



**THE MOST COMMON CAUSES OF VISUAL IMPAIRMENT IN THE
UNIVERSITY OF LAHORE TEACHING HOSPITAL.**

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Abstract:

Purpose: To evaluate the most common causes of visual impairment in the University of Lahore teaching hospital Lahore.

Material and Methods: A total number 114 patients were seen at The university Of Lahore teaching hospital Lahore, Lahore from October 2019 to December 2019, their data was obtained from the ophthalmic outpatient attendance register. Their records were analyzed for data according to age, sex and clinical diagnoses made after detailed fundus evaluation. Data was entered and analyzed for simple frequency using SPSS version 25.

Results: A total number of 114 patients were included with a male 55.2% and females 44.8% and 12.7% were children presented in The university of Lahore teaching hospital Lahore, Lahore. Above table shows that the Error of refraction effected 30.7% of the patients examined. Cataract was the most common disorder seen affecting 26.3% of these patients. Eyelids disease affected 11.4% and squint 11.4%. The rest of the conditions were glaucoma 0.6%, corneal opacity 0.5%, diabetic retinopathy 0.8%.

Conclusion: It is concluded that the survey provides reliable estimates of the causes of blindness and visual impairment in Somalia. Despite expanded surgical services, cataract still accounts for over half of the cases of blindness in The university Of Lahore teaching Hospital, Lahore. One in eight blind adults has visual loss from sequelae of cataract surgery. Services for refractive errors, squint surgery, diabetic retinopathy, corneal opacities need to be further expanded and integrated into eye care services, particularly those serving rural populations.

INTRODUCTION:

The pattern of ocular disease vary from area to area, relying upon the improvement of location and humans awareness, so essentially comprehensive learn about of eye disease or hassle are very important simply due to the fact some eye circumstance or sickness are simply purpose the minor hassle which lead to few days, however some eye condition such as trachoma, glaucoma, cataract, corneal opacity and many different contamination which may additionally lead to

blindness Trachoma a contagious bacterial contamination of the eye, causing infected granulation on the inner floor of the lids. Glaucoma condition of extend pressure within the eyeball, causing gradual loss of Brightness. Though in accordance to WHO new definition of glaucoma, make bigger stress in not the primary sign for glaucoma.¹

Cataract is the clouding of the eye's natural lens. It is the most common reason of imaginative and prescient loss in humans over age forty and is additionally the essential cause of blindness in the world. Corneal opacity is a disease of the cornea.² Cornea is the obvious shape on the front of the eyeball. Corneal opacity takes place when the cornea turns into scarred. This stops mild from passing via the cornea to the retina and may purpose the cornea to appear white or clouded over.³ Refractive error, also regarded as refraction error, is a hassle with focusing mild accurately onto the retina due to the structure of the eye. The most frequent sorts of refractive error are near-sightedness, far-sightedness, astigmatism, and presbyopia.⁴

Allergic conjunctivitis is an eye inflammation caused by using an allergic reaction to components like pollen or mildew spores. The internal of your eyelids and the masking of your eyeball have a membrane referred to as the conjunctiva. The conjunctiva is inclined to infection from allergens, particularly at some stage in hay fever season.⁵

Infective conjunctivitis is an infection of the thin skin (the conjunctiva) on the front of the eye. It is very common and frequently begins in one eye however then spreads to the other. It might also be viral or bacterial. Viral conjunctivitis is incredibly contagious acute conjunctival infection generally brought about through adenovirus. Symptoms encompass irritation, photophobia, and watery disc. The most frequent kinds of microorganism that causes bacterial conjunctivitis consists of Staphylococcus aureus, hemophilic influenza, Streptococcus pneumoniae and Pseudomonas aeruginosa. Bacterial conjunctivitis usually produces a thick eye discharge or pus and can have an effect on one or each eyes.⁶

However, the trend of eye situation differs all over the world and no indomitable it's radically affected by geographic of a community, socio-economic repute of human beings or community, subculture and racial. If we categories the eye disorder all over which basically effect the people are cataract, glaucoma, conjunctivitis, corneal ulcer, uveitis, refractive error and pterygium.⁷ Pterygium is increase of the conjunctiva or mucous membrane that covers the white part of your eye over the cornea. The cornea is the clear the front covering of the eye.⁸ This benign or noncancerous increase is often shaped like a wedge, it's in general effect the human beings of heat place. The most common eye disease considered among the sufferers who are attending ophthalmic offerings in developing and developed place round the two Somalia are conjunctivitis generally in summer season patient come with allergic infection, cataract two 70 existing patients above 40 come with hazy lens, presbyopia [above 40, 98 percent patient are

presbyopes if they are now not myopic , refractive error , blepharitis, glaucoma, pterygium, squint and corneal opacity.⁹

From Benin City (Nigeria) stated refractive errors, conjunctivitis, cataract, and glaucoma to be the common eye diseases. The retinal ailment had a low precedence in the prevention of blindness applications in growing countries in the main due to the fact retinal diseases have been regarded an distinct motive of blindness in the creating world. In spite of the effort and rate concerned in obtaining highly-priced gear and developing expert human resource for retinal subspecialty, failure in justifying the cure outcomes of retinal sickness has also contributed to the improvement and strengthening of this assumption.¹⁰

The aim of this study about is to analyze the distinctive eye circumstance and irritation at initiating eye clinic and compare to the finding with previous studies in the unique area. It is hoped that this study will show the trend of ocular morbidities in our environment and help to provide simple facts for planning and provision of ample eye care services, excellent treatment and intervention for these problems.¹¹

RESULTS:

TABLE NO.01

AGE DISTRIBUTION

AGE DISTRIBUTION.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0-15	24	21.1	21.1	21.1
	16-38	40	35.1	35.1	56.2
	39-60	50	43.8	43.8	100.0
	Total	114	100.0	100.0	

EXPLANATION

Above table no.1 shows that out of 114 patients includes in my study 24(21.1%) patients having age 0 to 15 years and 40(35.1) have age 16 to 38 years old and remaining 50(43.8%) have age 39-60 to 45 years old.

TABLE NO.2

GENDER

	Frequenc y	Percent	Valid Percent	Cumulative Percent
Female	63	55.2	55.2	55.2
Valid Male	51	44.8	44.8	100.0
Total	114	100.0	100.0	

Above table no.1 shows 114 patients were involved in study. Out of 114 patients 63(55.2%) were females and 51(44.8 %) were males.



TABLE.NO.3

MOST COMMON DISEASE DISTRIBUTION					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	R. E	35	30.7	30.7	30.7
	EYELID DISEASE	13	11.4	11.4	11.4
	CATARACT	30	26.3	26.3	26.3
	SQUINT	13	11.4	11.4	11.4

MOST COMMON DISEASE DISTRIBUTION					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	GLAUCOMA	7	0.6	0.6	0.6
	CORNEAL OPACITY	6	0.5	0.5	0.5
	DIABETIC RETINOPATHY	10	0.8	0.8	100.0
	TOTAL	114	100.0	100.0	

EXPLANATION

Above table shows that the Error of refraction effected 30.7% of the patients examined. Cataract was the most common disorder seen affecting 26.3% of these patients. Eyelids disease affected 11.4% and squint11.4%. The rest of the conditions were glaucoma 0.6%, corneal opacity 0.5%, diabetic retinopathy 0.8%.

DISCUSSION:

In Somalia, Sudan and other African countries studies carried out on the pattern of ocular sickness in adults and young people have been displaying that refractive errors, allergic, infective conjunctivitis, cataracts glaucoma, uveitis and pterygium are most common eye diseases considered amongst the patients.^{12,13} According to a study which is carried out in Somalia primary health care centers at district level, which learn about showed that only 1.8% of the affected person visits in the selected 14 most important fitness centers had been for eye diseases. Both absolute and relative number of eye consultations at this level is disturbingly low no matter the reality that Somalia has a huge burden of each imaginative and prescient and non-vision impairing eye conditions at the populace level. For example, a find out about two of 1670 human beings conducted, aimed to decide the burden of non-vision-impairing ocular situation in a village of Chakwal district published that the occurrence of non-vision impairing ocular alone was once 30.6% (306/1000 population).¹⁴ Even after the exclusion of presbyopia, NVIC accounted for 14.6% of NVICs. two The foremost NVIC at the neighborhood degree in that learn about had been allergic conjunctivitis (3.7%), bacterial conjunctivitis (3.5%), pterygium/pinguicula (2.6%) and acute/chronic dacryocystitis.¹⁵ According to cause of blindness in nigeria survey almost seventy five% of men and women who have been blind had purpose which must treat and >ninety% of sufferers had treatable motives of visible impairment.¹⁶ The maximum essential treatable motives of blindness had been unoperated cataract and glaucoma (7.1%), others reason refractive mistakes (2.7%) and diabetic retinopathy (zero.2%). In the 1990 study⁴ cataract accounted for sixty six.7% of blindness, however the contemporary survey located unoperated cataract accounting for 51.Five%. It is no longer possible to evaluate statistics for cataract between these research directly, as unique age corporations had been used, however the decided cut price nearly absolutely represents actual discount, given the massive-scale amplify in cataract surgical provider delivery in Nigeria.¹⁷ However, the locating that during spite of this amplify nearly 1 in 10 adults in Nigeria have been visually impaired (<6/12) due to unoperated cataract highlights the significance of persevered assist of the NCPB for extending cataract surgical services in Nigeria.¹⁸

In central Ethiopia a thorough find out about has been conducted on the pattern of ocular morbidity in children, in this survey, >12% of blindness turned into due to the most not unusual ocular morbidity encountered was once conjunctivitis (35%), then ocular trauma (eleven.Eight%), refractive mistakes (eleven.4%) and trachoma (7.6%). Bilateral visible impairment (UCVA < 6/18 in the better eye) was positioned in 119 kids, and the reasons have been refractive mistakes (47.1%), keratitis/corneal opacity (sixteen%), amblyopia (14.Three%), ocular trauma (11.8%), cataract (6.Three%), Glaucoma (2%) and uveitis (2%).

The maximum common youth ocular illnesses diagnosed in 2010 in kids south west Ethiopia were ocular surface and eyelid infections (30.5%), ocular allergic reactions (28.1%), ocular traumas and accidents (15.5%) and refractive errors (5.8%). Avoidable eye sicknesses accounted for approximately 97% of ocular morbidities. The difference among the end end result may be due fact that alternate surroundings from one region to specific region.¹⁹

Errors of refraction are the cause of blindness in one quarter of blindness and 1/2 of of low imaginative and prescient. Where affected individual introduced with refractive blunders of greater than 2 to three diopters glasses were prescribed.

Diseases of the lens become as soon as one of the vital categories of the diseases encountered inside the health facility with cataract being the fundamental component, keeping in thoughts that the patients are filtered out before they attain the eye hospital. Cataract surgical treatment is one of the maximum low in price public health interventions, but many people everywhere in the global are blind absolutely from cataract. In this setup, there are numerous reasons, as many of the sufferers taken into consideration at the health facility belonged to lower socioeconomic popularity and lots of come from far off regions. Countless mother and father consider that congenital blindness, no matter the motive is untreatable and therefore by no means are looking for help. Fear of the dad and mom plays a critical function for no longer bringing Patients to the health facility. Fear generally revolves round surgical operation in any such young little one and worry of the child loss of life in the course of the operation.²⁰

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