SANKAR FOUNDATION EYE HOSPITAL
Commited to the Community

VISIONARY INSIGHTS

Volume 1 : Issue 6 : December 2024 Monthly In-house Newsletter of Sankar Foundation

EDITORIAL

"2024: A Landmark Year for Sankar Foundation - Infrastructure Boost Drives Productivity and Elevate Employee Happiness"

The year 2024 will be etched in the annals of Sankar Foundation's history as a landmark year of infrastructural evolution. This period saw the Foundation transform its facilities with cutting-edge technology and modern amenities, drastically enhancing its capacity to deliver high-quality care. These advancements not only boosted the efficiency and productivity of the medical staff but also fostered a happier and more motivated workforce. The culmination of these efforts has positioned Sankar Foundation as a premier healthcare institution, dedicated to innovation and excellence in service delivery.

As we bid farewell to an exceptional year in 2024, marked by significant advancements and achievements, we look ahead to 2025 with anticipation and hope. May the coming year bring even more ground breaking developments in eye care, continuing our mission to enhance vision and improve lives. Here's to a future filled with innovation, growth, and unwavering commitment to excellence!

The media has consistently supported Sankar Foundation by publishing news reports on the hospital's developments. This invaluable coverage influences society positively and contributes to increased footfall and expanding its reach.

In the heart of Visakhapatnam, Sankar Foundation has long been a beacon of hope and healing, particularly known for its excellence in ophthalmology. However, the Foundation's recent investment in state-of-the-art infrastructure has propelled it to new heights, significantly boosting productivity and enhancing the Happiness Index among its doctors and employees.

During the year 2024, It is worth to share that Sankar Foundation has performed 33,175 eye surgeries, out of which 68% is covered under Dr YSR Arogya Sree/Dr NTR Vydya Seva and screened 1,96,148 out Patients. The Outreach team significantly contributed by conducting 505 free eye camps and screened 34,305 and performed 12,903 surgeries free of cost to the patients during the year.

Modernization of Facilities

The journey towards modernization began with a comprehensive overhaul of the Foundation's facilities. New medical equipment, cutting-edge technology, and an expanded healthcare infrastructure have been at the forefront of this transformation. Advanced diagnostic tools and surgical equipment have enabled doctors to perform procedures with greater precision and efficiency. The integration of Electronic Medical Records (EMR) has streamlined patient management, reducing administrative burdens and allowing healthcare professionals to focus more on patient care.

(cont...2nd page)

K. Ranga Rao
EDITOR

Chhattisgarh Deputy Chief Minister Sri Vijay Sharma "presents "Prestigious Award to Sankar Foundation

Sri Vijaya Sharma, Hon'ble Deputy Chief Minister of Chhattisgarh presenting the Second Prize to Sri K Bangar Raju, DGM (PR) at Raipur.

Sri Vijaya Sharma, Hon'ble Deputy Chief Minister of Chhattisgarh presented the Second Prize to Sankar Foundation's monthly Newsletter (English) "VISIONARY INSIGHTS" at the 46th All India Public Relations Conference held in Raipur on 20th December night.

The award was received by Sri K Bangar Raju, DGM (PR) & Editor of the Newsletter at the conference held in Raipur in the presence of Dr Ajit Pathak, National President of PRSI and Dr PLK Murthy, Secretary General of PRSI and Dr Shahid Ali, President of Raipur Chapter. Sri K Radhakrishnan, GM, and Sri V Ramesh Kumar, DGM who participated in the conference congratulated Sri K Bangar Raju on the occasion. ""The monthly Newsletter competed with various public and private sectors and emerged as the second best in the Newsletter (English) in Medical and Health category. The award was bestowed on Sankar Foundation for primarily focussing on the latest trends, innovations and the role of Artificial Intelligence in the field of Ophthalmology.

(cont...3rd page)

SANKAR FOUNDATION
EYE HOSPITAL & INSTITUTE
Committed to the Community

Creation of Infra and Modernization Facilities

The Sankar Foundation's success story serves as an inspiring example of how thoughtful improvements in infrastructure can lead to transformative outcomes, benefiting not only the immediate stakeholders but also the broader community they serve. The following are the new facilities created in the hospital during the year 2024:

1. New Retina Outpatient (OP) clinic on the Ground Floor.
2. Facelift to the Retina and Cornea Departments on the first floor.
3. New premises for the Paediatrics Department with state-of-the-art facilities.
4. Fully air-conditioning of "B" Block.
5. Creation of a Management Lobby on the 4th floor.
6. New dining facility for camp patients under Dr NTR Vaidya Seva.
7. Exclusive premises for Dr YSR Arogya Sree / Dr NTR Vaidya Seva.
8. Exclusive premises for Finance and Accounts Department.
9. Exclusive premises for Human Resources Department and Mini Conference Hall
10. Relocation of premises to Outreach Department
11. Modernization of Optical Preparation and Workshop.
12. Fully established Stores Department.
13. Creation of premises for Bio-medical & Provisions.
14. Creation of the Medical Records Department.
15. Relocation of the Wet Lab.
16. Exclusive classrooms for Optometry students.
17. Successful bulk water supply to Sankar Foundation from GVMC.
18. New laundry establishment.
19. Enhanced Gajuwaka Branch with state-of-the-art facilities, including two Operation Theatres (OTs), Modern pharmacy, Lab and all testing facilities.
20. A significant facelift has been given to all toilets in the hospital, focusing on maintaining the highest standards of hygiene.

Performance at a Glance

Total Eye Surgeries **4,66,603** Since Inception
Total OP Screened **27,14,583** Since Inception

Infrastructure Boost Drives Productivity and Elevate Employee Happiness"

Enhanced Productivity

The impact of these improvements on productivity cannot be overstated. With modern equipment at their disposal, doctors are able to perform a higher volume of surgeries with increased accuracy and reduced recovery times for patients. This efficiency not only enhances the quality of care but also allows the Foundation to serve more patients, thereby expanding its reach and impact. The adoption of EMR systems has minimized paperwork, enabling medical staff to access patient information swiftly and make informed decisions quickly.

Additionally, the improved infrastructure has fostered a collaborative environment among healthcare professionals. State-of-the-art conference rooms and meeting spaces equipped with the latest audio visual technology have facilitated regular knowledge-sharing sessions and interdisciplinary collaborations. This has led to innovative approaches in patient care and has sparked a culture of continuous learning and improvement.

Employee Satisfaction and Happiness

The benefits of these infrastructural advancements extend beyond productivity; they have significantly contributed to the overall happiness and well-being of the Foundation's employees. Modern, comfortable working environments with ergonomic furniture and amenities such as well-equipped break rooms, on-site cafeterias, have created a supportive and conducive atmosphere for staff.

A key element in enhancing the Happiness Index is the Foundation's commitment to employee well-being. Regular wellness programs, mental health support, and recreational activities have been introduced to ensure that staff members remain healthy and motivated. These initiatives have fostered a sense of community and belonging, which is crucial in a high-pressure field like healthcare.

Positive Feedback and Community Impact

The positive changes at the Foundation have not gone unnoticed. Employee surveys and feedback mechanisms indicate a marked increase in job satisfaction and morale. Doctors and staff have reported feeling more valued and supported, which in turn has enhanced their dedication and passion for their work. This positive work environment has a direct impact on patient care, as happy and motivated staff are more likely to provide compassionate and attentive care. The positive Google reviews on patient care have also played a significant role in this transformation.

Furthermore, the Foundation's reputation within the community has been bolstered. Patients appreciate the modern facilities and the high standard of care they receive, leading to increased trust and loyalty. The ability to serve more patients efficiently has also strengthened the Foundation's role as a vital healthcare provider in the region.

In conclusion, the infrastructural enhancements at Sankar Foundation have had a profound impact on both productivity and the Happiness Index among doctors and employees. The modernization of facilities has not only improved the quality and efficiency of medical care but has also created a positive and supportive work environment. This holistic approach to healthcare and employee well-being sets a benchmark for other institutions to follow, demonstrating that investment in infrastructure is an investment in both people and progress. That's why Sankar Foundation proudly holds the reputation of being the **"Best Place to Work."**

Kudos to all the doctors and employees for this remarkable performance! The year 2024 has truly been a landmark year for infrastructural advancements at Sankar Foundation, setting a strong foundation for even greater achievements in the New Year.

SANKAR FOUNDATION
EYE HOSPITAL & INSTITUTE
Committed to the Community

EVENTS

PRSI AWARD TO SANKAR FOUNDATION

The Board of trustees headed by Sri M Ramdas and Sri A Krishna Kumar, Managing Trustee of Sankar Foundation congratulated the editorial team and its Editor K Bangar Raju for bringing national recognition to the Foundation. Around 150 delegates from various organizations / PSUs in the country participating in the 3 day conference.

Vizag Mayor felicitates PRSI National Awardees

Hon'ble Mayor of GVMC, Smt G Venkata Hari Kumari felicitated the winners of PRSI National Awardees at a meeting on 24th December,2024 in GVMC Council Hall. The award was presented to various organizations including Sankar Foundation at the three day PRSI National Conference held in Raipur form 20th to 22nd December. Hob'ble Mayor congratulated all the awardees.

Sri K Bangar Raju, Dy General Manager (PR & Liaison) presented our Newsletter to her and explained her about the service s of the Foundation. Vizag based organisations/industries bagged a large number of awards at the conference. Sri Ramana Murthy, Addl Commissioner, GVMC, Sri PLK Murthy, Secretary General, PRSI, Sri Kali Narasimham, Chairman of Vizag Chapter of PRSI, Sri Nageswar Rao, PRO, GVMC and others were present on the occasion.

Very good response to HSL sponsored Free Eye camps

A free eye camp sponsored by Hindustan Shipyard Ltd, Visakhapatnam organised by Sankar Foundation Eye Hospital, witnessed a huge response in Pedamedapalli village in Mentada mandal in Vizianagaram district on 15th December.

The eye camp was inaugurated by Comdre Rakesh Prasad, Director (Planning and Personnel) HSL, under their outreach initiative in the presence of Sri Srinivas Rao, GM & Chairman-CSR, Sri Baig company secretary, HSL, Sri K Radhakrishnan GM, Sri V Ramesh kumar, DGM-Sankar Foundation.

Speaking on the occasion, Sri Rakesh Prasad commended Sankar Foundation for their services to the society, particularly rural areas in eliminating avoidable blindness and assured continued support to the foundation in the future as well. Sri Srinivas Rao, GM, HSL said that HSL supports for 100 surgeries and distribution of 100 spectacles through the eye camps

Sri K Radha Krishnan, GM, Sankar Foundation expressed his gratitude to HSL for coming forward to conduct the eye camps in the interior areas of Vizianagaram.

The camp witnessed the presence of over 100 patients who were examined and surgeries performed for 32 patients at the main hospital at Visakhapatnam.

Dr Geetanjali examined 121 patients during the camp. Camp co-ordinators Sri Venkata Ramana, Sri Aswini Kumar, Sri Pydiraju took part in the camp.

At Khandivaram: Another free eye camp was organised by Sankar Foundation and sponsored by HSL in Khandivaram village in Cheedikada mandal in Anakapalle district on December 18th. A total of 175 patients were screened by Dr Suvarna and cataract surgeries performed for 33 patients at the base hospital.

At Vadacheepurupalli: Another HSL sponsored free eye camp was organised by Sankar Foundation in Vadacheepuru palli village in Anakapalle district on December 22nd Dr Madhulika screened a total of 132 patients and cataract surgeries performed for 40 patients at the base hospital. Sri Arunkumar, Manager, Smt Aruna, Sme Anitha and others managed the eye camps.

New Dining Facility for Dr. NTR Vaidya Seva Patients

As a welfare initiative, Sankar Foundation has established an exclusive, hygienic dining facility for patients enrolled under Dr. NTR Vaidya Seva. This facility can accommodate approximately 60 patients at a time. The new dining area has been widely acclaimed by patients, enhancing their overall experience at the hospital.

SANKAR FOUNDATION
EYE HOSPITAL & INSTITUTE
Committed to the Community

EVENTS

Andhra Pradesh Health Minister Welcomed

Hon'ble Health Minister Sri Satyakumar Yadav is being received by Sri K Bangar Raju, DGM (PR) Sankar Foundation at Vizag Airport.

A warm welcome was extended to Sri Satyakumar Yadav, Hon'ble Minister of Medical & Health, Family Welfare, Medical education on his arrival at Vizag Airport on 5th December, 24 on behalf of Sankar Foundation by Sri K Bangar Raju, Deputy General Manager (PR & Liaison).

The Hon'ble Minister was briefed about the services of Sankar Foundation and particularly about the facilities extended to the patients under Dr NTR Vydya Seva. He expressed his satisfaction over the services of Sankar Foundation Eye Hospital and assured all help and support from the government of Andhra pradesh. He was invited to visit the hospital and assured that he will pay a visit to Sankar Foundation in his next visit to Visakhapatnam.

Nekkanti Sea Foods sponsored Eye Camp evokes huge response

Nekkanti Sea Foods in association with Sankar Foundation has organized a two day free eye camp at Katrevulapalli in Jaggampeta mandal in east Godavari district on 10th & 11th December, 24, evoked a huge response.

The eye camp was inaugurated by Sri Mahesh Nekkanti, Joint Managing Director in the presence of Sri Undavalli Gopichand, Senior Manager, Nekkanti, Sri V Ramesh Kumar, DGM (CR &CR), Sri KV Venugopal, DGM (Operations). Sri Arun Kumar, Sri G Eswar Rao, Smt Sruthi, Smt Jayalaxmi and other staff from Sankar Foundation participated. Dr Manali, Dr Nikhita examined the patients.

The eye camp witnessed an eye examination of a record 1797 Out patients and distribution of a record number of 1255 spectacles.

Another remarkable achievement was on the spot delivery of 1070 spectacles by Optical Department of the Foundation. Out of which 101 patients were who selected for cataract surgeries, 94 patients underwent surgeries. Medicines distributed to 577 patients free of cost.

DO YOU KNOW?

Who is the father of glaucoma?

Albrecht von Graefe Graefe made many contributions to ophthalmology being considered the "Father of Glaucoma" and the nester of modern ophthalmology.

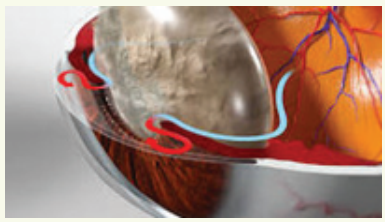
Who discovered a treatment for glaucoma?

The first effective surgical treatment of glaucoma, an iridectomy, was carried out by von Graefe in 1856. Drug treatment started in 1875 with the discovery of pilocarpine.

Who named glaucoma?

The disorder, now defined as glaucoma, was first documented by the Ancient Greeks in 400 BC. "Glaucosis" was first mentioned in Hippocratic writings as a blinding disease occurring most commonly in the elderly.

What is the real root cause of glaucoma?



Glaucoma is a chronic, progressive eye disease caused by damage to the optic nerve, which leads to visual field loss. One of the major risk factors is eye pressure. An abnormality in the eye's drainage system can cause fluid to build up, leading to excessive pressure that causes damage to the optic nerve.

What is the number one treatment for glaucoma?

The most common treatment for glaucoma is prescription eye drops. They work by lowering the pressure in your eye and preventing damage to your optic nerve. These eye drops won't cure glaucoma or reverse vision loss, but they can keep glaucoma from getting worse.

Who is the father of eye medicine?

Sushruta, the most celebrated physician and surgeon in India, is widely regarded as the father of Indian ophthalmology.

(Source: World Health Organization)

SANKAR FOUNDATION EYE HOSPITAL & INSTITUTE
Committed to the Community

Innovations in Glaucoma Treatment: Paving the Way for Better Eye Health

Dr P Manju Valli,
Phaco & Glaucoma Consultant

Glaucoma, a leading cause of irreversible blindness worldwide, has seen significant advancements in treatment options in recent years. These innovations are transforming the way ophthalmologists manage this complex eye disease, offering new hope to patients.

Medication Advances :
Recent years have brought several new medications to the market. Drugs like Latanoprost Bunod (Vyzulta) and Netarsudil (Rhopressa) have shown promise in increasing aqueous outflow and reducing intraocular pressure (IOP). The combination drug Rocklatan (Netarsudil/Latanoprost) and the newly approved Omidenepag Isopropyl (Omlonti) are also making strides in glaucoma management.

Minimally Invasive Glaucoma Surgery (MIGS) :
MIGS has revolutionized glaucoma surgery by offering less invasive alternatives to traditional procedures. Devices like the Hydrus Microstent and XEN® Gel Stent provide effective IOP reduction with fewer complications and quicker recovery times.

Selective Laser Trabeculoplasty (SLT)
SLT is a laser treatment that targets the trabecular meshwork to improve drainage and lower IOP. Studies have shown that SLT can be as effective as topical medications in maintaining target IOP levels, making it a cost-effective and repeatable option for patients.

Genetic Research and Early Diagnosis :
Advancements in genetic research have identified several genes associated with glaucoma, paving the way for early detection and personalized treatment plans. Improved diagnostic tools, such as Optical Coherence Tomography (OCT) and visual field testing, are helping detect glaucoma earlier and monitor its progression more accurately.

Future Directions :
Ongoing research continues to explore new treatment modalities, including neuroprotection, regenerative medicine, and gene therapy. These innovative approaches aim to not only manage glaucoma but also potentially restore vision lost to the disease.

The collective efforts of researchers, clinicians, and patients are driving the field of glaucoma treatment forward, offering hope for better management and outcomes. As these innovations continue to evolve, the future of glaucoma care looks promising.

History: Glaucoma is a group of eye conditions that can lead to vision loss and damage to the optic nerve. According to various independent studies and data by hospitals, glaucoma-related blindness is continuing to rise in India due lack of awareness & delay in detection. **Glaucoma is a common eye disease characterized by damage to the optic nerves due to high eye pressure, and affects nearly 12 million people in India. Statistically, over 90% of glaucoma cases in the country go undetected, leading to irreversible blindness each year.**

Managing glaucoma in India comes with many critical challenges, including low awareness levels, undetected and undiagnosed cases, limited access to diagnostic and therapeutic services, and issues with treatment compliance."

Hence, it's important to maintain regular eye exams and follow the advice of eye care professional for personalized recommendations and treatment options based on your individual needs and risk factors.

Ophthalmology 2024 wrap-up: A year of innovation and insight

As we reflect on 2024, it has been a year marked by significant advancements and ground-breaking achievements in the field of ophthalmology. This year, we witnessed the integration of cutting-edge technologies such as artificial intelligence and virtual reality, enhancing diagnostic precision and surgical efficiency. Sustainable practices in ophthalmology gained momentum, promoting eco-friendly healthcare solutions.

- **Artificial Intelligence and Virtual Reality:** AI and VR technologies have been increasingly utilized in healthcare, improving medical collaboration and surgical efficiency.
- **Sustainability in Ophthalmology:** Organizations like Sankar Foundation have promoted eco-friendly practices, focusing on reducing the environmental impact of ophthalmic surgeries.
- **Dry Eye Disease:** New treatments and patient education initiatives have been a key focus, with studies on environmental impacts and FDA approvals for innovative devices. Dry eye saw a plethora of news this year, and continues to be one of the more popular areas in eye care.
- **Biosimilars and Retinal Diseases:** The FDA approved several biosimilars and innovative devices for the treatment of retinal diseases.
- **Gene Editing for Genetic Eye Disorders:** Researchers have made advancements in gene editing technology, offering new hope for treating genetic eye disorders.
- **Breakthroughs in Corneal Endothelial Disease:** A promising treatment using the neuropeptide ?-melanocyte-stimulating hormone (?-MSH) has shown potential in promoting corneal healing.
- **Novel Drug for Diabetic Macular Edema:** An experimental drug, UBX1325, has shown promise in treating Diabetic Macular Edema (DME), offering potential for improved therapeutic outcomes.
- **Ischemic Retinopathy Treatments:** New therapies targeting mitochondrial proteins have shown success in treating ischemic retinopathy in mouse models.
- **Uveitis Monitoring:** Innovative optical coherence tomography angiography (OCTA) methods have been developed for monitoring and predicting uveitis.
- **Heparanase Inhibitors for Diabetic Complications:** Researchers have identified heparanase inhibitors that protect the glycocalyx, potentially preventing diabetic eye and kidney diseases.
- One study suggests that higher exposures to lower temperatures and certain air pollutants could result in worsened ocular symptoms and increased tear osmolarity in patients with DED and another saw that eye clinic visits increased when air pollution did as well.
- These highlights showcase the transformative advancements and innovations that have shaped the field of ophthalmology in 2024.

With exciting developments in AI, sustainability, and ground-breaking treatments shaping the future of ophthalmology, **Visionary Insights** remain dedicated to bringing you the latest insights, expert opinions, and industry updates. Here's to another year of progress, collaboration, and excellence in eye care. See you in 2025! With these transformative developments, 2024 has undoubtedly been a year of remarkable innovation and insightful progress in ophthalmology.

(Source: Ophthalmology Times & British Journal Of Ophthalmology

SANKAR FOUNDATION
EYE HOSPITAL & INSTITUTE
Committed to the Community

Special Focus on Optical Management

State-of-the-Art Optical Making and Workshop Facility at Sankar Foundation

Sankar Foundation takes immense pride in operating a state-of-the-art optical making and optical workshop. This facility is designed to cater to the diverse needs of our hospital, ensuring that we provide high-quality optical products and services to our patients.

Our optical workshop is equipped with the latest technology and machinery, enabling us to create precision-crafted lenses and eyewear of reputed brands.

Personalized Service: Our dedicated staff assisting customers in selecting the perfect eyewear in the Optical shop.

Performance - December 2024

BASE HOSPITAL	
Total Eye Surgeries	2529
Cataract Surgeries	1771
Retina Surgeries	88
Retina Injections	168
Glaucoma Surgeries	24
Cornea Surgeries	152
Pediatric Surgeries	05
Orbit & Oculoplasty	46
Total OP Screened	14,714
BRANCHES	
Srikakulam-Eye Surgeries	408
OP Screened	1647
Maddilapalem-Surgeries	98
OP Screened	1159
Gajuwaka-Surgeries	20
OP Screened	1056
Madhurawada-Surgeries	15
OP Screened	581
Total 42 Outreach free eye camps conducted and screened 4665 patients and Performed 908 surgeries	

We employ a dedicated team of highly experienced professionals who are committed to maintaining the highest standards of excellence in every aspect of their work.

Sankar Foundation crafts high-quality glasses using eyewear frames from reputable brands in its exclusive optical workshop.

Sankar Foundation utilizes a state-of-the-art machine called "Essilor Delta-2" to craft premier lenses such as Essilor, Zeiss, GKB Vision RX, Hoya, and Neyon. Additionally, we offer an extensive range of reputable frames, including brands like Ray-Ban, Vogue, Oakley, Lee Cooper, and Nike, ensuring our patients receive the highest quality eyewear.

The workshop staff are not only skilled in their craft but also deeply understand the importance of personalized patient care. Their expertise ensures that each optical product meets the specific requirements of our patients, providing them with clear vision and enhanced quality of life.

By integrating this advanced optical workshop within our hospital, Sankar Foundation continues to uphold its mission of delivering comprehensive and cutting-edge eye care solutions. This initiative allows us to respond swiftly to the needs of our patients and ensures that we remain at the forefront of ophthalmic care.

The optical staff has the capability to deliver spectacles on the spot during eye camps organized periodically.

Our exceptional services and facilities attract numerous customers who choose our branded lenses and frames, enhancing the hospital's reputation and acclaim.

Quality and Variety: A glimpse of our well-stocked optical store.

Precision at Work: Our opticians crafting lenses with state-of-the-art machinery.

Gummadi Eswara Rao,
Manager
(Optical Department)

SANKAR FOUNDATION EYE HOSPITAL & INSTITUTE
Committed to the Community

Healthy Focus

White vs Brown vs Red vs Black Rice: What's Better For Eye & Overall Health

Rice stands as India's paramount food crop, serving as a staple diet for the majority of its populace. Cultivation methods vary across regions, blending traditional and modern techniques based on soil types. Market shelves boast a variety of rice grains, including white, brown, red and black rice, each offering distinct nutritional benefits. But the critical query remains: which rice variety ranks healthiest.

White Rice: Universally prevalent, white rice undergoes processing that strips away nutrients like fibre, antioxidants and vitamins. Consequently, its consumption elevates blood sugar levels due to its high glycaemic index. A 100-gram serving contains roughly 130 calories.

Nutrient Content: White rice is highly processed, removing the bran and germ, which results in a loss of essential nutrients like fiber, vitamins, and minerals.

Impact on Eye Health: Lacks significant nutrients beneficial for eye health.

Brown Rice: Revered as the healthier alternative, brown rice boasts higher fibre, protein, vitamins and minerals compared to its white counterpart. With a lower glycaemic index, brown rice aids in blood sugar regulation, diminishing risks of heart disease and diabetes. Approximately 111 calories are packed into 100 grams of brown rice.

Nutrient Content: Brown rice retains the bran and germ, making it rich in fiber, vitamins (like B vitamins), and minerals (such as magnesium and selenium).

Impact on Eye Health: Contains antioxidants like lutein and zeaxanthin, which are beneficial for eye health.

Rice is a staple food and a primary source of diet for the Indians

Red Rice: Enriched with anthocyanin, red rice combats inflammation and hypertension while fostering weight loss through iron and zinc content. Despite its nutritional benefits, red rice carries a higher caloric load, with 100 grams yielding around 455 calories.

Nutrient Content: Red rice, also known as Himalayan or Bhutanese rice, is rich in magnesium, iron, and other minerals.

Impact on Eye Health: Contains antioxidants and nutrients that support overall health, including eye health.

Black Rice: Dubbed purple or forbidden rice, black rice dazzles with its anthocyanin content, tackling inflammation and oxidative stress. Abundant in vitamin E and iron, it fortifies liver and heart health. While possessing a moderate glycaemic index, black rice boasts superior protein and fibre levels compared to other varieties.

Nutrient Content: Black rice, also known as forbidden rice, is high in antioxidants, including anthocyanins, vitamins, and minerals.

Impact on Eye Health: Contains carotenoids like lutein and zeaxanthin, which are excellent for eye health and help protect against age-related macular degeneration.

These insights illuminate the nuanced nutritional profiles of various rice types, enabling informed dietary choices aligned with individual health goals.

While white rice remains a dietary staple, individuals seeking enhanced nutritional value often turn to brown, red, or black rice varieties. Brown rice emerges as a frontrunner in health-conscious circles, lauded for its rich fibre content and blood sugar-regulating properties. Red rice, with its anti-inflammatory benefits, appeals to those prioritizing heart health and weight management despite its higher calorie count. Meanwhile, black rice stands out for its potent antioxidant properties, offering a unique blend of nutrients beneficial for overall well-being.

Incorporating these diverse rice varieties into one's diet can provide a spectrum of health benefits, from improved digestion and blood sugar control to enhanced heart and liver health. By understanding the nutritional nuances of each rice type, individuals can make informed choices that support their wellness journey. For eye health, black rice and brown rice are the best choices due to their high antioxidant content and essential nutrients. Incorporating these into your diet can help support and maintain good eye health.

(Sourced from The Times of India and Inputs: **K. Bangar Raju,** Dy General Manager (PR & Liaison)

Navigating AI in Optometry: Balancing Innovation and Ethics

Integrating artificial intelligence (AI) into optometry represents an opportunity to revolutionize patient care, yet it also necessitates a thorough examination of ethical implications and professional dynamics. This article explores AI's role in optometry, the ethical intricacies of its application, and the proactive measures the profession must adopt to fully realize AI's potential in eye care.

When you hear "artificial intelligence," what comes to mind? It is a term as loaded with promises as it is with misconceptions. Many fear that AI is a harbinger of job replacements and impersonal health care. They see a world where their career and expertise become obsolete. But let's pivot that perspective.Adopting AI in health care signifies a critical shift toward more efficient, precise, and accessible diagnostic and treatment modalities. In optometry, its potential impact would be significant, bringing about an enhanced ability to process vast amounts of data to detect eye conditions earlier, more accurately tailor patient-centered treatment plans, and more effectively prevent vision impairment. Optometrists have a deep understanding of the complexities of eye care, from primary to rehabilitative care, integrating a focus on ocular health and its implications for overall systemic health and well-being. They possess a clinical eye and vision care expertise that must be leveraged to guide the development of future AI technologies.

Integrating AI into optometric care presents specific ethical challenges, including unclear liability in machine-led diagnostics, potential biases in AI models based on population data, and difficulties in maintaining patient-cantered decision-making. Addressing these issues requires a deep understanding of AI and a commitment to navigate these complexities responsibly.

Optometrists can champion the development of AI tools and collaborative platforms that encourage innovation and accessibility, ensuring that advancements in AI benefit the broadest possible patient population.

(Sourced from Optometry Times Journal December digital edition 2024)

SANKAR FOUNDATION
EYE HOSPITAL & INSTITUTE
Committed to the Community

Digital Electronic Medical Records (EMR): A Transformation in Healthcare

Digital Electronic Medical Records (EMR) have been introduced in most healthcare facilities. This shift from paper-based to electronic systems has been driven by technological advancements, regulatory mandates, and the need for more efficient and effective healthcare delivery. Many healthcare providers have adopted the Digital EMR system, believing it can improve the quality of care and service delivery.

Implementing an EMR system or any Hospital Information System (HIS) in a clinical practice is a daunting task. It requires meticulous planning, strong management, clinical leadership, and supportive staff. The most immediate benefits of EMR systems include:

- Accurate medication lists
- Legible notes and prescriptions
- Immediate availability of charts
- Decreased chart pulls
- Lower transcription costs
- Reduction in medical errors
- Improvement in quality care and patient safety standards

Additionally, an EMR allows care providers to stay updated on patient health status. Other benefits include:

- Improved accessibility from multiple locations
- Enhanced accuracy and efficiency with minimized errors
- Data integration and interoperability
- Cost reduction in long-term expenses related to storage and stationery
- Improved patient outcomes and support for better clinical decision-making

Implementation of Digital EMR System at Sankar Foundation: Sankar Foundation Eye Hospital introduced a full-fledged Digital EMR solution across all its branches in 2018. The hospital utilizes the Digital EMR System for all activities, including Community Eye Care services, which is the core activity of the Foundation. In 2023, the hospital transitioned its HIS from a server-based in-house system to cloud storage with a web version, now used across all branches. The web-based HIS (Hospital Information System) is accessible from any location, with user permissions protected by individual passwords.

In continuation of quality improvement systems in service delivery and patient care, complying with NABH Eye Care Organization accreditation standards, key performance indicators are regularly monitored using the EMR system and reports generated from the HIS.

Integration with ABDM (Ayushman Bharat Digital Mission): With the Government of India's 'Digital Health Mission,' there have been significant advancements in the collaboration between the healthcare and IT industries. The ABDM (Ayushman Bharat Digital Mission) is creating reliable healthcare by building ABHA, HFR, HPR, HCX, and other building blocks, introducing transparency and reliability into the system.

The hospital and its branches are registered with the Ayushman Bharat Digital Mission (ABDM). Currently, many insurance companies have integrated with NHCX, and the hospital's TPA services are rendered through portals integrated with the NHCX system by respective insurance companies. Further integration of the EMR System with ABDM for the transfer of patient eye health information for Digital Health Records using the ABHA unique identification system is underway. Integrating individuals to access their health information from any location via the ABHA number helps link electronic

health records, facilitating access to patients' medical histories, aiding doctors in making better diagnoses, and reducing overall treatment costs.

In the near future, the hospital aims to implement AI-driven tools that can analyze large datasets to identify trends, predict outcomes, and support decision-making in the diagnosis and treatment of glaucoma and diabetic retinopathy.

The digitalization of medical records is a transformative process offering numerous benefits, including improved

efficiency, accuracy, and patient outcomes. However, addressing challenges such as data security, cost, and interoperability is essential for realizing its full potential. By leveraging emerging technologies and fostering collaboration among stakeholders, the healthcare industry can continue to advance toward a more connected and efficient future.

(Source: The Journal of Innovation in Health Informatics) & The Ayushman Bharat Digital Mission (ABDM): Making of India's Digital Health Story).

K.V. Venugopal
Dy General Manager
(Operations)

Feedback :
dgmpr@sankarfoundation.org
kammellabangarraju@gmail.com
Mobile : **98481 89378**

Published by Sankar Foundation Eye Hospital, #19-50, Sai Madhava Nagar, Naiduthota, Visakhapatnam - 47 & Printed at : Vinay Offset Printers, Vizag.
E-mail : admin@sankarfoundation.org | sankarfoundation@gmail.com | Web : www.sankarfoundation.org