

**TRAINING AND EMPOWERMENT FOR PSEUDOPHAKIC MOTIVATOR  
: A STRATEGY TO INCREASE DEMAND FOR CATARACT SURGERY**

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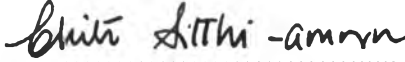
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## Abstract

Senile cataract is the major cause of blindness in Nepal and perhaps in all the developing countries. The backlog of cataract blindness in Nepal is estimated at about 125,000. New cases of cataract blindness every year is around 16,000. The prevalence of cataract is estimated 57/10,000 population. The distribution of cataract blindness varies from region to region in Nepal. Lumbini zone has the second highest prevalence and largest share of cataract blindness of the country.

A cataract blind can have normal sight restored as before, after cataract surgery. Cataract surgery improves quality of life and significant economic returns. Despite all these, there is no increase in demand for service for sight restoration due to various barriers, such as operation fears, lack of information, poor surgical outcomes, not having escort, not getting family and social support, and non accessible health care services.

To increase demand for cataract surgery, there is a need to study the above barriers and find appropriate solutions. This, this thesis proposes, involving satisfied client, i.e., Pseudophakic Motivators in Health Education by providing training on communication and motivation skills and community empowerment. In this thesis Psdeudophakic Motivators, self-help groups with organized community efforts, and local leaders (local authority) are proposed to create the demand for cataract surgery.

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**Abbreviation.**

BMI = Body mass index

PSC = Posterior sub capsular Cataract.

UV = Ultraviolet.

ECCE = Extra Capsular Cataract Extraction.

ICCE = Intra Capsular Cataract Extraction.

IOL = Intra Ocular Lens.

DST = Diagnostic Screening and Treatment.

FCHV = Female Community Health Volunteer.

SEARO= South East Asia Regional Office.

VDC = Village Development Committee.

VF/QOL = Visual function Quality of life.

KAP = Knowledge Attitude and Practice.

WHO = World Health Organization.

PM = Pseudophakic Motivator