

## Knowledge Regarding Cataract Surgery among Cataract Patients Attending In District Hospital in Himachal Pradesh

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### Abstract

### Original Research Article

**Background:** Cataract is the leading cause of reversible blindness worldwide, and has impact on the mental illness of these patients. **Aim:** To study knowledge regarding cataract surgery among cataract patients. **Methods:** A total of 81 patients undergoing cataract surgery were enrolled at regional hospital, Bilaspur, (Himachal Pradesh). Sociodemographic variables and risk factors were collected. Knowledge-based questionnaire was administered to the study population. Data were presented as frequency and percentages. **Results:** All of the patients were aware about cataract surgery. 58% of the patients were not aware about the cause of cataract while 38% patients responded that aging was the reason of the cataract. 99% patients responded that cataract treatment is available and can be cured. All of the patients responded that cataract can lead to blindness. When asked if surgery is the best option, 85% patients responded that surgery is the most effective option for the treatment. 62% patients were not aware if the surgery is financially affordable. 42% of the patients had the information from internet while 22% patients received the information from health personnel including doctors, nurses, ASHA workers, Aganwadi workers etc. **Conclusion:** It is also recommended for researchers to conduct further similar studies in rural districts and consider different methods to include street adults and adults in firms to get more generalized results.

**Keywords:** Cataract, Surgery, Blindness.

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## INTRODUCTION

Cataract is considered the most significant cause of bilateral blindness in India [1, 2]. In India cataract has been reported to be responsible for 50-80% of the bilaterally blind in the country [1-6]. Recent data from the World Health Organization (WHO) shows that there is a 25% decrease in blindness prevalence in India [3]. This could be due to the increased cataract surgeries in the country.

The general health behavior of eye patients toward seeking timely care has been greatly attributed to the knowledge and attitude which they possess. Although Surgery to remove the cloudy lens and replace it with artificial lens (cataract extraction surgery) is the only effective treatment for cataract avoidable blindness, lack of knowledge and negative attitudes of cataract patients regarding cataract and its extraction is an important area of research because patients attitudes and such as fear, anxiety, cultural and religious believes, perceived cost, pain, accessibility and visual outcome after the procedure plays a significant role in preventing patient from seeking early

cataract intervention and prevents those who had surgery from coming for the second eye [4].

Hence, the present study was aimed to evaluate knowledge regarding cataract surgery among cataract patients at Regional hospital, Bilaspur (Himachal Pradesh).

## PATIENTS AND METHODS

This observational study was conducted from September 2018 to Aug 2019 at regional hospital, Bilaspur, Himachal Pradesh. Patients scheduled for cataract surgery were included in the study. Those refused to participate in the study were excluded.

Questionnaire on knowledge of cataract patients regarding cataract were administered to collect data. The English questions were translated into local language while administrating questions to the patients.

Data were presented as frequency, percentage, and mean.

## RESULTS

### General Characteristics

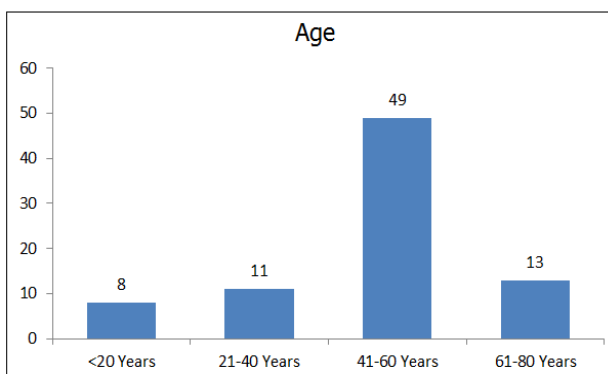
Out of 81 patients, majority of the patients (60.5%) aged between 41 and 60 years. There were only 9.9% patients aged below 20 years. 65% of the patients were males. Male to female ratio was 1.89:1.

37% patients had secondary level of education while only 3% of the patients were graduated. 17% of the patients were student while 42% of the patients were unemployed. 81.5% of the patients were married. 99% of the patients belonged to rural areas (Figure 1-6).

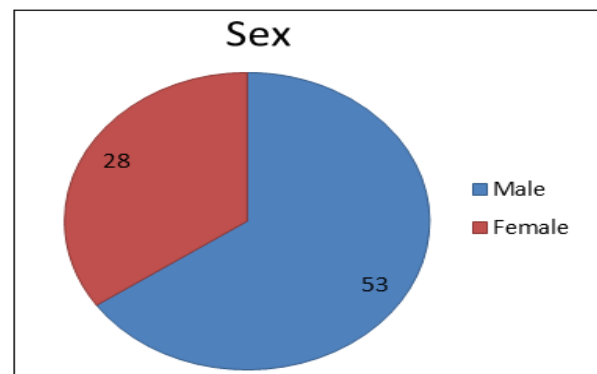
**Table-1: Knowledge of study participants regarding cataract surgery**

Questionnaire	Frequency	Percentage
<b>Do you have previous knowledge about cataract surgery</b>		
Yes	81	100
No	0	0
<b>What are the causes of cataract</b>		
Increasing age	31	38.27
Smoking	1	1.23
Excess physical work	1	1.23
Malnutrition	1	1.23
I am not aware	47	58.02
<b>Is Cataract is curable</b>		
Yes	80	98.77
No	1	1.23
<b>Can cataract leads to blindness</b>		
Yes	81	100
No	0	0
<b>Is surgery effective solution for cataract?</b>		
Yes	69	85.18
No	12	14.82
<b>Cataract surgery is financially affordable?</b>		
Yes	15	18.51
No	16	19.75
I don't know	50	61.72
<b>Whatever knowledge you have gained about cataract surgery. Who provided such information to you?</b>		
Newspaper	5	6.17
Internet	34	41.97
Television	13	16.05
Family and Friends	11	13.58
Health Personnel	18	22.22

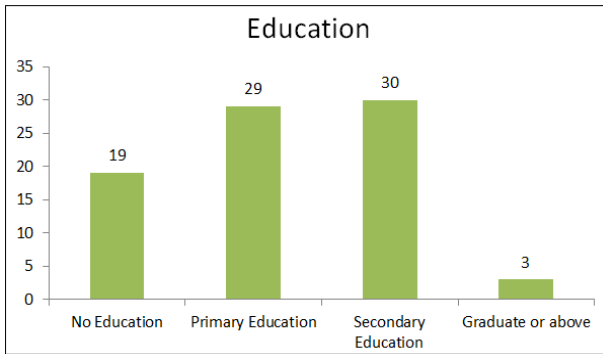
Data expressed as frequency and percentages



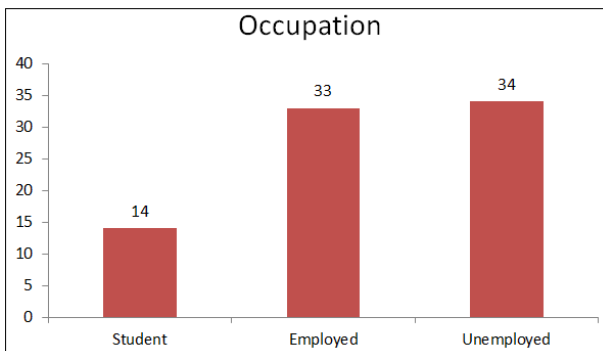
**Fig-1: Age distribution of the study population. Data expressed as frequency**



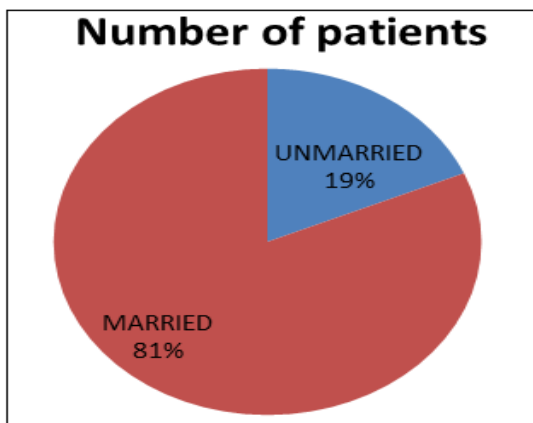
**Fig-2: Distribution of patients on the basis of sex. Data expressed as frequency**



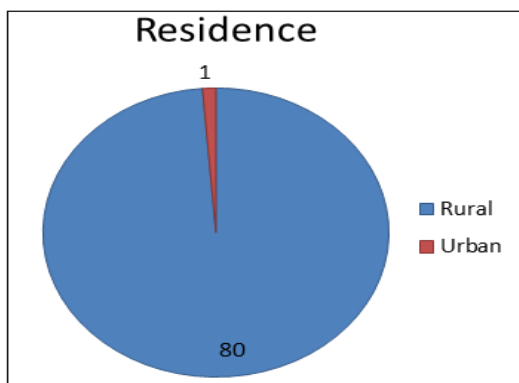
**Fig-3: Distribution of patients on the basis of education. Data expressed as frequency**



**Fig-4: Distribution of patients on the basis of occupation. Data expressed as frequency**



**Fig-5: Distribution of patients on the basis of Marital Status. Data expressed as frequency**



**Fig-6: Distribution of patients on the basis of residence. Data expressed as frequency**

**Knowledge of Cataract Surgery**

All of the patients were aware about cataract surgery. 58% of the patients were not aware about the cause of cataract while 38% patients responded that aging was the reason of the cataract. 99% patients responded that cataract treatment is available and can be cured. All of the patients responded that cataract can lead to blindness. When asked if surgery is the best option, 85% patients responded that surgery is the most effective option for the treatment. 62% patients were not aware if the surgery is financially affordable. 42% of the patients had the information from internet while 22% patients received the information from health personnel including doctors, nurses, ASHA workers, Anganwadi workers etc.

**DISCUSSION**

There is always a definite need for better quality of information, education and communication on eye care to reach the public so that the existing facilities can be availed. In our study, 76% of the patients aged more than 40 years. Age is one the most important factors for cataract as suggested earlier [5].

According to a survey, 80% reported aging, 47.1% blamed overusing the eye in the work place or at home, 7.1% believed that they had cataract due to smoking of spell. Of the associated answers, 94.1% referred to blurred vision in peoples suffering from cataract, 72.4 thought the person may become blind, and 66.5% believed that the patients suffering from cataract are depressed because they cannot see. Regarding surgery, 28.8% were afraid of undergoing surgery, of those 16.3% cited with the fear of dying during surgery, 55.1% thought they may become blind, 40.8% believed the surgery will be painful, and 8.2% follow religious practice that forbid surgery [6].

Interestingly, in our study, all of the patients were aware about cataract surgery. 58% of the patients were not aware about the cause of cataract while 38% patients responded that aging was the reason of the cataract. 99% patients responded that cataract treatment is available and can be cured. All of the patients responded that cataract can lead to blindness. 85% patients responded that surgery is the most effective option for the treatment. 62% patients were not aware if the surgery is financially affordable. 42% of the patients had the information from internet while 22% patients received the information from health personnel. In our patients, knowledge could be higher due to increasing awareness by Government agencies and other societies.

In a study by Aliyu *et al.*, highest proportion of the study respondents (66.7%) had previous knowledge about cataract and 33.3% had never heard the word cataract before which is a reflection that they have prior knowledge of the word cataract, also majority (43.3%) of the respondents don't know the cause of cataract, followed by 41.7% who believe cataract is due to

ageing while others were reflected in the table. With regard to the knowledge of whether cataract is treatable/or preventable, 95% of the respondents believe that cataract is treatable /preventable [7].

In a study by Bhagwan *et al.*, 90.1% cases were aware about cataract; major source of knowledge being peer groups/ relatives (73.73%). 57.58% cases related it to old age and preferred treatment from, allopathic doctors (57.11%) [8].

Several previous studies revealed that there was a gap in knowledge regarding cataract in developing and some developed countries. These studies also considered age, literacy, residency, marital status, previous exposure for eye care services, and other socio-economic variable as determinant for knowledge concerning to cataract.

## CONCLUSION

Significant portion of the participants had good knowledge about cataract. It is recommended for national and regional ministry of health offices to organize different health education programs focusing on risk factors and different prevention methods. It is also recommended for researchers to conduct further similar studies in rural districts and consider different methods to include street adults and adults in firms to get more generalized result.

**Conflict of interest:** All authors declare that they have no conflict of interest.

**Financial disclosure:** None.

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