



A CROSS SECTIONAL EVALUATION OF THE AWARENESS ABOUT THE PRIMARY EYE CARE AMONG THE GENERAL POPULATION OF THE NORTHERN U.P.

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ABSTRACT

Purpose : The main aim of this study was to evaluate the awareness about the primary eye care among the general population of the northern UP.

Materials And methods : A cross sectional survey was conducted through a questionnaire which includes the questions related to the primary eye care. The data was recorded through questionnaire based survey having sample size 500. The study was conducted in the month of July 2020 to September 2020.

Result: As per this study , the awareness about the primary eye care among the general population of the northern U.P was found only 13% which is very low . Total 500 people took part in the survey among which 26% were male and 79% were female. Among these people 13% were aware about the primary eye care and related services available in india. only 9% people aware about the common eye disease and their proper course of action.

KEYWORDS : Primary eye care, Optometry, Visual impairment, Ophthalmic science professional, Basic eye examination

INTRODUCTION

Recent global data showed that there are 36 millions blind and 217 million with moderate or severe visual impairment. though there is decline in prevalence of blindness and visual impairment. The absolute no. of blindness and visual impairment has increased¹.

Blindness and the visual impairment are the major problems worldwide. The leading cause of the visual impairment and the blindness are the uncorrected refractive errors and cataract².

To sort out this problem it is important to increase the awareness about the primary eye care services among the common population so that everyone easily gets a regular eye check up. It will protect your vision.

Primary eye care is frontline activity providing eye care and identification of eye disease before it becomes a serious medical problem. Primary eye care can be delivered in many different ways³.

Components of primary eye care are:

- Eye health education
- Symptoms identification
- Visual acuity measurement
- Basic eye examination
- Diagnosis
- Timely referral
- Both correct identification and timely referral are crucial to the success of primary eye care.

Primary eye care is generally provided by the optometry/ ophthalmic science professional. Optometry is a profession which is autonomous licensed and registered primary eye care practitioners who provide comprehensive eye care including refraction , dispensing, detection, diagnosis and management of the eye disease along with the rehabilitation of visual system⁴.

Awareness of primary eye care can play a vital role in inspiring people to seek timely eye care and can therefore help in reducing the problem of visual impairment⁵.

METHODOLOGY:

A Cross - sectional survey was conducted from month of July 2020 to September 2020 in the northern Uttar Pradesh, India. People from common population have been included in this study. A total of 500 people were enrolled for this study.

The data was recorded through the pre- designed validate

questionnaire containing a mix of open and close ended questions. A structural questionnaire was designed related to the primary eye care services.

During evaluation the following common questions were asked to the peoples:

- 1.) Do you aware of primary eye care services?
- 2.) What do you think about the primary eye care services?
- 3.) Are you aware about common eye diseases?
- 4.) When you undergo eye check up last time?
- 5.) Do you go for a regular eye check up?
- 6.) Do you know what your visual acuity is?
- 7.) Do you know the difference between the opticians, optometrist, and ophthalmologists?

RESULT:

A Comparison of the statistical analysis on 500 people (n = 500) mean age 35.5 + - 4.5 out of 500 respondents 21% (105 out of 500) are male and 79%(395 out of 500) are female.

Statistical analysis reveals that the only 13% (65 out of 500) respondents are aware about the primary eye care and related services available in India.

Only 9% people are aware about the common eye diseases (e.g., cataract, uncorrected refractive errors, avoidable blindness etc) and their proper course of action.

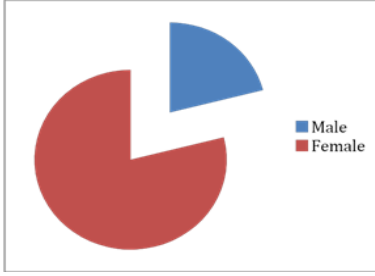
13% people think that eye - care services includes regular eye - checkups by optometrist or ophthalmic technician and 11% people think that it's a primary level of diagnosis and check up of eyes by an optometrist. Only 1% people go for a regular eye - check up instead of any problem in their eyes. Only 2% people are aware of their visual acuity and power in their eyes. Regarding the role of primary eye care workers (optometrist) only 3% peoples are aware about the difference in the work of optician, optometrist and ophthalmologists.

DISCUSSION :

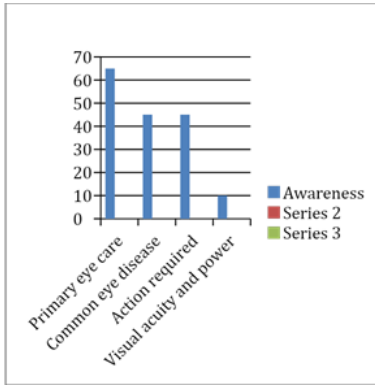
In general 80% of world population suffer from the preventable and treatable visual disorders ; low vision or blindness has great impacts on the families ranging from decreased quality of life to increased mortality and the morbidity and economic consequences in the large scale . considering WHO reports, 87% of the people with visual deficits live in developing countries.

Due to unawareness about the primary eye health care most people in these societies choose self - medication or traditional medicine upon exposure to ocular disease which results in irreversible consequences or loss of golden time of

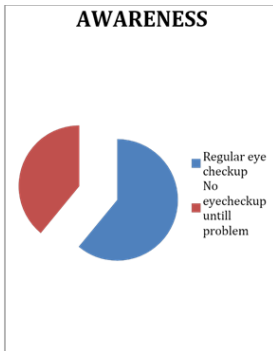
treatment. If patients are awarded about the primary eye health care providers than they can identify diseases at early stages and manage or refer to the eye care services.



Graph 1.1 Gender distributions of respondents



Graph 1.2 Awareness about eye care services and its importance.



Graph 1.3 Awareness about regular eye checkup

CONCLUSIONS

The awareness about the primary eye care and related services is found very low among common population of northern Uttar Pradesh. The people are also not aware about the common eye diseases and their proper cure. Due to the lack of the knowledge and awareness about the common eye diseases, the disease related to eyes are increasing day by day . So, there is very urgent need to increase the awareness about the eye diseases and primary eye care services so that due to early diagnosis, proper treatment can be provided which will prevent various eye problems.

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