

No.D.12016/1/2023-NHM/HWC/GEN  
GOVERNMENT OF MIZORAM  
NATIONAL HEALTH MISSION

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Dated Aizawl, the <sup>th</sup>6 May 2024

To,

The Senior Chief Medical Officers  
Aizawl East, Aizawl West, Lunglei, Champhai, Kolasib, Mamit, Lawngtlai, Serchhip,  
& Siaha Districts

**Subject:** *Health and Wellness Centers (UPHC, PHC, SHC, AHWC)-a Eye Care pek dan tur chungchang inhriattirna*

Sir/ Madam,

National Programme for Control of Blindness and Visual Impairment (NPCB &VI) denchhenin kum 2022 khan Ministry of Health & Family Welfare chuan Health and Wellness Center (UPHC, PHC, SHC, AHWC)-a Eye Care service kalpui dan tur guideline a siam a. Chumi zulzui chuan a hnuai HWC tin-a Eye care services tha taka pek a nih theih na tura hma min lakpui turin ka ngen a che.

***Community Level-a Service pek dan tur:***

1. Awareness generation – VHSND/UHND-ah te leh khawchhunga mit lam harsatna leh kaihnauih te sawi thin tur a ni.
2. Naupang thla 6 atanga kum 5 chin Vitamin A prophylaxis pek
3. Veng chhunga zunthlum leh natna dang mit khawih chhe thei nei te zawn chhuah a mit check-up tura Sub-Center-a refer.
4. Mit paw zai te leh a thlawna Tarmit dawng thei te zawn chhuah a, an dawn theihna'n a buaipui tul buaipui.
5. NCD Programme-a Population enumeration leh CBAC fill up pahin kum 30 aia upa te vision (khaw hmuh) fiah leh fiah loh te leh Conjunctivis te screen tur a ni a, vision 6/18 chhiar theilo te chu refer tur a ni.
6. Nausen thla kim lova piang leh low-birth-weight (Kg 2 tling lo te) chu thla 1 ral hma in an mitin khua a hmuh leh hmuh loh check tur a ni.

***Sub-Center Health & Wellness Center Level:***

1. Blindness & Refractive Error Screening : Snellen's Chart leh near Vision card hmanga screen tur a ni a, vision 6/18 chhiar theilo te chu higher facility (PHC/CHC/DH) ah te refer tur a ni. Cataract, Presbyopia leh corneal disease te identify a, a tul dan anga refer tur a ni.
2. Conjunctivitis, acute red eye/allergy te leh Trachoma te screening tih a mit na laka in ven dan tur leh enkawl dan tur te wellness session-ah sawi thin tur a ni.
3. Xerophthalmia: Vitamin A prophylaxis (6 months to 5 years) tha taka pek tur a ni.
4. First Aid for foreign body, eye injury leh referral. Mit chu tui thianghlimin sil fai a, nuai lovin fimkhur tak a bawlhhlawh (conjunctival sac-a) awm chu lak chhuah tur a ni. Cornea-ah a lut anih chuan Gauze pad thianghlim-a tuam hmasain refer tur a ni.

5. Acid/Alkali/Chemical exposure : Tui thianghlim a silfai a refer tur a ni.
6. IEC activities: Mitin infection a kai laia kut a khawih lo tur tih te leh Eye-drops te doctor prescription anga thlawr dan tur chungchangah te zirtirna pek tur a ni.


**Referral Center (PHC/CHC/DH) Level:**

1. Acute/Chronic Eye problems: Diagnosis leh treatment pek
2. Surgical Correction leh follow up
3. Refractive errors: Mit hmuh hla leh hnai fiah lo te hnena tarmit a thlawna pek
4. Cataract: PMOA (Para-medical Ophthalmic Assistant) puihna hmanga Cataract hmuh chhuah leh surgery tura refer
5. Diabetic Retinopathy, Glaucoma & Trachoma : Heng natna te hmuh chhuah nan a Screening tih leh surgery ti tura refer
6. Corneal blindness: Referral to Specialist
7. Removal of foreign body in eye
8. Eye screening camp: RBSK team leh district team te nena eye screening/outreach camps nei a vah chhuah.

**Enclosed:**

1. Vision chart to be used at HWC
2. Eye Assessment format for HWC

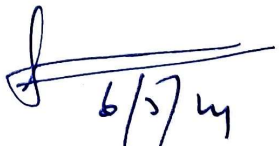
Yours Sincerely,

  
✓(DR. ERIC ZOMAWIA)  
Mission Director  
National Health Mission  
Mizoram: Aizawl  
Dated, Aizawl the 6<sup>th</sup> May, 2024

**Memo. No.D.12016/1/2023-NHM/HWC/GEN**

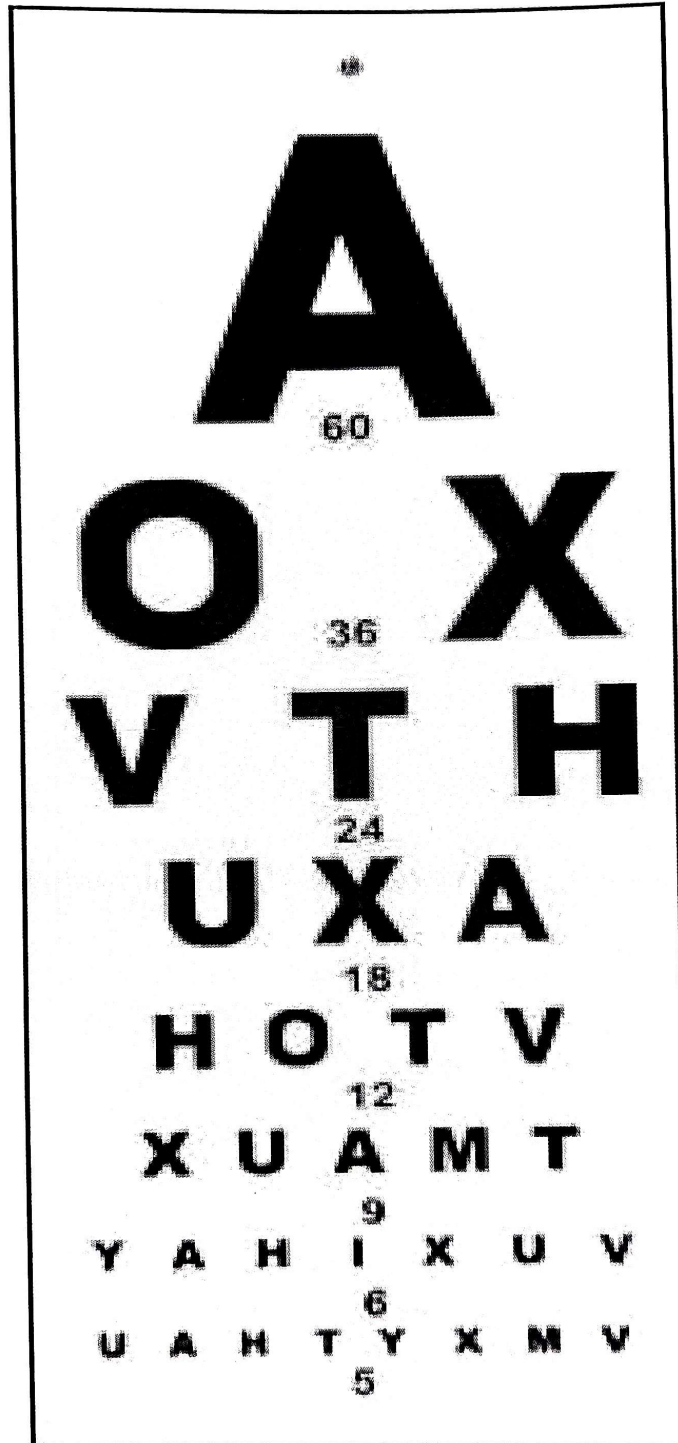
Copy to for kind information:

1. The Principal Director, H & FW Dept
2. The Director of Health Services, H & FW Dept
3. The Director of Hospital & Medical Education, H & FW Dept
4. The Deputy Director (AYUSH), H & FW Dept
5. All SNO/SPO, NHM
6. SPM, Jhpiego
7. Office Copy

  
Mission Director  
National Health Mission  
Mizoram: Aizawl

Annexure: 1

Vision Chart (Snellen's)



## Annexure II

### Eye Assessment format for HWC

Symptoms	Awm ngai lo (Never)	Awm zeuh zeuh (Sometimes)	Awm fo (Often)
Mittui tla reng (Watering of Eye)			
Mit Ro (Dryness of Eye)			
Mit Sen thip (Redness of burning in eye)			
Lu na emaw Mit ko bawr na (Headache or pain around the Eyes)			
Mit thak (Itching of Eye)			
Zan lama mit fiah lo (Difficult in vision at night)			
Thil hmuh fiah lo (Blurred Vision)			
Thil hmuh phir (Double Vision)			
Thil hmu hleithe i tawh lo (Partial loss of Vision)			
Thil engmah hmu thei tawh lo (Total loss of Vision)			
Mit mit ah hliam a awm em? (Any injury to the eye)			
Heng baka mit lama harsatna (Any other eye related injury)			
<b>Zirchianna (Examination)</b>	<b>A dum (Black)</b>	<b>A var (White)</b>	<b>A paw dum (Greyish)</b>
Torch hmanga endikna: Central Hole awm dan			
<b>Zirchianna (Examination)</b>	<b>AW (YES)</b>	<b>AIH (NO)</b>	
Vision Chart: hmun 18 athena hmun 6 pha lo (Vision less than 6/18)			
Near Vision Chart: N12 hnuailam chhiar thei lo (Cannot read N 12 line or below)			
<b>Damlohna (Co-Morbidity)</b>	<b>AW (YES)</b>	<b>AIH (NO)</b>	<b>Hre lo (Don't know)</b>
Zunthlum (Diabetes)			
Thisen sang (Hypertension)			
In thlahte ah Glaucoma natna nei an awm em? (Family history of Glaucoma)			
Refractive Error ni a rinhlelh (Suspected Refractive Error)			