



Dr. Khodadoust Eye Hospital



Visitors Guide





The Hospital's Mission

We are committed to:

In order to improve the quality of our health care services, with the help of physicians and the most experienced manpower, and the commitment to safety and health standards, we are one of the leading hospitals providing the highest level of eye health care and surgeries in Iran.



O My Glorious God

You chose me to take care of life and death of your creatures.

Now I am ready to carry out the delegated professional duties.

Fill my soul with softness and passion towards my patients.

Help me to see all my patients just as a human being.

Help me be aware of what is seen and unseen in my patients.

Help me so that my patients trust my work and follow my instructions and guidance.

Help me in this critical responsibility to help patients, because without your will and determination even a small treatment will not be successful.



Directory of the hospital's buildings and wards

Building 1

The Ground Floor

- 1. Information*
- 2. Bank*
- 3. Accepting outpatient clinic*
- 4. Clinic*
- 5. Outpatient Cash desk*
- 6. Pharmacy*
- 7. Emergency Ward*
- 8. Tea room*
- 9. Patients' Admission*
- 9. Patient Cash Desk*
- 11. Telephone room*
- 12. Optometry*

The Underground Floor

- 1. Laboratory*
- 2. Radiology*
- 3. Hospital's storeroom*
- 4. Laundry*
- 5. CSSD*



The First Floor:

- 1. Surgery Ward 1*
- 2. Operating room*
- 3. Recovery room*

The Third Floor:

- 1. Outpatient operation room*
- 2. Information Technology Unit*
- 3. Surgery Ward 3*

The Fifth Floor:

- 1. Head of the Hospital*
- 2. Complaints Office*
- 3. Secretariat Office*

The Second Floor:

- 1. Surgery Ward 2*
- 2. Surgery Ward 4*
- 3. Conference Hall*
- 4. Medical Equipment*
- 5. Nursing Management*
- 6. Quality Control Management*
- 7. Infection Control Unit*
- 8. Safety unit*
- 9. International Patients Department (IPD)*
- 10. Training Department*

The Fourth Floor:

- 1. Lasik Operation Room*



4. Management Office

Building 2

1. Paraclinic

Building 3

The First Floor:

1. Praying Room
2. Archive Unit
3. Essentials Warehouse
4. Management of Information
and Health of Patients
5. Workplace Healthcare
6. Professional Healthcare

The First Floor:

1. Financial Office
2. Human Resource Unit
3. Personnel Unit
4. Logistics Unit
5. Auditing
6. Insurance Affairs



Some basic points before surgery

- 1. In the night before the surgery have a light dinner at 8 p.m. and drink liquids until 12 o'clock. Do not eat nor drink anything from 12 am until after the surgery.*
- 2. If the patient is an infant, you can breastfeed him/her 6 hours before surgery.*
- 3. Take a bath in the night before surgery.*
- 4. Do all that is necessary to perform the surgery (such as blood tests, ECG, visit the anesthesiologist, chest radiographs, test sheet determining the lens number, etc.) before surgery day and bring them with yourself.*
- 5. Do the accounting affairs up to the one day before the surgery.*
- 6. Do not wear ornamental accessories or jewelries on the day of surgery.*
- 7. Do not wear face makeup nor nail polish on the surgery day.*
- 8. Avoid bringing more than one companion (visiting hours are 2 to 4).*
- 9. Avoid bringing natural flowers to the patient's room.*




10. To protect the health of your children, do not bring them to the hospital.

11. The patient's legal guardian must be present in order to complete the pre-operative consent (In the case of women who are going to perform any beauty surgeries the consent of the spouse or father is necessary).



Dear patient, if on the advice of your doctor you need a surgery, please do the following steps at most up to one day before the surgery.

To perform the filing procedures, please refer to the following sections while having the surgical sheet:

A blue oval containing the text '1. Patient Admission' with a blue arrow pointing downwards from the bottom center of the oval to a rectangular box containing a list of steps.

1. Patient Admission

- *Delivery of surgery sheets*
- *Bring your passport or a copy of it to register your personal information*
- *Sign the admission sheet*
- *Be informed about the cost of your surgery*
- *Get a pre-surgery manual guide sheet that includes: blood test, ECG scan (over 40 year-old), chest radiography (over 50 year-old), visiting the anesthesiologist and visiting the interior doctor*
- *Guidance for accounting affairs*



2. Buy lenses



- *From the pharmacy or valid lens sellers (in case you have Cataract surgery or lens implantation)*

3. Accounting



- *Pay the surgery costs and receive the receipt*

4. Laboratory



- *Do your blood tests (basement near the bank)*



5. ECG



- *Room #11 (for patients over the age of 40)*

6. Chest Radiology



- *Radiology section in the underground floor next to elevator 2 (for patients over the age of 50 years)*

7. Visit the anesthesiologist



- *In the morning shifts: The anesthesiology room (next to the operation room)*



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8. Visit the Interior doctor



- *In the morning shifts: The emergency ward*
- *In the afternoon shifts: Room #12*

9. File delivery



- *In the morning shifts: To the Welcome Nurse in the emergency ward*
- *In the afternoon shifts: To the surgery ward #1*



This hospital is ready to provide the following services to respectable visitors:

Paraclinic

Performing eye diagnostic tests including cornea, retina, glaucoma and other tests.

The tests include:

- *OCT (Optical Coherence Tomography): Retinal and optic nerve examination.*
- *Eye Angiography: Screening a color image of the retina (Color Fundus) by injecting fluorescein ampoules (Indocyanine).*
- *Orbscan device: Corneal imaging before and after keratoconus and LASIK surgery.*
- *Aberrometry device: Cornea imaging before LASIK surgery.*
- *Pentacam devise: Corneal imaging for corneal surgery, Cataract, and Glaucoma.*
- *ORA device: Determination of eye pressure.*
- *Biometry device: Manual determination of lens measurement for Cataract surgery.*
- *IOL Master device: Automatic determination of lens measurement for Cataract surgery.*



- *Biography device:* Automatic determination of lens measurement for Cataract surgery.
- *Perimetry device:* Visual field examination.
- *Specular Microscope:* To count cornea cells
- *CSF:* Post-operative vision tests after Retina, Glaucoma and Cataract surgeries.
- *Corneal Pachymetry:* Cornea's thickness determination.

Laser Room Operations

- *PRP Laser:* Retinal laser for example for diabetic patients.
- *PI Laser:* Laser for high-pressure eyes.
- *Capsule Laser device:* To clean the artificial lens inside the eye.
- *PDT Laser device:* Laser with venous Injection of sensitive material for treatment of lesions in the center of Retina.

Laboratory

- *Ready to perform all specialized and non-specialized tests.*



Radiology

- *Simple radiography of upper and lower limbs, head and neck.*

Pharmacy

- *Special drops and medicines for eye and common medicines are available in the pharmacy.*

LASIK Operating Room

The following operations are performed:

PRK; LASIK and LASEK (To fix refractive errors to stop using glasses);

CCL (To stop the growth of keratoconus).



Names and specialties of doctors

<i>Doctor's name</i>	<i>Specialty</i>	<i>Doctor's name</i>	<i>Specialty</i>
<i>Dr. Pouyan</i>	<i>Corneal surgery</i>	<i>Dr. Tavallali</i>	<i>Retinal surgery</i>
<i>Dr. Niknaam</i>	<i>Corneal surgery</i>	<i>Dr. A. Oboudi</i>	<i>Retinal surgery</i>
<i>Dr. Shamshiri</i>	<i>Corneal surgery</i>	<i>Dr. Abtahiyan</i>	<i>Retinal surgery</i>
<i>Dr. R. Obudi</i>	<i>Corneal surgery</i>	<i>Dr. Ne'mati</i>	<i>Retinal surgery</i>
<i>Dr. Anvari</i>	<i>Corneal surgery</i>	<i>Dr. Khosh Amadi</i>	<i>Retinal surgery</i>
<i>Dr. Aziz zadeh</i>	<i>Corneal surgery</i>	<i>Dr. Yeganeh</i>	<i>Ophthalmologist</i>
<i>Dr. Afroozifar</i>	<i>Glaucoma surgery</i>	<i>Dr. Fallah Ranjbar</i>	<i>Ophthalmologist</i>
<i>Dr. Shahrzaad</i>	<i>Eyelid and plastic surgery</i>	<i>Dr. Kazemi</i>	<i>Ophthalmologist</i>
<i>Dr. Fallahi</i>	<i>Eyelid and plastic surgery</i>	<i>Dr. Zadmehr</i>	<i>Ophthalmologist</i>
<i>Dr. Mosallae</i>	<i>Eyelid and plastic surgery</i>	<i>Dr. Faqhihi</i>	<i>Ophthalmologist</i>
<i>Dr. Sharifi</i>	<i>Pediatric Orthopedic surgery</i>	<i>Dr. Gholami</i>	<i>Emergency Physician</i>
<i>Dr. Hoseini Alhashmi</i>	<i>Pediatric Orthopedic surgery</i>	<i>Dr. Mo'arrafi</i>	<i>Emergency Physician</i>
<i>Dr. Saaki</i>	<i>Pediatric Orthopedic surgery</i>	<i>Dr. Badri</i>	<i>Emergency Physician</i>
<i>Dr. Alavi</i>	<i>Pediatric Orthopedic surgery</i>		



Patient Rights

1. Every individual has the right to receive appropriate health care services.

Providing healthcare must be based on:

- Respecting human dignity, cultural values, and religious beliefs; Loyalty, equity, politeness and in association with kindness; Freed from any discrimination based on ethnicity, culture, religion, disease or gender.

- Timely responses to patients' needs.

- Ignoring medical costs in case of emergency; in none emergency cases it must be based on predefined standards;

- Trying to transfer the patient to a more specialized center if necessary services are not available.

2. Every individual has the right to receive a sufficient amount of desired information.

The information must contain the following:

- Necessary information for treatment follow up.



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- *Information must be provided at a proper time with consideration of patient's condition, i.e. anxiety, pain, language, education, etc.*
 - *Patients are entitled to access all their recorded medical information, receive their copies, and request corrections if necessary.*
 - *Standards and predictable costs of hospitalization including medical and non-medical services, insurance standards, and introduction to supportive systems upon reception.*

3. Every individual has the right to a free choice and decision about receiving healthcare services.

The scope of individual choice is:

- *To choose their physician and healthcare center according to current regulations.*
- *To choose to receive advice from a consultant.*
- *Patients must be given enough time for decision making.*

4. Every individual has the right to privacy and confidentiality.



- Observing patients' confidentiality is compulsory unless stated in regulations.

- Patients' privacy must be respected at all times, and preparing all requirements to secure such right is necessary.

- Only patients, people authorized by the patient, the law, and the medical team can have access to the information.

- Patients are entitled to enjoy companionship of a person they wish, during diagnostic procedures such as physical examination.

5. Every individual has the right to access an efficient complaint system.

- Every individual has the right to report violations to their rights (subject of the charter) to authority without jeopardizing the quality of the healthcare they receive.

- Every individual has the right to be informed about the result of their complaint.

- Any harm caused by healthcare providers must be dealt with according to the existing regulations as soon as possible.



How to access your doctor and medical team members?

Dear Patient:

- 1. In the surgery ward, your nurse will introduce herself to you and will mention your doctor's name. Since hospitalization until releasing, you can inform her/him of your questions or/and problems; she/he will respond to you.*
- 2. In case you have any serious or emergency problem you can visit the emergency ward at any time.*
- 3. You can follow the post-operative problems by calling the IPD (International Patients Department).*



Some brief information about Glaucoma

Glaucoma:

A clear and transparent fluid is secreted continuously in the eyeball called Aqueous humour. If the eye drainage system is blocked, the fluid pressure inside the eye will increase and cause damage to the optic nerve.

The reasons:

- 1. Aging: As the age increases, the Aqueous humour valve becomes smaller and is blocked by existing deposits.*
- 2. Congenital: Sometimes the Aqueous humour valve has an incomplete structure since birth.*
- 3. Sometimes this problem occurs because of a head injury.*
- 4. Diabetes and Cardiovascular diseases.*
- 5. Use of certain medications such as Corticosteroids.*
- 6. Nearsightedness (Myopia).*

Symptoms:

- 1. Pain in the eye(s) and head.*
- 2. Halos around lights.*



3. *Redness and deformation in the appearance of the eye.*
4. *Vomiting and nausea.*
5. *Cloudy Cornea.*
6. *Blurred vision.*
7. *Gradual decrease of the vision.*

Treatment:

Because eye pressure is high in these patients, the goal of treatment is to reduce eye pressure. Drug therapy is the first step in treating these patients, then laser treatment and surgery will be performed (If needed).

Note: Take the post-operative care sheet from the surgery wards.

The effective items in controlling the disease:

1. *Reduce stress.*
2. *Proper nutrition.*
3. *Salt usage reduction.*
4. *Avoid drinking too much fluids.*
5. *Maintain optimal balance of weight.*
6. *Do exercise and sports.*



A brief description about eye and diabetes

We are going to talk about the proper diet and its impact in reducing the effects of diabetes. Remember that the items mentioned in this content are just some simple and general suggestions. To obtain the proper result, consult nutrition experts.

In general, a healthy diet plays a crucial role in controlling diabetes, but since people's lifestyle, culture, or social and economic status are quite different, it is better to recommend a nutrition guideline based on therapeutic goals according to the needs of diabetic and non-diabetic people, instead of recommending a predetermined diet.

How and when to eat?

To prevent or to control diabetes, it is recommended to eat six meals a day, including three main meals



(breakfast, lunch and dinner) and three snacks. Try to eat main meals and snacks at certain hours.

It is important for children to have a snack before sleeping because it slows down the decrease of blood sugar at night and before bedtime. It is better to eat protein-based foods such as cheese or milk with bread for evening snacks.



Some recommendations to control blood sugar

- 1. Eat vegetables with all meals.*
- 2. Whole breads are better than the other kinds of breads.*
- 3. Reduce consumption of fatty foods such as fried meat, sausages, salami and fried foods.*
- 4. Use low fat dairy products.*
- 5. Add legumes and soy protein in your diet.*
- 6. Do not eat more than 2 eggs yolk during the week.*
- 7. Drink at least 8 glasses of water during the day.*
- 8. Prepare low-salt foods.*
- 9. Use liquid oil, especially rapeseed oil, for cooking.*
- 10. DO NOT smoke.*



The relationship between diabetes and fruits

To consume all kinds of fruits for all people, including diabetes, is not only useful but also necessary. Fruits play a key role in raising the strength of body's immune, but it should be mentioned that the consumption of certain types of fruits such as bananas, grapes, raisins, figs, melons and water melons should be limited to one or two share a week.

In the surgery wards there is also the pamphlet for diabetes and retina in the diabetic guideline booklet, if a member of your family is afflicted to diabetes, you can ask the nurse to give a copy to you.