



“DIGITAL EYE SYNDROME AMONG NURSING STUDENTS USING DIGITAL DISPLAY “

Nursing

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ABSTRACT

Digital eye syndrome also called as Computer Vision Syndrome, is a condition caused by using digital displays. The dependence on gadgets has worsened during the COVID-19 pandemic and led to increased incidents of CVS. The use of online devices such as phones and laptops has gone up by almost 75 per cent during the pandemic in both children and adults due to online classes. A descriptive study design was used to identify the risk of Digital eye syndrome among nursing students of selected nursing college of a metropolitan city. Non probability purposive sampling was used to select the sample. The study was analyzed using descriptive statistics. The study revealed that 65% of the sample were at risk of Digital eye syndrome.

KEYWORDS

Digital Eye Syndrome

INTRODUCTION

Digital Eye Syndrome also called as Computer Vision Syndrome, is a condition caused by using digital displays. The American Optometric Association defines Computer Vision Syndrome as a complex of eye and vision problems related to the activities which stress the near vision and which are experienced in relation, or during, the use of the computer. It is characterized by visual symptoms which result from interaction with computer display or its environment.

The dependence on gadgets has worsened during the COVID-19 pandemic and led to increased incidents of CVS. The use of online devices such as phones and laptops has gone up by almost 75 per cent during the pandemic in both children and adults due to online classes.

AIM:

To identify the risk of Digital Eye Syndrome among nursing students using digital Displays in a selected college of metropolitan city with a view to develop Digital Eye Syndrome Prevention Bundle

OBJECTIVES:

- To identify the risk of Digital Eye Syndrome among nursing students using digital Displays
- To develop Digital Eye Syndrome Prevention Bundle

METHODOLOGY:

A descriptive survey design was used to assess the risk of Digital Eye Syndrome among the 57 nursing students selected through Non Probability purposive sampling. Self-administered Computer Vision Syndrome Questionnaire was used to assess the risk. Descriptive Statistics was used for the data analysis.

RESULTS:

94% of the sample were using Mobile and only 5.3% were using Laptop for the Learning and other purposes. 51% of the samples used the digital display > 10 hrs. 57% of the sample were viewing the screen with a distance of <50cm, 40% with a distance of 50-100 cm and 3 % > 100cm. 56 % were using the digital display with screen dull. About 65% of the were at risk and 35% were at no risk of Digital Eye Syndrome.

DIGITAL EYE SYNDROME PREVENTION BUNDLE

The Digital Eye Syndrome Prevention Bundle includes:

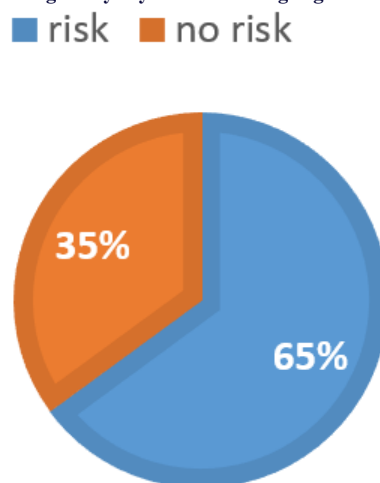
Blinking Exercises: Blinking exercises helps to keeps the surface of the eyes moistured.

20-20-20 Rule: Every 20 minutes shift the eyes to view to look another objects 20 feet away for 20 seconds.

BC Formula: Adjust the brightness and contrast of the screen

Location of the screen: The computer screen should be 15 to 20 degrees below eye level (about 4 or 5 inches) as measured from the center of the screen and 20 to 28 inches from the eyes. For the mobile, keep the screen 16 to 18 inches away. If bringing screen closer, zoom the screen and view.

Fig 1: Risk of Digital Eye Syndrome Among Digital Display Users



Clean the screen: A dust free screen prevents glare.

Palming: Palming soothes the optic nerves

Massage: Facial Massage helps in dissolving the tension in the eyes bringing them in relaxed mode.

CONCLUSION

The risk of the Digital eye syndrome is common among the Digital Display users. The present pandemic situation increased the exposure to the screen time more to the students. Hence there is a need to create awareness among the students to prevent the Digital Eye Syndrome. The researcher developed a bundle on the prevention of Digital Eye Syndrome which includes the remedial measures to be taken to prevent the Digital Eye Syndrome.

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