

## Awareness of Glaucoma among the Patients Attending Outpatient Department (OPD) Department of Ophthalmology District Hospital Banda

Dr. Vinod Yadav



Consultant Ophthalmologist & Chief Medical Officer Chitrakoot, Uttar Pradesh, India.

Article Received: 26 March 2020

Article Accepted: 28 May 2020

Article Published: 30 June 2020

### ABSTRACT

*The awareness and knowledge among the patients attending the ophthalmology outpatient Department of ophthalmology Out patient Department (OPD) District Hospital Banda was investigated during my working as a senior consultant Ophthalmologist in District Hospital Banda. A total of 100 patients were randomly Selected. They were investigated by a face to face interview using a questionnaire containing the relevant questions. Among the patients investigated approximately (70%) were females and (30%) were males. patients diagnosed with glaucoma or patients with past history or family history of glaucoma were excluded from the study considering their knowledge of glaucoma with diagnosis. The study has found that the patients had poor knowledge regarding glaucoma and its effects. Only Approximately 30 % have heard of the disease, glaucoma is an Asymptomatic disease therefore early diagnosis and treatment is required (7).*

### Introduction

Glaucoma is a chronic, progressive optic neuropathy caused by a group of ocular conditions which lead to damage of the optic nerve with loss of visual function. The most common risk factor known is raised intra-ocular pressure. Glaucoma is usually asymptomatic till the late stages, at which time the prognosis is poor. A history of frequent changes of reading glasses may be suspicious, but is not sensitive or specific enough to be used clinically (1). In India, the estimated number of cases of glaucoma is 12 million, around one fifth of the global burden of glaucoma, in Indian population an equal proportion of open-angle and closed-angle glaucoma is seen (2). Early detection and treatment plays a pivotal role in control of blindness due to glaucoma. one third of the patients who had become blind had done so even before they had sought medical attention (3). Up to the day only fewer articles have brought the attention to awareness regarding glaucoma and most of them are outdated.

This article comes up with current awareness level and the need to improve awareness levels with the use of advertising media, newspapers, articles and awareness programs.

### Aim

To find out the knowledge and awareness of glaucoma among the patients visiting Outpatient Department (OPD) Department of Ophthalmology District Hospital Banda

### Objectives

- ☒ To know about the awareness and knowledge level of glaucoma among the patients.

- ✎ To educate the patients regarding the risk factors and the importance of early screening and management.

## Methodology

**Design:** It was a prospective, cross sectional study via questionnaire/face to face interview.

**Sample size:** A total of 100 samples were taken for the study from Outpatient Department (OPD) Department of Ophthalmology District Hospital Banda. The patients with glaucoma or having the past history of glaucoma were excluded from the study.

## Data collection procedure

1. The patients visiting ophthalmology Outpatient Department (OPD) Department of Ophthalmology District Hospital Banda were included in the study after appraising them about the contents of the study.
2. Information was collected by the investigator through a validated questionnaire.
3. The questionnaire contained questions regarding sociodemographic details. Their knowledge of glaucoma of glaucoma, possible risk factors and the treatment options available for them.
4. The questionnaire was as follows:

Questions	Response
<b>Are you aware of eye disease called glaucoma?</b>	Yes/no
<b>Are you aware that glaucoma can lead to blindness?</b>	Yes/no
<b>Do you think blindness due to glaucoma can be prevented?</b>	Yes/no
<b>Do you know glaucoma can be treated in the last stage?</b>	Yes/no
<b>Do you think vision loss is irreversible due to glaucoma?</b>	Yes/no
<b>Are you aware that cataract is not same as glaucoma?</b>	Yes/no
<b>Do you think glaucoma is hereditary?</b>	Yes/no
<b>Who do you think are mostly affected with glaucoma?</b>	Patients with family histories /myopia/diabetes/trauma injury.
<b>Do you think glaucoma is treatable?</b>	Yes/no
<b>What do you think are the risk factors for glaucoma?</b>	High myopia/uncontrolled diabetes /eye injury/age /family history

**Table 1:** Question mentioned in the given questionnaire

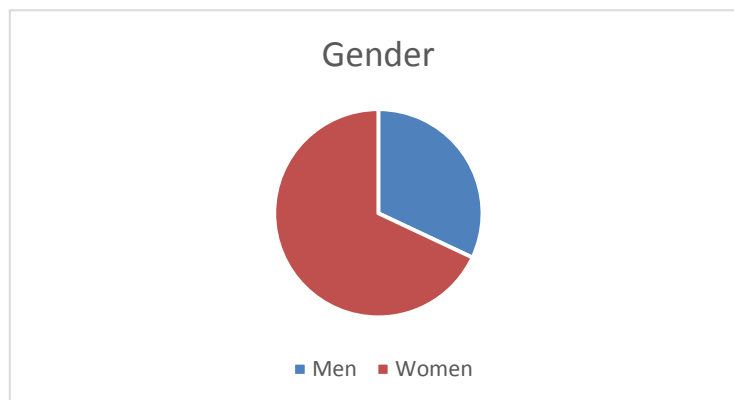
5. Once the data was collected it was entered into an excel sheet for data analysis.

### Data analysis

Percentages and tabulation based on collected data was done. The data was categorized into Socio- demographic data and awareness about the disease and progress and awareness about the prevention and treatment. Percentages pertaining to those categories were taken and tabulated and compared with ideal awareness standards.

### Results

The questionnaire was administered to about 100 subjects, among the subjects 30% were males and the rest 70% were females (fig:1), the mean age of the participants was 45 years



**Fig 1:** Men and women participants

The response to questionnaire is as follows:

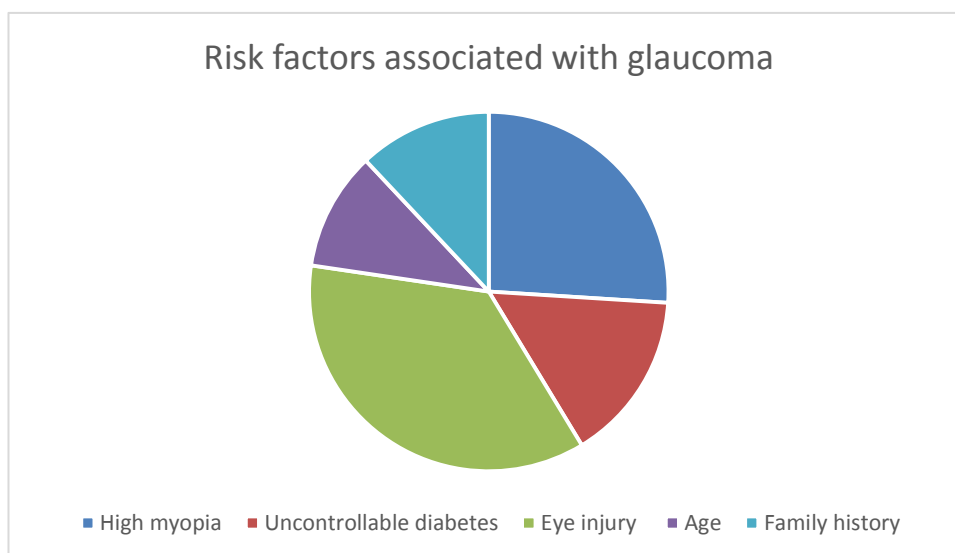
Questions	Yes	No
<b>Are you aware of eye disease called glaucoma</b>	38%	62%
<b>Are you aware that glaucoma can lead to blindness?</b>	18%	82%
<b>Do you think blindness due to glaucoma can be prevented?</b>	45%	55%
<b>Do you know glaucoma can be treated in the last stage?</b>	20%	80%
<b>Do you think vision loss is irreversible due to glaucoma?</b>	32%	68%
<b>Are you aware that cataract is not same as glaucoma?</b>	70%	30%
<b>Do you think glaucoma is hereditary?</b>	18%	84%
<b>Do you think glaucoma is treatable?</b>	76%	24%
<b>Who do you think are mostly affected with glaucoma?</b>	Patients with family histories :15% Myopia :30% Diabetes :15% Trauma injury :40%	

<b>What do you think are the risk factors for glaucoma?</b>	High myopia :25%
	Uncontrollable diabetes :20%
	Eye injury :35%
	Age :10%
	Family history :10%

**Table 2:** Response to questionnaire

- 38 % of the total participants have heard of the disease called glaucoma and the rest of the 62 % were not aware of it .only 18% of them had an idea that it may lead to blindness.
- While 45% of them believed that blindness due to glaucoma can be prevented.
- 76% believed that glaucoma can be treated whereas only 24% believed that glaucoma can be treated in the last stage.
- 32% of them were sure that the vision loss is irreversible due to glaucoma and 68 % were not aware of the fact.
- Most of them were aware of the fact that glaucoma is not as same as cataract (70%).

Even though they weren't sure about the risk factors most of them believed eye injury could be a risk factors and few believed high myopia (fig:2)



**Fig 2:** Chart showing risk factors

### Conclusion

The participants demonstrated deficiencies in the knowledge. The ones who showed awareness also lacked in the knowledge regarding the disease. Only about 38% have heard

about the disease. Women showed lesser knowledge comparatively with men. Men displayed higher levels of knowledge than the women. The lack of knowledge may be due to lesser socioeconomic status, literacy levels in the community (4-6). The lesser awareness and knowledge levels may lead to delayed diagnosis and treatment contributing glaucoma to be one of the major causes of preventable blindness. The efforts of the government and health care professionals may help overcome the burden to glaucoma from the community by creating awareness programs, health campaigns and providing health education. This requires active community participation.

## References

1. Thomas R, Loibl K, Parikh R. Evaluation of a glaucoma patient. *Indian journal of ophthalmology*. 2011 Jan; 59(Suppl1):S43.
2. Quigley HA. Number of people with glaucoma worldwide. *British journal of ophthalmology*. 1996 May 1; 80(5):389
3. Grant WM, Burke Jr JF. Why do some people go blind from glaucoma?. *Ophthalmology*. 1982 Sep 1;89(9):991-8.
4. Maharana PK, Rai VG, Pattebahadur R, Singhi S, Chauhan AK. Awareness and knowledge of glaucoma in Central India: A hospital-based study. *The Asia-Pacific Journal of Ophthalmology*. 2017 May 1; 6(3):243-9.
5. Sathyamangalam RV, Paul PG, George R, Baskaran M, Hemamalini A, Madan RV, Augustian J, Prema R, Lingam V. Determinants of glaucoma awareness and knowledge in urban Chennai. *Indian journal of ophthalmology*. 2009 Sep; 57(5):355.
6. Krishnaiah S, Kovai V, Srinivas M, Shamanna BR, Rao GN, Thomas R. Awareness of glaucoma in the rural population of Southern India. *Indian journal of ophthalmology*. 2005 Jul 1; 53(3):205.
7. Landers JA, Goldberg I, Graham SL. Factors affecting awareness and knowledge of glaucoma among patients presenting to an urban emergency department. *Clinical & experimental ophthalmology*. 2002 Feb; 30(2):104-9.
8. Dandona R, Dandona L, John RK, McCarty CA, Rao GN. Awareness of eye diseases in an urban population in southern India. *Bulletin of the World Health Organization*. 2001; 79(2):96.

9. Gogate P, Deshpande R, Chelerkar V, Deshpande S, Deshpande M. Is glaucoma blindness a disease of deprivation and ignorance? A case-control study for late presentation of glaucoma in India. Indian journal of ophthalmology. 2011 Jan; 59(1):29.

10. Prabhu. M Patil SH, Kangokar PC. Glaucoma awareness and knowledge in a tertiary care hospital in a tier-2 city in South India. Journal of the Scientific Society. 2013 Jan 1; 40(1):3.