

Salud Juntos 2010 Eye Brigade to Punta Ocote



Tuesday 5 January 2010

Women in Black



Not quite sure who wrote the memo about the dress code, but I didn't get it. Today was rainy, with drizzles interrupted by showers and mist. Much of the conversation on the way to Punta Ocote was the nuances of the Spanish language with regard to wet weather. It did not help the pothole situation, for when the potholes are filled with water, they all look equally deep.



On the way to Punta Ocote from Yoro (about a 45 minute ride) we passed Ramon's dairy farm. His four

brothers are on University break and are working it at the present.

Tool of the Day – Hand Magnifier



In preparation for the trip, several inexpensive hand magnifiers were purchased from the 99 cent store. Often, these, along with a 200 watt light bulb, are the best and most effective low vision aid. The 200 watt light bulb is out of the question here- most of the lighting is a bare bulb at the top of a high ceiling, so a hand magnifier and the direct sunlight would seem a good choice. One of the first patients of the day presented an opportunity to give it a try.



This 78 year old gentleman had apparently *never* encountered a magnifying glass. Such was the cultural bias on my part. Trying to teach him that he needed to hold the glass close to the material of interest, rather than right in front of his eye, proved impossible. Until he was dilated and retinoscoped, we assumed his problem was cataracts. However, Leslie was able to correct him to 20/40 by giving him an appropriate astigmatic correction.



Once again, there was a minor traffic jam on the way to the Salon.

First Case of the Day-

Equal visual acuity, alternating esotropia, abduction deficit---



Please excuse the photography. We had a good discussion of the differential: Duane's Syndrome, acquired CN6 Palsy (but no diplopia...), and finally infantile onset (aka congenital) esotropia. When asked how long her eyes were crossed, only answer was "as long as I can remember." She would like surgery.

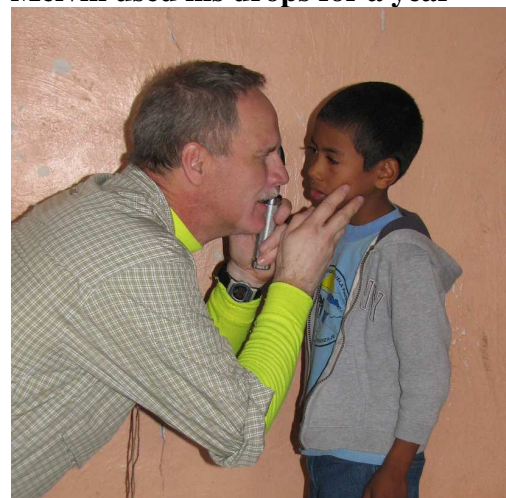
Management Dilemma -

Sun exposure is a problem here as well as Tucson. What to do with this lid lesion? The melanotic one has been there "since childhood." The one immediately next to it appears as a pearly papule: benign papillomatous lesion or basal cell carcinoma? If we could take a biopsy, we would. For now, a photo to document and back in a year.

Zombie preparedness, continued...
How often do you have to sharpen it?



Follow up of the day:
Melvin used his drops for a year



Last year, a Case of the Day was “Buphthalmos, tearing and photosensitivity” - the classic presentation of congenital glaucoma. Melvin was given a 12 month supply of drops last year, and returned today. His mom had been putting them in all year, and came back for more. His optic nerves were stable at 80% cups, and his IOP was 18 on medication.

This case was particularly rewarding for me, for last year I told the family that I would be back this year- and thanks to all of your support – I was.



Once again, thank you Allergan and Mr. Pete Carpenter for staving off blindness for another year.



On the way to lunch we were buzzed by a pack of budding bacon bits. The free range kind.

See one, do one, teach one...



Jessica is instructing Dale on the fine art of KP after lunch.

Second case of the day A management dilemma



This woman presented with good visual acuity but complained that the vision in the left eye was distorted. Twenty years ago she had an episode of painful loss of vision in the left eye and was told she had a vein occlusion and did not follow up after vision cleared. She has a left afferent pupillary defect and a pale optic nerve with a 90% cup. Both eyes have an IOP of 18mm Hg. To treat or not to treat? We decided that given the chronicity and stability of vision by history, we will see her again next year and treat if IOP is higher. For purposes of practicing “defensive medicine,” the case was thoroughly discussed AND SEEN with the attending present.

Chinese Dinner – Honduran Style!



For a change of pace, we had dinner at one of the two Chinese restaurants in town. It was a classy place. One of the signs reminded us that beers were limited to six per person. Another reminded us not to spit on the floor.



There was a bit of miscommunication as well. I guess the English to Spanish to Chinese game of telephone must have taken its toll. We asked for the food to be served family style- and somehow that translated into three orders of everything going onto giant plates and bowls.



The leftovers are bound for this family that Dale learned of last summer. Salud Juntos was conducting a health survey for the Yaro ministry of health, and uncovered this family whose shack – 150 square feet- was the home of 5 people. There is a policy against giving money to those we serve- but some leftovers seem ok.

Tuesday Patient Count

Punta Ocote Salud Juntos 2010 Eye Brigade Day 2

	<40y	>= 40	Total	Hyper	Em	Myope
Male	4	7	11	6	5	0
Female	11	11	22	11	11	0

Diagnoses

21	Dry Eye Syndrome
12	Allergic Conjunctivitis
3	Glaucoma
2	Diabetics, not requiring LASER
6	Hypertensive Retinopathy, no treatment
0	Visually Significant Cataract
9	Pterygea
1	Pinguecula
1	Adult strabismus
1	Optic Neuropathy
2	Melanotic Lesions
1	Optic Nerve Head Drusen
1	Suspicious Lid Lesion
1	Viral Conjunctivitis

Distribution of Refractive Error

Glasses	Plus SV	Plus BF	Minus SV	Minus BF
0 to 1	1	3	0	0
1 to 2	5	4	0	0
2 to 3	2	3	0	0
3 to 4	3	0	0	0
4 Plus	1	0	0	0

A total of 33 patients were seen today. We were somewhat disappointed, for we were expecting over a hundred to show today but the weather took its toll.

Tomorrow, the weather should clear.
Best wishes- Dale, Joe, Laura, Leslie, Carmen