

Giving Sight Transforming Lives



July - September 2019 | Newsletter No.: 138



Haseeb

- LRBT's 43 millionth patient!

LRBT recently treated its 43 millionth patient and has impacted the lives of millions more by enabling the treated to go back to leading fulfilling lives.



"I earn my livelihood making prosthetics and enabling the handicapped to live as normal a life as possible. The look on their faces when they realize that they can walk or use their arms is priceless. My work is a source of great pride for me. I just never imagined

that one day I will be in their position!"

Haseeb recalls his harrowing tale while talking to the doctors at LRBT. 26 years' old and father to a beautiful girl of one, he lives in Karachi and earns his livelihood by working in a prosthetics shop. He is the only son and brother to five sisters who are all older than him and married. His parents being disabled are his dependents.

Being the youngest, one day while playing he saw his neighbor come home after a limb amputation. Concerned, he went up to their house to enquire what had happened and got to know that his neighbor's leg had to be cut off to stop an infection from spreading. The first thought that popped into his mind was, how will he walk again?

One day when he saw his neighbor walking with a stick, he was shocked; to his young mind it was a miracle. The neighbor then showed him his artificial leg and said his employer had arranged

and paid for the prosthetic for him so that he could walk once again. It was at that moment that Haseeb resolved to do something to help the disabled lead as normal a life as possible.

He used to attend the local school but when his father retired he had to drop out and do odd jobs to support his family. Eventually he let go of his dream of helping others being so caught up in his own problems. It was through a friend that he came to know about an opening in a shop that made prosthetics where he was hired. Even though the pay was only marginally better than his previous job yet this is what he had always wanted to do.

He had been working there a couple of years and during this time he got married and was blessed with a daughter; even though he was unable to save anything, yet he was content till an incident changed his life completely; he was walking to the bus stop from work when a stray stone hit him directly in the eye. He felt pain and started to rub his eye which made it worse. Once



home, his wife gave him some ice, which made it temporarily better. However, after a couple of days, his vision started to blur. Worried, he visited numerous ophthalmologists, often having to take loans from friends and family

to pay for the fees and medicines but nothing worked. Eventually he lost vision in one eye!

He was overwhelmed by the way his life had changed so drastically. He experienced firsthand the pain and difficulty of those who were physically handicapped, everyday tasks had become a struggle, his work was suffering and he was getting disheartened day by day. Although his work centered on making artificial limbs to makes lives of the handicapped easier yet he was unable to do anything to help himself.

It was a chance encounter with a fellow traveler on the bus that he came to know about LRBT Korangi and its state-of-the-art eye care, which is completely free for the poor. With a lot of hope he came to LRBT and did not return home disappointed. He was diagnosed with corneal opacity and underwent a corneal transplant after a few days. A procedure that gave him his sight back and one which he otherwise would not have been able to afford ... *"I am amongst those few lucky ones who got the chance to live a normal life once again, a chance to be a son, husband, father and provider for my family. It's a miracle and I pray that everyone whose life has been struck with tragedy finds places like LRBT which enable them to have another shot at life."*

Help us change the lives of millions more like Haseeb. Help us turn them into productive members for their families and society. Help us give them a bright future full of love, hope and cheer.

Coping with the ever-growing patient volume

LRBT started off as a small mobile unit in Tando Bago over 34 years ago. Over the years, it has spread throughout the country with 19 hospitals and 58 eye care centers. The journey of growth and expansion continues.

Korangi:

A project was launched on 1st March 2019 to house consultant clinics and the entire pediatric wing with dedicated waiting areas due to increasing number of patients reporting to receive specialized treatment. This is being constructed on the first floor of the Aisha Bhaimia Complex. Its completion is expected by the end of February next year. Presently, plastering is nearing completion, which will be followed by flooring and then the finishing segment. Ms. Khurshid Bhaimia, our long-time supporter is financing this project. The Bhaimia Family had earlier sponsored the entire second floor of the main hospital building. Later, the family also financially supported the construction of a new section in which the Outpatient Department is located.

We are grateful to Ms. Khurshid Bhaimia for her continuous support to LRBT.

Tip for Healthy Eyes

From the desk of our Ophthalmologist

"The best way to maintain healthy eyes is to rinse your eyes thoroughly with clean water at least twice daily and avoid excessive use of mobile and computer."

Dr. Zeeshan Kamil
Consultant Ophthalmologist – LRBT

Seeing is Believing

Visits to LRBT

Mr. Niroshan Perera, Country Manager, Sri Lanka (Brien Holden Vision Institute (BHVI)) visited LRBT Tertiary Teaching Eye Hospital, Korangi (Karachi) on 5th August, 2019. He commented, "It was a great honor to visit LRBT Hospital and we highly appreciated your hospitality and welcome. I wish you all the success and believe you will have all the blessing for your great service to Pakistan's Community. Thank you."



Partnership Agreements

LRBT gives credit to its partners for its success and is proud to work with them in ongoing projects:

Government of Sindh

A grant of Rs. 70 million has graciously been given by the Government of Sindh to LRBT to carry out sight restoring cataract surgeries on the poor and deserving patients living in the province. These surgeries are being conducted in all the five Sindh Hospitals. We are grateful to the Government of Sindh for its generous support. In this quarter, we conducted 4222 sight restoring cataract surgeries.



conduct 1700 cataract surgeries during the period January 2019 to December 2019. A total of 1,230 surgeries have been accomplished so far, as planned.

Under the Seeing is Believing program of Standard Chartered Bank in partnership with Sightsavers, LRBT is required to carry out refraction, cataract and minor surgeries over a period of 3½ years. This program was launched in the beginning of July 2016 at its hospitals in Mansehra and Swat. In order to support this project, LRBT has also been provided with ophthalmic equipment. The surgeries target set for the year 2019 is 6,600. In this quarter, we have been able to conduct 2,226 cataract surgeries.



Sightsavers



Under an agreement inked with Sightsavers, LRBT is conducting sight restoring cataract surgeries at four designated hospitals in our network. The project is spread over a period of three years. In the period under review, we carried out 2,389 cataract surgeries, according to schedule.

Brien Holden Vision Institute



During this quarter this year, we conducted OPD of 73139 children of which 573 were

refracted and 983 glasses were provided to them.

CBM International

LRBT is required to carry out 3000 sight restoring cataract surgeries during this calendar year. Three designated hospitals Tando Bago, Rashidabad and Gambat are hosting this activity. This project is progressing smoothly and we have already conducted 2250 surgeries, according to schedule. In a related development, LRBT is also being supported by CBM to train 22 mid-level eye care personnel at our School of Paramedicine. These students are being trained to a two-year diploma course, which will conclude in December 2020.



Medical Relief International (MRI)

In collaboration with MRI, an independent nonprofit organization existing under the charity laws of England and Wales based in Birmingham, UK, we have so far conducted 96 cataract surgeries on poor females at our hospital in Mandra and another 31 sight



restoring surgeries on children at our Tertiary Teaching Hospital Karachi during this quarter.

We are thankful to MRI for this support.

A&A Company Formations DMCC - Dubai

Under an arrangement with A&A Company, Avastin injections are being financed by the Company for the poor and deserving patients. Since June this year, 1420 patients have been administered these injections under this program at ten of our hospitals during this quarter. A total of 4,243 Avastin injections will be administered over the project period.

We are grateful to A&A Company Formations - DMCC for its generous support.

FHF cataract surgeries



LRBT is required to carry out 1,500 sight restoring cataract surgeries from FHF referred surgery patients, which comprise poor females employed in Agriculture and Cottage Industries in District Khanewal and Chiniot. During the period under review a total of 300 surgeries have been accomplished. This project is progressing according to schedule.

Congratulations on completing eye care training programs

LRBT strongly believes in training its doctors and paramedics so as to give the best quality care to our patients.

1. HUMAN RESOURCE DEVELOPMENT

At present, 47 FCPS and 3 MCPS trainees are undergoing postgraduate training.

B. CONTINUOUS MEDICAL EDUCATION

25 of our doctors at the Tertiary Hospital, Korangi are presently undergoing various types of procedural training.

2. TRAINING & DEVELOPMENT

LRBT School of Ophthalmic Paramedicine

LRBT recognizes that eye care for our patients begins in the homes, streets and clinics of our communities. Eye health paramedics are there to provide care to patients without the need to go to hospitals. We believe that good patient care



can only come with improving the skill of our workforce.

Session 2019: Courses for Ophthalmic Assistant, Ophthalmic Technician, Ophthalmic Operation Theatre (OT) Technician & Refractionist are going on with full pace. Presently, 56 candidates are enrolled in these courses.

Session 2018: Students from Sindh completed their academic session in December 2018. Their final examinations are awaited.

Students other than Sindh completed their academic session, appeared in their final examinations at Jinnah Medical College Hospital (JMCH) and qualified.

Session 2017: Sindh domiciled students completed their academic session and appeared in the final examinations. Their results are expected soon.

REFRESHER COURSES

- 3 Nurse Aides from our Tando Bago and Gambat Hospital attended Refresher Training at Korangi Hospital from 16th to 28th September, 2019
- 4 OT Technicians from our various hospitals attended Refresher Training at Korangi Hospital whereas 2 OT Technicians from our Shahpur Hospital attended this training at Mandra Hospital from 19th to 31st August, 2019

OTHER TRAINING PROGRAMS

- Dr. Rana Fahad Ibraheem from our Khanewal Hospital attended two-day Cornea Transplantation Training on 27th and 28th September, 2019 at Lahore (Township) Hospital
- Dr. Nabeel Ahmed from our Arifwala Hospital attended Argon Laser Training from 16th to 28th September, 2019 at our Khanewal Hospital
- 11 Computer Operators attended MIS Training at Korangi Hospital on 14th September, 2019 whereas 12 Computer Operators attended this training at Mandra Hospital on 28th September, 2019
- Training on Patient's Zakat Evaluation was conducted by LRBT's Shariah Advisor at LRBT Korangi and Mandra Hospital on 20th July, 2019 and 3rd August, 2019 respectively. Counselors from all LRBT Hospitals attended this training in two batches
- Management, Doctors and Staff attached with Sightsavers UKAM Project, attended Project Review Meeting and Safeguarding Training at Hotel Hillview, Islamabad on 6th and 7th September, 2019

3. APPOINTMENTS

- Dr. Syed Fawad Rizvi from our Korangi Hospital was appointed as Examiner for FCPS - II & IMM (Ophthalmology) TOACS and Clinical Examination (Session

September-19) from 23rd to 28th September, 2019 at CPSP Karachi

- Dr. Zeeshan Kamil from our Korangi Hospital was appointed as Paper Setter for MCPS (Ophthalmology) Paper Setting (Session October-19) on 20th August, 2019 at CPSP Karachi

4. WORKSHOPS

- Drs'. Arsalan Ahmed, Saliha Naz, M. Tanweer Hassan, Ihsan Ali, Anum Tariq, Rana Fahad Ibraheem, Rashid Naseem and Bilal Ashraf attended skills development workshops at CPSP

5. MEETINGS

- CMOs from our Mandra, Akora Khattak, Quetta and Shahpur attended a two-day meeting on QSAT (Sightsavers UKAM Project) at LRBT Mandra Hospital on 27th and 28th September, 2019. Dr. Muhammad Nadeem (Consultant Community Ophthalmologist) of our Mandra Hospital chaired the meeting

6. CONFERENCES

- Dr. Kashif Iqbal from Lahore (Township) Hospital attended 19th Euretina Conference from 3rd to 11th September, 2019 in Paris, France
- 14 doctors from our Korangi Hospital attended Karophth Annual Conference at Movenpick Hotel, Karachi from 23rd to 25th August, 2019. Dr. Hadees Murad was awarded 2nd Prize for Best Papers and Dr. Anum Tariq was awarded Special Prize
- Dr. Syed Fawad Rizvi presented 6 papers in Karophth Annual Conference out of which 2 were on recently acquired Intraoperative OCT (i-OCT). He was awarded Appreciation Award by Ophthalmological Society of Pakistan (OSP) Karachi and was also elected as President Elect 2020-21 of the OSP, Karachi branch

7. AWARD & RECOGNITION

The Federation of Pakistan Chambers of Commerce and Industry (FPCCI) awarded LRBT with a Gold Medal in the Eye Sector for the year 2018. Mr. Riaz Hussain Khokhar, Trustee - LRBT, received it on behalf of LRBT at a ceremony held at the Aiwan-e-Sadr, Islamabad on 25th July, 2019. Earlier in 2012 we were awarded a certificate by the same body.

BEST PERFORMERS OF THE YEAR 2018/2019



Mr. Danish
Asst. Manager Proc. & Maint.
LRBT Central Office



Mr. Waseem Ahmed
Optometrist
LRBT Korangi



Mr. Bashir Ahmed
Nurse Aide
LRBT Tando Bago



Mr. Iqbal Ahmed
Computer Operator
LRBT Rashidabad



Mr. Junaid Iqbal
OT Technician
LRBT Akora Khattak



Mr. Shakeel Ahmed Mangi
Refractionist
LRBT Gambat



Mr. Ghulam Abbas
Driver
LRBT Mandra



Mr. Nisar Ahmed
Cleaner
LRBT Odigram



Ms. Naeema Muhammad
Asst. Ophthalmic Technician
LRBT Lar Multan



Mr. Waqar Fayyaz Shah
Jr. Network Administrator
LRBT Quetta



Mr. Nadeem Abbas
OT Technician
LRBT Shahpur



Mr. Ijaz Hussain
OPD Attendant
LRBT Khanewal



Mr. Muhammad Azeem
Computer Operator
LRBT Mansehra



Mr. Muhammad Javed
OT Technician
LRBT Arifwala



Mr. Majid Nouman
Computer Operator
LRBT Lahore (M. Road)



Mr. Iftikhar Ahmed
Optometrist
PECs Mandra



Mr. Muhammad Arman
OT Technician
LRBT North Karachi



Mr. Hafiz Karam Bilal
Hospital Administrator
LRBT Chiniot



Mr. Sarwar Ali Shah
Security Guard
LRBT Kalakalay

LRBT Milestones

Keratoconus is a common abnormality of the cornea in which a normal shaped spherical cornea becomes conical, resulting in visual problems. Corneal Cross Linking (CXL) is a very effective way of not only stopping the progression of Keratoconus but also helps in regression in early cases.



LRBT treated its first patient of Keratoconus by CXL at LRBT Tertiary Teaching Eye Hospital Korangi, in a 25 years' old female, totally free of cost, a procedure which costs up to Rs. 100,000/- in private sector hospitals.

LRBT Pakistan

LRBT celebrates Independence Day



Independence Day was celebrated with zeal and fervor at LRBT hospitals.



LRBT observes solidarity with Kashmir



LRBT Central Office observed solidarity with Kashmir during Kashmir Hour.

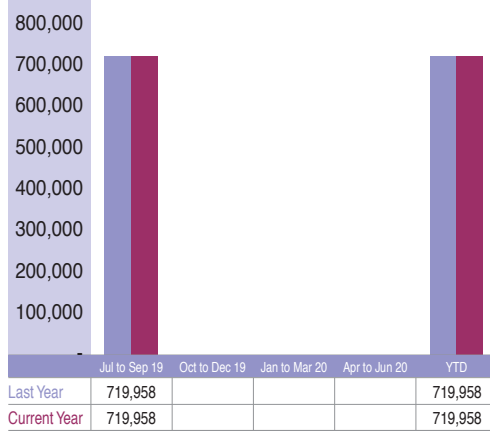
World Sight Day

In line with upcoming World Sight Day, a workshop was conducted in Haque Academy for students. Mohammedi Girls School also visited LRBT Korangi as part of their school CSR program. The workshops aimed at inculcating good eye care habits in children from a young age and the importance of limiting screen time.

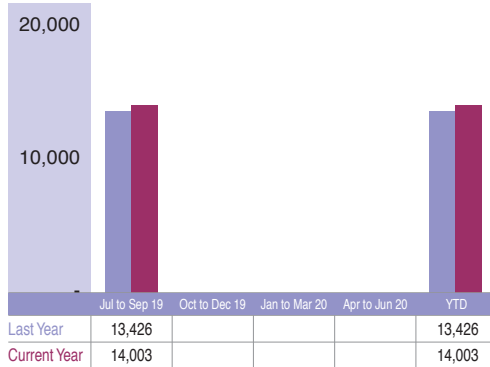


Performance Data

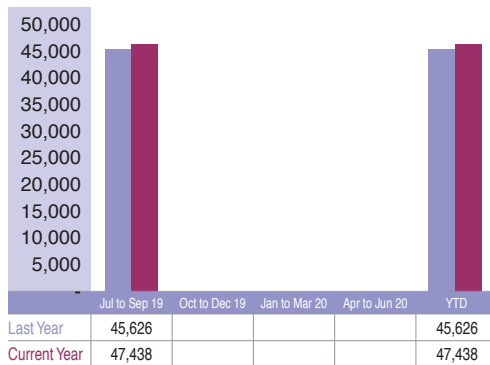
OPD VISITS



MINOR SURGERIES

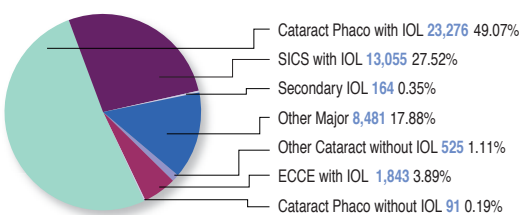


MAJOR SURGERIES



MAJOR SURGERIES

July to September 19



Total Major Surgeries **47,438**

Total Cataract Surgeries **38,957** (82% of Total Major Surgeries)

Cataract Surgeries with IOLs **38,341** (98% of Total Cataract Surgeries)

Cumulative Summary of total OPDs and Surgeries Since Inception to 30th September 2019

Hospital	Commencement Date	Total OPD Patients	Total Surgeries	Total
KORANGI	26th Oct 1986	7,659,622	801,986	8,461,608
LAHORE (KOT LAKHPAT)	14th May 1987	7,707,616	728,384	8,436,000
AKORA KHATTAK	20th Oct 1990	2,395,259	249,831	2,645,090
ARIFWALA	15th Dec 2008	1,082,721	101,365	1,184,086
ODIGRAM	26th Sep 2013	1,906,566	240,069	2,146,635
GAMBAT	20th Mar 1988	2,250,436	337,263	2,587,698
KHANEWAL	2nd Jan 2006	1,100,811	119,255	1,220,066
LAR	15th Feb 1999	2,435,521	281,850	2,717,371
MANDRA	15th Mar 2005	1,292,158	185,166	1,477,324
MANSEHRA	8th Nov 2005	961,405	90,335	1,051,740
PASRUR	17th Mar 2008	857,920	106,090	964,010
QUETTA	23rd Oct 2000	1,525,721	120,333	1,649,054
RASHIDABAD(TANDO ADAM 01/02/87 to 01/06/08)	2nd June 2008	2,092,443	268,334	2,360,777
SHAHPUR SADDAR	4th Nov 2004	1,406,810	202,477	1,609,287
TANDO BAGO	15th Nov 1985	2,178,408	216,454	2,394,862
NORTH KARACHI	2nd Jan 2012	747,786	59,612	807,398
SIBI	1st Jul 2015	176,305	11,899	188,204
KALAKALAY	1st Jul 2015	326,559	19,941	346,500
CHINIOT	1st Jan 2015	176,808	16,089	192,897
LAHORE (MULTAN ROAD)	Aug 2015	369,266	28,463	397,729
TURBAT (MALC)	15th Nov 1985	26,335	2,453	28,788
GAWADAR (MALC)	15th Nov 1985	39,513	4,164	43,677
KHEWRA (ICI)	May 1991	167,314	18,425	185,739
ENT SURGERIES				356
TOTAL		38,883,302	4,210,238	43,093,540

Eye Screening Camps

6 Eye Screening Camps were conducted at Akora Khattak, Korangi, Lahore Multan Road, Mandra, Quetta and Shahpur in collaboration with Sightsavers, Al Baraka Bank and K-Electric. A total of 3,142 patients were examined, out of which 1,667 were medicated, 1,174 refracted and 308 were referred to LRBT hospitals for detailed examination and surgery.

Our big-hearted supporters

On behalf of LRBT and the needy patients with impaired vision, we are deeply thankful to all our generous donors for their support in our fight against curable blindness. The donors who donated Rs. 0.5 million and above during the quarter are:

Name of Donor	Amount
Chiniot Anjuman Islamia	26,238,631.88
Sight Savers International	19,894,300.00
Mr. Zia Butt	15,600,000.00
ANONYMOUS DONORS – KARACHI	10,111,663.60
CBM International	3,804,594.86
Mrs. Zareen S. Habib	3,700,000.00
Ms. Khurshid Bhaimia (A/c AEB)	3,416,405.00
Hamid D. Habib Memorial Trust	2,500,000.00
Dawood Habib Memorial Trust	2,500,000.00
MCB Islamic Bank Ltd	2,000,000.00
K-Electric Ltd	1,418,039.00
Subhan Food Industries	1,181,820.00
Abbott Laboratories (Pakistan) Ltd	1,000,000.00
Mr. Ruhail Mohammad	1,000,000.00
Mr. Towfiq Chinoy	1,000,000.00
Mr. Imtiaz Ali Khan	1,000,000.00
Mr. Muhammad Yusuf Akram	1,000,000.00
Mr. Moeed Wasim Yusuf	1,000,000.00
Punjab Welfare Trust For The Disabled	990,000.00
Pakistan Bait-ul-Mal	958,000.00
Hamza Foundation	825,000.00
Mr. Hasnain Moochhala	700,000.00
Ms. Hamida Arif	617,279.94
Mr. M.A. Nasir	600,000.00
Anjuman Rafa-i-Aama	509,016.00
Pakistan Tobacco Company	500,000.00
Mr. Muhammad Saeed Khan	500,000.00
Mrs. Naila Bhimjee	500,000.00
Ms. Ruhaina Munawwar Abdul Ali	500,000.00
Century Paper & Board Mills Limited	500,000.00
M.N Textiles (Pvt) LTD.	500,000.00
Aamina Bakhtiar Wain	500,000.00
Total	109,814,750

Donation Form

Name

Profession

Address

Telephone

Fax

Email

Amount Donated

Zakat/Fitrah/Sadqah etc.

LRBT WORLDWIDE

Pakistan

The Layton Rahmatulla Benevolent Trust (LRBT)
37-c, Sunset Lane No. 4, Phase II Extension, DHA, Karachi-75500
Tel.: 021-35396600-5(6 lines) and 0800-44441
Email: lrbt@lrbt.org.pk
Website: www.lrbt.org.pk
Fb: Lrbt.Pakistan
(Exempt under Section 61 of IT Ordinance 2001)

United Kingdom

Graham Layton Trust (GLT) - a sister charity to Layton Rahmatulla Benevolent Trust (LRBT)
Tel.: 44 (0) 203 397 1433
Email: enquiries@glt.org.uk
Website: www.glt.org.uk/donate
HSBC Bank: Graham Layton Trust
Sort Code: 40-05-18
Account Number: 72684977
Foundation (Account LRBT)
Send cheque to: GLT, 24 Bedford Row, London WC1R, 4TQ
(GLT - UK registered charity no. 290464)

Canada

LRBF
Online Donation: www.lrbfoundation.ca
Cheques in favor of: Layton Rahmatulla Benevolent Foundation
C/O Human Concern International and mailed to:
Mr. Ashfaque Azad
1 Bloor Street East
Unit 304
Toronto, ON M4W 0A8
Canada
Tel.: 1-289-217-1186
Mobile: 416-939-0426
E-mail: info@lrbfoundation.ca, ashazad@icloud.com
Website: lrbfoundation.ca

USA

USA:
LRBT USA
Chase
Routing: 021000021
Account: 196066705
1815 State St
Watertown, NY 13601
www.Lrbtusa.com
info@lrbtusa.com
Tel.: 315-221-4440

**Help us help them
become productive
members of society**

Cost	Treatment
Rs. 4,340	The cost of an adult Sight Restoration Cataract Surgery with an Intra-Ocular Lens Implant
Rs. 8,880	The cost of 1 child's Sight Restoration Surgery
Rs. 35,440	The cost of adult Retina Detachment Surgery
Rs. 39,980	The cost of child's Retina Detachment Surgery

LRBT Pakistan Bank Details:

Please deposit your Zakat at any of the following banks:

Account Title
**The Layton Rahmatulla
Benevolent Trust**

Faysal Bank

Account No.
0330000131981129

Branch Code
0330

IBAN No.
PK89FAYS0330000131981129

Swift Code
FAYSPKKA

Standard Chartered Bank Limited

Account No.
01-6556450-01-00

Branch Code
047

IBAN No.
PK02SCBL0000001655645001

Swift Code
SCBLPKKXXX

United Bank Limited (UBL)

Account No.
010-4241-4

Branch Code
0949 – online

IBAN No.
PK84UNIL0112094901042414

Zakat Online:
<https://www.lrbt.org.pk/online-donate>

LRBT Corneal Bank

57 corneal grafts have been carried out at LRBT hospitals in the third quarter of 2019. LRBT Free Tertiary Eye Hospital Korangi, Karachi performed 35 surgeries all of donated corneas. We are very thankful to Karachi Airport Eye Bank Welfare Society & Site for Smiles & Smarts sponsoring 26 corneas and Site Lions Club donating 9 corneas.

We are extremely grateful and encourage other individuals to come forward and pledge their corneas for this noble cause.

Organ donation as a whole is still a challenge in Pakistan as many falter for various reasons; rulings in religion being the leading factor for this hesitation. Endorsements on approval of organ donation in light of Islam from national and international Islamic scholars and councils can be found on:

<https://www.lrbt.org.pk/cornea-donation-light-quran-sunnah/>

If you are residing in Karachi, Lahore or Quetta and would like to become a donor, please visit:

<https://www.lrbt.org.pk/wp-content/uploads/2018/05/CorneaDonation.pdf>

AWARD DISTRIBUTION CEREMONY 2018/19

In order to recognize employees for their excellent performance during year 2018-19 an Award Distribution Ceremony was held on 17th August, 2019 at LRBT Korangi Hospital attended by the Management, Doctors and Staff. Mr. Najmus Saquib Hameed, Chairman LRBT, was the Chief Guest.

