

To Assess the Awareness on Cataract among Adult Patients

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ABSTRACT

Eye is one of the most vital organs present in the human body. Cataract is the leading cause of visual disability. The main aim of the study was to assess the awareness on cataract among adult patients attending selected outpatient departments of PSG hospitals, Coimbatore. The objectives of the study are to assess the knowledge on cataract among adult patients attending selected OPDs and to associate the level of knowledge on cataract with their selected demographic variables. A descriptive design was used in the study. The purposive sampling technique was used to select 80 adults attending selected outpatient departments of PSG Hospitals. Data was collected using a semi structured knowledge questionnaire for assessing the level of knowledge on cataract. Inferential and descriptive statistics were used to analyse the data. Out of 80 samples, majority 72.5% had inadequate knowledge on cataract, followed by 25% with moderately adequate knowledge and 2.5% of them had adequate knowledge. There was a significant association of the level of knowledge of adult patients on cataract with selected demographic variables like age, educational status and occupation. ($p < 0.05$ level).

Key Words - Awareness, Cataract, Semi structured knowledge questionnaire, outpatient Departments

INTRODUCTION

Cataract is an eye disease, widely reported by older adults all over the world. It is a common cause of visual impairment affecting approximately 30% of people over 65yrs of age. It is the clouding of lens of eye which impedes transmission of light to inner part of the eye resulting in the loss of visual function. It often develops slowly and can affect one or both eyes. On visual inspection lens appear gray or milky. ^[1] The complete lack of form and visual light perception occurs in total blindness, which is clinically recorded as “No Light Perception” (NLP). ^[2] A visual acuity (vision) of 20/200 (6/60) or less in the better eye with the best correction possible is called legal blindness. ^[3]

WHO (2008) has a target towards vision 2020 to demolish blindness by the year 2020 with the mission of “THE RIGHT TO SIGHT”. Cataract is a leading blinding condition in the 116 countries covered by the blindness data bank in the WHO program for the prevention of blindness. An estimated 42million people are affected by severe loss of vision, and cataract causes 17million of those losses. Cataract was indicated as the prime cause of blindness in 43.6% of the country. Despite being the leading cause of treatable blindness, the lack of awareness about the disease and its treatment is still a major hurdle in decreasing the blindness due to cataract in the developing countries especially in the rural areas. ^[4]

According to World Health Organization (WHO), although notable progress have occurred in surgical techniques in many countries during the last 10 years, cataract (47.9%) is still the leading cause of visual impairment in throughout the world, except for developed countries. [5] Pollack et al reported VA better than 20/40 in 31% of patients and noted macular edema as the main cause of poor visual outcome. [6] The great eye disease should be prevented. Cataract stands first as the major cause of blindness due to aging. So, cataract awareness and prevention is the first step to prevent blindness. Cataract visual impairment can have a major negative effect on the quality of older people's lives and can result in difficulties with daily living activities.

OBJECTIVES

1. To assess the level of knowledge on cataract among adult patients.
2. To associate the level of knowledge of adults on cataract with their selected demographic variables

MATERIALS AND METHODS

Descriptive design was used to assess the knowledge on cataract among adult patients. Purposive sampling technique was adapted to select 80 adults who are between the age of 40 -50 yrs attending and endocrinology, medicine and ophthalmology OPD's, having any vision problem and willing to participate in the study as study participants. Women who are a known case of thyroid disorder are

excluded from the study. The present study was conducted in the area of endocrinology, medicine and ophthalmology OPD's of PSG hospitals, Coimbatore. The sample's knowledge was assessed by a semi structured questionnaire. A pamphlet on awareness on cataract was distributed. The study was approved by IHEC and informed consent was obtained from all the participants of the study.

TOOL

A semi structured questionnaire was used to collect the baseline data. This tool consists of two sections. Section A deals with demographic data which includes sample number, age, sex, religion, marital status, educational status, income, occupation, locality, dietary pattern, presence of eye problems and information on cataract. Section B consist of 20 multiple choice question to assess the knowledge on cataract

RESULTS AND DISCUSSION

Table 1: Assessment of level of knowledge of adults on cataract n=80

| S.No | Level of Knowledge of Adults | Frequency | Percentage (%) |
|------|-------------------------------|-----------|----------------|
| 1. | Inadequate knowledge | 58 | 72.5 |
| 2. | Moderately adequate knowledge | 20 | 25 |
| 3. | Adequate knowledge | 2 | 2.5 |

Table 1 reveals that out of 80 samples 72.5% of samples have inadequate knowledge regarding cataract, followed by 25% with moderately adequate knowledge and only 2.5% have adequate knowledge.

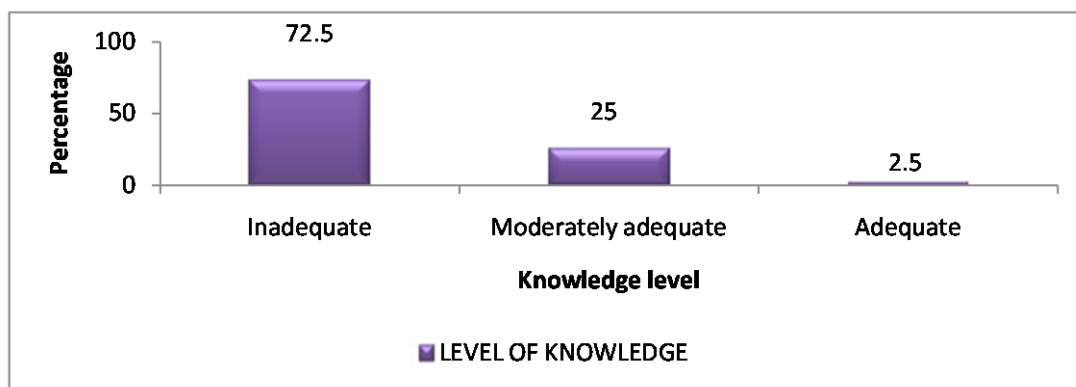


Figure 1: Percentage distribution of level of knowledge of adults on cataract

Table 2 Association of level of knowledge of adults on cataract with selected demographic variables. n=80

| S.No | Demographic variables | Level of knowledge | | | Calculated value | Tabulated value |
|------|-------------------------|--------------------|----------|----------|------------------|-----------------|
| | | Inadequate | Moderate | Adequate | | |
| 1. | Age | | | | 7.5238 | 5.99* |
| | a)40-45yrs | 14 | 9 | 2 | | |
| | b)46-50yrs | 44 | 11 | 0 | | |
| 2. | Gender | | | | 2.3 | 5.99(NS) |
| | a)Male | 18 | 9 | 0 | | |
| | b)Female | 40 | 11 | 2 | | |
| 3. | Religion | | | | 6.265 | 12.59 (NS) |
| | a)Hindu | 45 | 15 | 2 | | |
| | b)Christian | 11 | 4 | 0 | | |
| | c)Muslim | 2 | 1 | 0 | | |
| | d)others | 0 | 0 | 0 | | |
| 4. | Marital status | | | | 4.332 | 12.59 (NS) |
| | a)single | 2 | 0 | 0 | | |
| | b)married | 48 | 20 | 2 | | |
| | c)widow | 8 | 0 | 0 | | |
| | d)separated | 0 | 0 | 0 | | |
| 5. | Education | | | | 19.904 | 12.59* |
| | a)un educated | 9 | 1 | 0 | | |
| | b)primary school | 17 | 7 | 0 | | |
| | c)secondary school | 24 | 2 | 0 | | |
| | d)graduate | 8 | 10 | 2 | | |
| 6. | Occupation | | | | 18.357 | 12.59* |
| | a)unemployed | 18 | 2 | 0 | | |
| | b)coolie | 22 | 7 | 0 | | |
| | c)government | 6 | 4 | 2 | | |
| | d)private | 13 | 6 | 0 | | |
| 7. | Income | | | | 10.432 | 12.59 (NS) |
| | a)<5000 | 11 | 1 | 0 | | |
| | b)5001-10000 | 28 | 8 | 0 | | |
| | c)10001-15000 | 8 | 3 | 0 | | |
| | d)>15000 | 11 | 8 | 2 | | |
| 8. | Locality | | | | 3.144 | 5.99 (NS) |
| | a)urban | 29 | 14 | 2 | | |
| | b)rural | 28 | 7 | 0 | | |
| 9. | Dietary pattern | | | | 0.3305 | 5.99 (NS) |
| | a)vegetarian | 7 | 2 | 0 | | |
| | b)non vegetarian | 51 | 18 | 2 | | |
| 10. | Eye problem | | | | 0.8512 | 5.99 (NS) |
| | a)yes | 11 | 5 | 0 | | |
| | b)no | 47 | 15 | 2 | | |
| 11. | Information on cataract | | | | 1.765 | 5.99 (NS) |
| | a)yes | 8 | 5 | 0 | | |
| | b)no | 50 | 15 | 2 | | |

Note: Statistically significant -*p<0.05, NS-not significant

Table 2 shows that there is a significant association between the level of knowledge of adults on cataract with the demographic variables (age, education and occupation.)

The first objective was to assess the level of knowledge on cataract among adult patients attending selected outpatient departments of PSG hospitals.

In the present study which was done to assess the awareness on cataract among adult patients shows 72.5% have inadequate knowledge, 25% have moderately adequate knowledge and 2.5% have adequate knowledge.

A Study was conducted among 384 adults over 40 yrs of age in the city of

Makkah, Saudi Arabia, in September 2011, to assess the knowledge regarding cataract. [7] Most of them (72.4%) did not know that cataract is an increase in the opacity of the lens and 78% did not know that cataract can lead to blindness. Almost two-thirds of them (65.9%) did not know that it is treated surgically when it affects vision. The study concluded that the participants possessed poor knowledge about cataract. This is in consistent with our study finding as only 2.5% had adequate knowledge on cataract.

The second objective was to find out the association between levels of knowledge of adults on cataract with their selected demographic variables.

The study findings showed that there is a significant association between knowledge level of adults on cataract with (age, education and occupation)

A study was conducted in rural district hospital Mookambikamodi Eye Hospital Akshara Eye Foundations of Tumkur, Karnataka. [8] The sample selected for study was about 50 clients attending the eye department. The objective of the study was to assess the association between knowledge level of samples on cataract with demographic variables such as age, religion, type of family, occupation, total family income and food habits. The study reveals that the clients had inadequate knowledge on cataract and there is no association between the knowledge level and selected demographic variables.

This is contradictory to our study where there is a significant association between the level of knowledge of adults on cataract with selected demographic variables like age, education and occupation.

CONCLUSION

The study was conducted to assess the awareness on cataract among adult patients attending selected outpatient departments of PSG Hospitals, Coimbatore. The study findings showed that about 72.5% of adults had inadequate knowledge on awareness on cataract. This gave an insight to the investigator that more awareness need to be imparted to the adult population to manage the symptoms, identify the early

signs of cataract and prevent complications of cataract.

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