

Knowledge and practice regarding multi-dose eye drop usage among glaucoma patients

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Glaucoma is one of the leading causes of global irreversible blindness. Majority of the people with glaucoma are treated with eye drops. Good knowledge and practices on eye drop usage is important in glaucoma management. This study aims to assess the knowledge and practice regarding multi-dose eye drop usage in glaucoma patients. A descriptive cross-sectional study was conducted among 247 glaucoma patients in the eye clinic in Teaching Hospital, Jaffna during June to July 2019. An interviewer-administered validated questionnaire was used to collect information about socio-demographic factors, knowledge and practice regarding eye drops usage. The collected data was presented using descriptive statistics. Out of 247 participants, 61.5% (n=152) were females. Only 18.2% (n=45) of participants knew that eye drops should be stored in a cool and dry place. Nearly 78% (n=87) of participants believed that two eye drops couldn't be instilled back to back. Nearly 6.5% (n=16) of participants believed medicine could be discontinued without asking the doctor once the symptoms relieved. Only 4.9% of the participants washed their hands before instillation. Only 2.0% of patients press dacryocyst area for 1 minute after instillation. Only 13.4% of participants showed adequate knowledge and only 2.0% showed good practice. This study revealed that the majority of participants had poor knowledge and poor practice regarding eye drop usage. Patients need better education and detailed information about eye drop and its administration. This would help to increase the efficacy of antiglaucoma therapy.

Keywords: glaucoma, knowledge, practice and instillation

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