

OCULARIS (Association for the Ophthalmological development of Sub-Saharan Africa) was founded by Dr. Joan Prat due to his dedication and involvement in this cause, together with a group of surgeons and doctors who specialised in different areas of Ophthalmology, and several professors from the Optometry University (FOOT-UPC), all of them with more than 10 years of experience in cooperative activities. **OCULARIS** works to achieve a better quality of life for the entire population of this region, but more specifically, for the children with visual problems. Thus, it aims to provide a transformative partnership that enables sustainable development of the countries where it operates: Mozambique and Senegal.



The main objective of **OCULARIS** is to educate a portion of the current resident doctors at the Central Hospital of Maputo (the most preeminent hospital in the country) to become the future Ophthalmologist and Optometrist professionals. Hence, by strengthening the local capabilities through this acquired knowledge it will have the direct impact of better development and at the same time improve the visual health of its population.



Dr. Prat's commitment to Mozambique is evidenced by his admirable commitment and dedication as he has been working on this project since 2005. In Mozambique, there is currently a very basic level of Ophthalmology with only 8 native Ophthalmologists for the country's 24 million population. This means there is only 1 Ophthalmologist for every 3 million people (OMS recommends 1 every 15,000 habitants).

OCULARIS's mission is focused on providing and sharing its knowledge in an effort to improve the quality of life of the neediest in this country.

Out of sight, not out of mind



PROJECT DESCRIPTION

This project was conceived with the goal of improving the quality of life of Mozambique's population, especially those children with vision problems. This is achieved by providing educational training to the healthcare personnel of the country, with the support of both the Health Ministry and the Central Hospital of Maputo, who are our local partners.

The central mandate of this project is the focus on ensuring the responsibility and capability of Mozambique's doctors to be able to continue and further this education within their own country in the future. Working with education as the vital tool in all these development processes has a direct impact on the self-esteem, ability and welfare of the most disadvantaged segments of the population.

Dr. Prat has worked very closely with the people in charge of Ophthalmology in the country to establish the National Plan of Ophthalmology which will be launched this year.

JUSTIFICATION

In Mozambique, there are more than 150.000 people blind with an additional 500.000 with eye problems and a healthcare system with **only 8 native Ophthalmologists for the whole country.**

The vast majority of eye diseases could be treated simply by the knowledge and skills of a trained Ophthalmologist. In fact, most of them are easily cured in Europe, but in Mozambique they become chronic due to the lack of available professionals

50% of the cases of child blindness could be easily prevented by a minimum healthcare.



The WHO (World Health Organisation) in their 2020 program, aims to eliminate preventable blindness in the world by proposing courses of action against various eye diseases.

	Spain 45 million population	Mozambique 24 million population.
Native Ophthalmologists working in the country	4.000	8
Ophthalmologists per habitant	1 / 11.250	1 / 3.000.000
New graduates every 2 years	258	1
Global Human Development Index (out of 187)	23	184

Today's situation

In recent years the contribution from Catalunya towards international cooperation has decreased by 70%. It has been part of the largest cost-cutting in history and it does not even reach the 0,03% of the Gross National income, according to the report 'La realidad de la ayuda 2011', presented by the NPO 'Intermón-Oxfam'.

Cooperation is the area of Catalan government's public policy which has suffered the largest cost-cutting. Since 2010, the Cooperation Catalan agency reduced its budget from 49 million euros down to 15 million euros by 2012.

Beneficiaries

7 local Ophthalmologists and 30 technicians (opticians) will each benefit from a 2 week training course. In addition, more than 80 patients' visual problems are cared for, with 25 to 40 of them undergoing surgery. All of these activities are carried out in the main hospital of the country, the Central Hospital of Maputo.

Procedure

The training given in Mozambique is 90% practical complimented by clinical sessions and case studies.

The Central Hospital of Maputo will book appointments for the patients with the most severe cases which are directly related to the specialty of that particular training session. The first step is to visit these patients with the trainees, followed by planning all the preparatory tests required and then finally book them for a surgery later in the day. The surgery is performed in the presence of the trainees.

Activities

Prevention	<ul style="list-style-type: none"> • Promotion of ocular health from birth, with actions targeting high-risk population groups. • Prevention of eye diseases at 3 levels: <ul style="list-style-type: none"> - Early detection - Prompt treatment - Rehabilitation • Sight restoration when it is already deteriorated.
Training Mozambicans	<ul style="list-style-type: none"> • Previous documentary work about the specific training needs: <ul style="list-style-type: none"> - Which are the most common diseases? - What tools do they have available to provide the treatments? • Training, monitoring and evaluation.
Awareness	<ul style="list-style-type: none"> • Charity and social events to bring the reality of a highly vulnerable society closer and to foster solidarity.
Networking	<ul style="list-style-type: none"> • Assisting collaboration with other NPOs in the country, especially with 2 orphanages in Katembe and in Xai-Xai. • Transferring and sharing our knowledge with other cooperation bodies in Africa (UNESCO Chair of Visual Health and Development, Fundación Ferreruela, ...).

BUDGET

We request your collaboration to fund the next Commission's travel expenses to Mozambique.

Total Cost: 6.400€, which relates to travel, board and lodging expenses for 4 professional specialist doctors over 15 days with a minimum expenditure of 1.600€ per cooperating member.

FEEDBACK

Edition of graphic material and videos from the travel commission.
Report with activities and financial justification

COMMUNICATION

Social Networks:



<https://www.facebook.com/ONG.OCULARIS>



<https://twitter.com/ONGOCULARIS>



<http://instagram.com/ongocularis>

Conferences, conventions, seminars and symposiums in universities in our country.

DONATION

1st Register as a user.

When you click on the window "DONOR", a new screen will pop up where you should enter your email address as your user name, which identifies you as a donor. Choose a password and re-enter it to confirm. Finally type the security code or o *Captcha*, which will appear in a box.

2nd Choose the amount of donation.

Once you have completed the previous step, a screen will appear which informs you (in English) of the following: "We take 0% of your donation and we will inform you regularly about where your money is being used. More than merely donating money, you are showing your commitment to build a better world". Now you can choose the amount of money that you want to donate and continue with the process.

3rd Confirm payment details.

The final screen will ask for your credit or debit card details. Alternatively you can complete the payment with PayPal. There is a special secure link to carry out such payment transactions over the internet.

And you are ready! You can now click on the donation button to begin your valuable support.