



Transforming Lives Through Eye Care: My Outreach Journey Across Angola

A remarkable mission to bring sight and hope to underserved communities during a brief respite from residency training in China

A Mission Born from Opportunity

During my brief holiday from the Ophthalmology residency programme in China, I seized the opportunity to return to my homeland, Angola, with a profound purpose. The goal: to conduct three outreach campaigns across different provinces, bringing essential eye care to communities with limited access to specialist services.

These outreach programmes represent more than medical intervention—they embody hope, dignity, and the transformative power of sight restoration. Each patient represents a story, a life that can be profoundly changed through restored vision.

The Challenge

When my anaesthetist colleague fell ill at the last moment, I faced an unprecedented challenge: performing surgeries, administering anaesthesia, and conducting consultations simultaneously across three provinces.

Overcoming Adversity: A Solo Mission



The Setback

My anaesthetist colleague cancelled at the last minute due to illness, leaving me to manage multiple critical roles alone



The Support

Mission Aviation Fellowship (MAF) Angola ensured transportation across remote provinces with their aircraft



The Team

A theatre nurse accompanied me throughout this demanding journey, providing essential assistance

Despite the significant challenge of managing anaesthesia whilst performing surgeries and consultations, the mission proceeded with unwavering determination. This experience tested my capabilities whilst demonstrating the resilience and adaptability required in resource-limited settings.



Provincial Campaign: Moxico, Luena

110

**Ophthalmic
Surgeries**

Life-changing procedures
performed

555

**Patient
Consultations**

Comprehensive eye
examinations conducted

10

Days of Service

Dedicated outreach
programme

Our first destination was Moxico Province, specifically Luena, where we established our outreach clinic. Within ten intensive days, we successfully performed 110 ophthalmic surgeries whilst conducting 555 patient consultations. The demand for services was overwhelming, reflecting the profound need for specialist eye care in this underserved region.

Provincial Campaign: Bie, Kuito



A donut chart with an orange border and a light orange fill, representing 188 out of a total of 200 units.

188

Surgeries Performed

The highest volume across all three campaigns

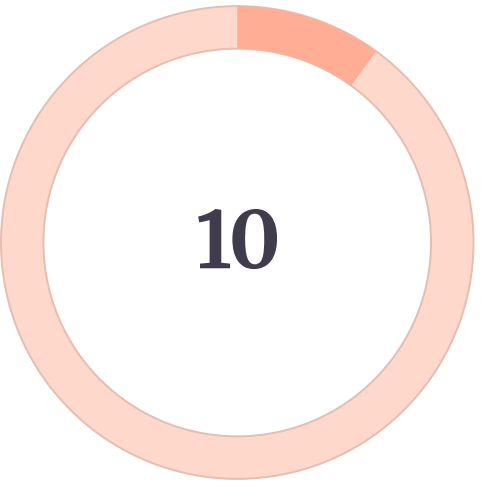


A donut chart with an orange border and a light orange fill, representing 755 out of a total of 800 units.

755

Consultations Conducted

Comprehensive patient care delivered



A donut chart with an orange border and a light orange fill, representing 10 out of a total of 100 units.

10

Days of Service

Intensive outreach programme

MAF flew us to Bie Province, Kuito, where we conducted our most extensive campaign. Over ten days, we performed 188 surgeries—the highest volume across all three locations—and provided 755 consultations.

A Special Milestone

Working with newly graduated nurses trained through the Basic Ophthalmology programme, I supervised their clinical skills in visual acuity testing, ophthalmic history taking, and eye examinations.



Nurturing Future Healthcare Leaders

01

Training Programme

Basic Ophthalmology training conducted by SOLE-Angola at Boa Vista Hospital

02

Funding Partner

Christian Blind Mission (CBM) provided essential financial support for the programme

03

Graduate Nurses

Newly trained nurses demonstrated excellent clinical capabilities during the Kuito campaign

04

Supervision & Mentorship

Ten days of hands-on guidance in visual acuity assessment, history taking, and eye examinations

The performance of these newly graduated nurses was exemplary. Their dedication to mastering ophthalmic assessment techniques and their compassionate approach to patient care were truly inspiring. This training programme proves invaluable for rural communities, addressing significant healthcare disparities and preventing avoidable blindness.

Provincial Campaign: Kuanza Sul, Waku Kungo

1

77 Surgeries

Additional life-changing procedures performed during a condensed five-day campaign

2

360 Consultations

Comprehensive eye examinations conducted for patients in the region

3

5-Day Programme

A shorter but equally impactful outreach effort in Kuanza Sul Province

Our final outreach location required ground transportation to Waku Kungo in Kuanza Sul Province. Though this campaign spanned only five days, we successfully performed 77 surgeries and conducted 360 consultations, demonstrating that even brief interventions can create lasting impact in underserved communities.



Impact at a Glance: Three Campaigns, One Mission

375

Total Surgeries

Combined across all three provincial campaigns

1,670

Total Consultations

Comprehensive eye examinations conducted

25

Days of Service

Intensive outreach across three provinces

These numbers represent real lives transformed. Each surgery restored vision, each consultation prevented potential blindness, and each interaction built trust in healthcare systems. The cumulative impact of 375 surgeries and 1,670 consultations extends far beyond the campaign dates, creating ripple effects throughout families and communities.

The Training Programme's Lasting Value



Rural Healthcare Access

Trained nurses provide essential eye care services in remote communities with limited specialist access



Preventing Blindness

Early detection and management of eye conditions prevent avoidable blindness through timely intervention



Chronic Condition Management

Ongoing care for chronic eye conditions ensures continuity for underserved populations

The Basic Ophthalmology training programme, funded by Christian Blind Mission and delivered through SOLE-Angola at Boa Vista Hospital, addresses critical healthcare disparities. By equipping nurses with essential ophthalmic skills, this initiative creates sustainable healthcare capacity in rural Angola, ensuring that communities have access to competent eye care long after outreach campaigns conclude.

Gratitude and Looking Forward

Following the completion of these three demanding outreach campaigns, I travelled to visit my father, who is recovering from illness. His resilience mirrors the determination I witnessed in our patients—proof that hope and healing persist even in challenging circumstances.

On 20th of this month, I return to China to continue my residency programme, carrying with me invaluable experiences that will shape my future practice. The lessons learned in Angola—about resourcefulness, adaptability, and the profound impact of accessible healthcare—will forever influence my approach to ophthalmology.

My deepest gratitude to Mission Aviation Fellowship Angola for enabling transportation across provinces, to the theatre nurse who stood beside me through demanding days, to SOLE-Angola and Christian Blind Mission for training future healthcare leaders, and to all who supported this mission through prayers and practical assistance.

Thank You

Your prayers and support made this outreach possible. Together, we restored sight and hope to 1,670 individuals across three provinces.