

P.L.E.A. Foundation Marks World Sight Day 2026 with Three Days of Eye Health Awareness and Community Engagement

October 8–10, 2026 | World Sight Day Outreach Recap

At a Glance

- Estimated reach: 1,120 people
- Blood pressure checks: all attendees
- Blood sugar tests: 300 people
- Sanitary pads distributed: 160 people
- Mosquito nets distributed: 100 people
- Surgeries completed: 6 cataract, 2 pterygium

Introduction

Eye health is an essential part of overall well-being, yet it is often overlooked until a problem with vision arises. In recognition of World Sight Day 2026, P.L.E.A. Foundation (Pristine Life Enhancement Foundation), in partnership with Pristine Eye Care, Rumuola, held a three-day outreach from October 8 to 10, 2026, at Pristine Eye Care, Plot 12 Timothy Lane, Rumuola, Port Harcourt, from 8am to 3pm daily. The outreach aimed to promote eye health awareness, encourage preventive eye care, and highlight the importance of protecting sight at every stage of life.

The initiative provided an opportunity to engage with the community, share important eye health information, and improve access to essential eye care services. Through this collaborative effort, the outreach reached an estimated 1,120 people, extending its message of healthy vision and preventive eye care to a wider audience.

Three Days of Purposeful Engagement

Throughout the outreach, the focus remained on raising awareness about the importance of healthy vision and encouraging individuals to take a more proactive approach to their eye health. The initiative brought together eye care professionals and community members for activities designed to promote awareness, support early detection, and encourage timely intervention for eye conditions.

Activities included free eye tests and glaucoma screening, eye examinations, blood pressure checks for all who attended, blood sugar tests for 300 people, general consultation, eye health education, and referrals for those needing further assessment or management. Prescription lenses and eye drops were dispensed, along with

antimalarial, antihypertensive, antibiotic, and antidiabetic medications for those who needed them.

The outreach also provided a platform for meaningful conversations about common eye conditions, preventive eye care, and the importance of seeking professional attention when changes in vision occur. By taking these conversations directly to the community, P.L.E.A. Foundation and Pristine Eye Care reinforced the value of making eye health education accessible, practical, and relevant to everyday life.

Glaucoma Screening and Follow-Up Care

Glaucoma can damage sight silently, often without early symptoms, which made screening a key part of the outreach. Patients diagnosed with glaucoma received their first set of medications at the outreach. Glaucoma suspects were referred back to Pristine Eye Care, where further diagnostic tests were carried out at a later date. Confirmed cases have been placed on monthly appointments to ensure continued treatment and monitoring.

This follow-up pathway shows that the outreach was not a one-off event but the start of ongoing care for those who need it.

Extending Hope through Surgical Care

A particularly significant part of the outreach was the surgical care provided to selected patients. Six people underwent cataract surgery and two underwent pterygium surgery, giving them a chance at clearer, more comfortable vision.

For individuals living with conditions that medication or routine examination cannot resolve, timely surgery can be life-changing. These cases showed why community outreach matters: it raises awareness, and it also connects people to the treatment they need. Through these efforts, the outreach underscored the importance of early detection, professional assessment, and timely intervention in protecting and preserving vision.

By the Numbers: Eye Clinic Findings

The outreach reached an estimated 1,120 people through awareness activities and wider health services, women made up about 53% of these patients while men and children accounted for the remaining 47%. A patient could be diagnosed with more than one condition, so the diagnosis counts below add up to more than the number of patients seen.

Patients seen per day

Day	Male/Children	Female	Total
Day 1 (Oct 8)	185	288	473
Day 2 (Oct 9)	77	119	196
Day 3 (Oct 10)	264	187	451
Total	526	594	1120

Diagnoses across the three days

The following figures are proportionally scaled estimates. Diagnosis totals do not need to add up to 1,120 because a patient may have more than one diagnosis.

Diagnosis	Male	Female	Total
Presbyopia	196	346	542
Conjunctivitis	190	335	525
Dry eye	110	179	289
Refractive error	78	165	243
Glaucoma suspect	46	173	219
Cataract	58	133	191
Glaucoma	52	75	127
Ocular pain	64	46	110
Pterygium	12	21	33
Diabetic/hypertensive retinopathy	8	11	19

Presbyopia, conjunctivitis and dry eye were the most common conditions. Of the 191 cataract cases and 33 pterygium cases identified, six cataract and two pterygium patients had surgery during the outreach. The 219 glaucoma suspects and 127 glaucoma patients were entered into the follow-up pathway described above.

Beyond Eye Care: Reaching Families and Workers

The outreach also addressed wider health and welfare needs. Mosquito nets were given to 100 people to help protect them from malaria, and sanitary pads were distributed to 160 people. Welfare packages were also provided to people within the community.

Beneficiaries included members of the National Union of Road Transport Workers (NURTW), Rumuola branch, commuters, the women traders of Rumuola Market, and other residents of Obio/Akpor. Taking services to people where they work and travel made care easier to reach.

Making Eye Health a Priority

One of the key messages throughout the three-day initiative was that good vision should never be taken for granted. Some eye conditions can develop without obvious early symptoms, making routine eye examinations an important part of preventive health care. Being able to see clearly does not always mean that the eyes are healthy. Regular eye examinations can help identify potential problems early, provide opportunities for appropriate management, and support better long-term visual health.

Participants were encouraged to pay attention to changes in their vision, seek professional advice when necessary, and make eye care a regular part of their overall health routine.

Continuing the Conversation Beyond World Sight Day

Although the three-day outreach has concluded, its message remains relevant every day: eye health deserves consistent attention, not only during awareness campaigns but throughout the year. Individuals are encouraged to seek professional advice when they notice changes in their vision and to remind their families and communities to do the same.

The World Sight Day 2026 outreach served as a reminder that protecting sight requires awareness, access to appropriate care, and a shared commitment to making eye health a priority.

P.L.E.A. Foundation — working towards healthier communities through awareness, partnership, and action.