical History Form
- ✓ Deposit \$500 via Paypal to guarantee your spot

We hope this volunteer brief will allow you to make an informed decision about joining Eyes4Everest.

If you have any questions, don't hesitate to contact us at  
[info@eyes4everest.org.au](mailto:info@eyes4everest.org.au)



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