

**Figure 2:** OCT Anterior Segment Meibography of both upper lid showing normal Meibomian gland structure and absence in the both lower lids respectively.

had co existing allergic conjunctivitis and this can also present with tear film instability. There have been few reports of congenital absence of the Meibomian gland, and it has been reported to be associated with ectrodactyly ectodermal dysplasia, cleft lip-palate, and hypohidrotic ectodermal dysplasia.<sup>3,4</sup>

**Conclusion:** Although congenital absence of the Meibomian gland is rare, it can present late with dry eye symptoms. Ophthalmologists should examine the Meibomian orifices of all patients in order to identify those with this abnormality early. The report also highlights the importance of anterior segment OCT in evaluating the Meibomian gland.

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### Review of Bottle Cap Eye Injuries at Federal Medical Centre, Asaba

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**Background:** Bottle cap injuries are an important cause of unilateral injury and blindness.<sup>1,2</sup> Flying bottle caps have been implicated in a majority of cases as against bottle explosions.<sup>3</sup> In Nigeria Coca-cola® bottles account for 50-100% of such injuries, followed closely by beer bottles.<sup>3,4</sup>

**Aim:** To highlight the presentations and outcomes of bottle cap eye injuries at FMC, Asaba over a 2-year period.

**Methods:** This was a retrospective study of 4 eyes of 4 patients who presented at the eye clinic between 2020 and 2022, and were diagnosed with a form of bottle cork injury. Information obtained were age, sex, occupation, laterality, aetiological event, type of agent, visual acuity, and other examination details at presentation and follow up, and treatment

**Results:** Three of the four patients (75%) were females aged 11-35yrs. The only male was an 8-year-old boy. Mean age was 17 years. All ladies were injured while packing chilled carbonated drinks for sales. The right eye was affected in

two patients and the left eye was involved in the remaining two; all four patients had unilateral involvement. Symptoms included pain, redness and sudden deterioration of vision. Three patients had a presenting visual acuity (VA) of Hand Motion (HM) and the other had light perception. VA remained HM at 3 months in the

3 female patients. However, the boy had 6/60 at 1 week and 6/12 at 1 month. They had varying degrees of cataracts, two patients had retinal detachment, and two had lens subluxation and vitreous haemorrhage, while one eye became phthisical.

**Table 1: Biodata of patients with bottle cap eye injuries**

Biodata	A	B	C	D
Age	35	14	11	8
Sex	F	F	F	M
Occupation	Trader	High school student helping mother in shop	High school student helping out her mother	Pupil
Aetiological agent/ EVENT	Carbonated bottle drink been packed	Carbonated bottle drink from the fridge	Carbonated bottle drink from the fridge	Playing with friends



**Figure 1:** Upper lid laceration involving the medial Canthus, Corneo-scleral laceration involving the medial lower cornea extending to the sclera up to the medial canthus, with uveal prolapse at presentation and 6 weeks post op.



**Figure 2:** Oblique laceration from 2mm to medial limbus 8:30 O'clock to 3-4mm into the sclera and presentation and after healing with cataractous lens

**Discussion:** This retrospective review reveals a unique scenario where younger females present with trauma from nonviolent/abusive scenarios. While the boy among them, who got injured while playing with his peers, had milder degree of injury and better outcome compared to older albeit young ladies who got injured while involved in an economic activity.

The epidemiology of those affected is similar to the finding by Pedro-Egbe et al<sup>3</sup> in which 5 out of 6 patients with similar injury were females. In their study, 50% were due to caps of glass bottles, 25% suspected to be glass fragments. Most (75%) ended up with severe visual impairment (legal blindness), thus establishing it as an important cause of unilateral blindness. Carbonated drinks are notorious for causing ocular injuries following explosions.<sup>3,4</sup> Glass fragments from breakable bottles have also been implicated.<sup>3</sup>

**Conclusion:** Bottle cap injuries result in catastrophic ocular complications. Proactive

steps to prevent such injuries are of utmost importance especially when engaging in profitable economic activities.

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### The Role of Mentoring in Sustainability of Eye Care Systems

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**Introduction:** Harvey Firestone said "It is only as we develop others that we permanently succeed".<sup>1</sup> John Maxwell said "A mentor is a person who is successful. (He walks alongside of you, a brain to pick, an ear to listen and has maturity (soundness, wisdom). He goes the way, shows the way and knows the way".<sup>2</sup>

I have 2 main mentors in my life. Firstly, my late father – Dr Edmund Akinochi who from a tender age infused his passion for ophthalmology into me with a desire to leave a legacy for future generations.<sup>3,4</sup> The other is Dr Hassan whom I first met in 1997, when he visited my father; his words were so infectious that I became a disciple of the business of medicine and with a desire to pass knowledge to the next generation.<sup>5</sup>

Mentoring (informal and formal)<sup>6</sup> and coaching are both intentional. Coaching entails transferring knowledge, giving instructions that will help develop skills, foster learning. Mentoring, a more intense relationship is built so that there's trust, openness and is performance driven unlike coaching which is task oriented.<sup>7</sup> The mentor (who can also be a coach) is a role model, is mature and can maintain professionalism at all times, is compassionate, supportive and is willing to spend time and effort with the mentee. Mentors teach (on the job), guide, counsel, challenge, inspire their protégé. endorse their activities, help assist, and demonstrate trust.<sup>8</sup> The Eye

Foundation hospital group has a Formal mentoring program<sup>6</sup> whereby at the beginning of each year all residents (Mentees) are assigned to different senior consultants (Mentors). Both mentors and mentees give feedback of their experience.

**Aim:** To evaluate the role of mentoring as a key factor in sustainability of eyecare systems

**Materials and Methods:** Semi structured questions were sent to the current Ophthalmic Residents at the Eye Foundation Hospital. The variables considered were – the overall benefit, the gender of the mentor, psychosocial benefit. Influence on academics, degree attainment and retention. Qualitative analysis was with Epi-info version 3.5.1

**Results:** Seven out of 9 residents responded. Four (57%) respondents stated there was an overall benefit from the program while two (29%) respondents reported that there was no overall benefit (Figure 1). Four (57%) respondents stated there was an academic benefit while five (71%) respondents reported that there was benefit in degree attainment. Overall benefit was significantly associated with Psychosocial stability ( $X^2 = 7.00$  p-value 0.0302) and Retention in the program ( $X^2 = 14.00$  p-value 0.0073). Retention in the program and organization was significantly associated with Psychosocial stability ( $X^2 = 7.00$  p-value 0.0302). Six (86%) of the respondents said the gender of the Mentor was important but this was not statistically related to any of the variables

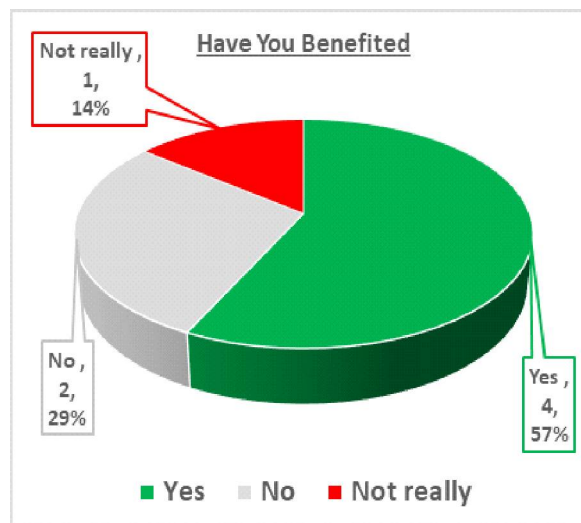


Figure 1. Overall benefit of mentoring