



ORIGINAL RESEARCH PAPER

Ophthalmology

ANALYSIS OF VISUAL ACUITY DISORDERS IN MALNOURISHED CHILDREN

KEY WORDS:

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ABSTRACT
BACKGROUND: Visual acuity disorders are a common complaint of many patients frequenting the ophthalmologist especially children. This study was conducted to find how malnutrition affects visual acuity in children.
METHODS: A hospital cross sectional study was carried out from may 2019 to october 2019 among 70 children with malnutrition. Data was collected by examination by ophthalmologist on consent from parents.
RESULTS: The study shows that there is risk of visual acuity disorders occurring in malnourished children. Among the study population 59(75.7%) were found to have visual acuity disorders and the remaining 17(24.%) did not have any.
CONCLUSION: The study revealed that malnutrition in children was a important factor in causing and premature onset of visual acuity disorders in children.

INTRODUCTION

Malnutrition has been one of the biggest problems to pediatric health in india for a long time now. Despite the advancement of modern medicine and healthcare in india, the problem still persists even today. Infact a third of the worlds malnourished population live in india. Despite the no of undtakings by the governmet and ngos to reduce malnutrition, malnurtion is still a problem. The main problem to tackle with malnutrition other than mortality is stunted growth & the vareity of symptoms and diseases it causes. One such symptom and its correlation with malnutrition is the subject of our study i.e visual acuity. Vision is one of the most important senses man has in his arsenal. But to a child it is an important tool for understanding and viewing the world around him. The sense of sight is an important catalyst for a child's development. The absence or impairment of sight if not corrected can drastically alter the psychosocial composition of a child.

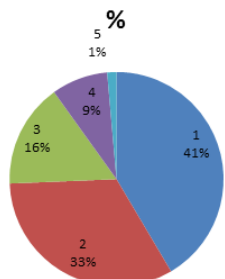
MATERIALS AND METHODS

Study was conducted on 70 malnourished children in thhe department of ophthalmology of saveetha medical college during may 2019 to october 2019. This was a cross sectional, non comparative type of study. The visual acuity of the children was tested using snellens chart. The results obtained were evaluated and tabulated.

RESULTS

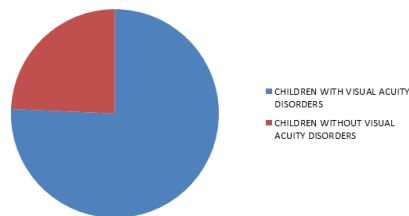
Criteria for visual standards in accordance to international coucil of ophthalmology(ICO) 30th world ophthakmology congress, brazil, 2006(4). Total 70 children were examined.

S.no	Age of children	Number of Children
1	3 – 4	29
2	5 – 6	23
3	7 – 8	11
4	9 – 10	6
5	11 – 12	1



Of the 70 children examined 53 children had visual acuity disorders(75.7%) and the remaining 17(24.3) did not have any visual acuity disorders.

RESULT



DISCUSSION

Malnourishment especially in the eraly stages of childhood can cause a vareity of symptoms and disorders. In our study we sought to correlate and find out the extent of involvement of malnutrition in visual acuity disorders. In our study 53 children(75.7%) were found to have visual acuity disorders especially in the ages 4 – 6 and 17(24.5%) did not have any visual acuity disorder.

CONCLUSION

This study revealed that malnutrition is an important factor in visual acuity disorders. Early detection of malnutrition in children during childhood and early teens can help prevent premature onset of visual acuity disorders.

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