

A Study to Assess the Knowledge on Prevention and Management of Senile Cataract among Older Adults

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ABSTRACT

Cataract is a serious eye disease accounts for the major cause of blindness globally. It is characterized by the loss of transparency and opacification of eye lens; an opaque lens scatters the light as it passes through it and prevents the sharpness of the image in the retina and vision becomes blurred. This study is intended to assess the knowledge on prevention and management of senile cataract among older adults, to determine the association on prevention and management of senile cataract among older adults and to association between frequency and distribution of demographic variable with knowledge on prevention and management of senile cataract among older adults. Descriptive design was adopted for this study with sample size of 30. Convenient sampling technique was adopted for the study. The semi structured questionnaire was used for data collection of socio demographic variable and checklist questionnaire for assessing the knowledge on prevention and management of senile cataract among older adults.

Key Words : Senile cataract, Knowledge, Prevention, Management

INTRODUCTION

Cataract is defined as the loss of lens transparency because of opacification of the lens. Based on the causes, cataracts can be classified into age-related cataracts, paediatric cataracts, and cataracts due to other causes. Age-related cataract is the most prevalent type in adults, with the onset between age 45 to 50 years, while in children hereditary and metabolic causes are most common. Cataracts occur more frequently in low to medium socioeconomic background individuals, and therefore more common in developing countries. Cataract is a serious eye disease accounts for the major cause of blindness globally. It is characterized by the loss of transparency and opacification of eye lens; an opaque lens scatters the light as it passes through it and prevents the sharpness of the image in the retina and vision becomes blurred. Cataract genesis is associated with numerous factors acting over many years. The major reason lies behind the formation of cataract is the damage induced by free radicals, reactive oxygen/ nitrogen species to the

crystalline lens. In this review, we have discussed the different events and mechanisms associated oxidative damage in the lens that gives rise to cataract genesis, the present treatment procedures and management of cataract.

Need for the study:

Cataract has remained the major cause of blindness over the years. Approximately 45 million people are blind worldwide, out of which cataract accounts for 17.6 million (39%) cases. South East Asian region contributes to 50-80% of all blindness.

Most of the bigger states in the country have already achieved a CSR of > 4000 per million populations. The states of Gujarat (8440), Pondicherry (7440), Tamil Nadu (5920) Andhra Pradesh (5260), Delhi (5090), Punjab (4950), Maharashtra (4840), Karnataka (4560) and Haryana (4180) have already gone past the recommended norm for Vision 2020: the right to sight. 10 In view of this encouraging performance, it is very likely that the entire country can achieve a CSR of 6000

+ per million population by 2020. This increased performance will reduce the prevalence of blindness and severe visual impairment in the country as half the blindness in India is attributable to cataract.

Objectives:

1. To assess the knowledge on prevention and management of senile cataract among older adults.
2. To determine the association on prevention and management of senile cataract among older adults.
3. To association between frequency and distribution of demographic variable with knowledge on prevention and management of senile cataract among older adults.

METHODOLOGY

Research design:

Qualitative descriptive method was chosen to assess the knowledge on prevention and management on senile cataract among older adults.

Setting:

The study was conducted in Dharmapuri district among older adults.

Target population:

In this study population refers to all older adults above aged 40 years.

Sample:

The sample size was 30 older adults willing to participate.

Sampling technique:

Non probability, convenient sampling technique was used to collect the data from the sample.

Criteria for sample technique:

Inclusion criteria :

- Adults aged above 40 years.
- Adults who are willing to participate.

Exclusion criteria :

- Adults below 40 years.
- Adults who are not willing to participate.

Ethnical consideration:

Has got ethnical clearance being obtained from the

Dharmapuri village leader.

Method of data collection:

The tool used for this study consist of two parts. They are describe below.

Section - A:

This section deals with the demo graphical characteristics of senile cataract among older adults.

Section - B:

It consists of check list questionnaires method to assess the knowledge on prevention and management of older adults.

Score interpretation:

- 1 - 10 inadequate knowledge
- 10 - 15 moderate knowledge
- 15 - 20 adequate knowledge

Duration of data collection:

The main study was conducted in Dharmapuri during the period 02.02.2018 to 15.02.2018. The investigator got permission from the head of the town. Data was collected using structured questionnaire. Thirty samples were selected for the study. The purpose of the study was explained to the samples. Demographic profile was collected and was assessed using structured questionnaire which consists of 10 questions.

RESULTS AND DISCUSSION

Table 1 shows that out of 30 samples, in aged 40-60 years 18 member 60% and in aged 60-80 years 12 members 40%, in education are 11 samples (36%) are illiterate, 8 samples (26%) are studying 1st-7th std (primary), 8 samples (26%) are studying 8th-12th std (secondary), 3 samples (10%) are graduate, 14 samples (46%) are employed, 16 samples (53%) are unemployed, 30 samples (100%) are married, there are 19 males (63%) and females are 11 members (36%) are relative in this study.

Fig. 1 shows that among 30 samples, 10 samples (33.3%) had in-adequate knowledge, 11 samples (36.6%) had Moderate knowledge, 9 samples (30%) had a adequate knowledge on prevention and management of senile cataract among older adults.

Table 2 shows that in association between the level of knowledge on prevention and management of senile

Table 1 : Frequency and percentage distribution of demographical variables among older adults

Demographic variables	Frequency(f)	Percentage (%)
1.Age in year		
a) 40-60 years	18	60%
b) 60-80 years	12	40%
2) Education		
a) illiterate	11	36%
b) Primary	8	26%
c) Secondary	8	26%
d) Graduate	3	10%
3) Occupation		
a) Employment	14	46%
b) Unemployment	16	53%
4) Marital status		
a) Married	30	100%
b) Unmarried	0	0%
5) Gender		
a) Male	19	63%
b) Female	11	36%

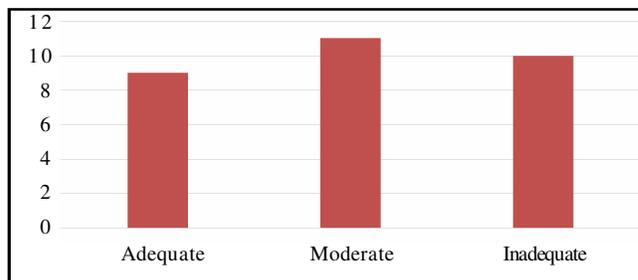


Fig. 1 : Assess the knowledge on prevention and management of senile cataract among older adults

cataract among older adults with selected demographical variables. The significant variable of Age and education, Non-significant variable of occupation and gender.

The first objective of the study was to assess the demographic variable of older adults shows that out of 30 samples, in aged 40-60 years 18 member 60% and in

aged 60-80 years 12 members 40%, in education are 11 samples (36%) are illiterate, 8 samples (26%) are studying 1st-7th std (primary), 8 samples (26%) are studying 8th-12th std (secondary), 3 samples (10%) are graduate, 14 samples (46%) are employed, 16 samples (53%) are unemployed, 30 samples (100%) are married, there are 19 males (63%) and females are 11 members (36%) are relative in this study.

The second objective of the study was distribution of frequency and percentage of knowledge on prevention and management of senile cataract among older adults. Table 2 shows that among 30 samples, 10 samples (33.3%) had in-adequate knowledge, 11 samples (36.6%) had Moderate knowledge, 9 samples (30%) had a adequate knowledge on prevention and management of

Table 2 : Association between frequency and distribution of demographic variable with knowledge on prevention and management of senile cataract among older adults

Demographic variable	In-adequate		Moderate		Adequate		Chi-square test value
	N	P%	N	P%	N	P%	
1. Age in Year							
a) 40-60	6	20	6	20	5	16	X ² =2.348
b) 60-80	4	13	5	16	4	13	Df=2
P= 3.46 (S)							
2. Education							
a) Illiteracy	3	10	4	13	2	6	X ² =1.312
b) Primary	2	6	3	10	4	13	Df=4
c) Secondary	4	13	2	6	1	3	P=6.41
d) Graduate	1	3	2	6	2	6	(S)
3. Occupation							
a) Employment	4	13	5	16	4	13	X ² =23.43
b) Unemployment	6	20	6	20	5	16	Df=2
P=3.46 (NS)							
4. Gender							
a) Male	7	23	8	26	4	13	X ² =65.54
b) Female	3	10	4	13	2	6	Df=4
P=6.54 (NS)							

senile cataract among older adults.

The third objective: Association between selected demographic variable with knowledge on prevention and management of senile cataract among older adults shows that in association between the level of knowledge on prevention and management of senile cataract among older adults with selected demographic variables. The significant variable of Age and education, Non-significant variable of occupation and gender.

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Conflict of interest:

The Authors declare no conflict of interest.

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