



## **TITLE: Investigating the influence of glaucoma on the quality of life among adult patients.**

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### **ABSTRACT**

Research exploring the influence of glaucoma on quality of life has gained momentum in recent years. Numerous studies have investigated the multifaceted aspects of quality of life in glaucoma patients, utilizing various assessment tools and methodologies. To determine the influence that glaucoma has on the quality of life among adult patients, a study was conducted at Kitwe Teaching Eye Hospital in Zambia. It was a cross-sectional study that was conducted from 30<sup>th</sup> June 2022 to 17<sup>th</sup> April 2023. It included 106 diagnosed glaucoma patients who were above the age of 55 years. Data was collected using validated 25-item National Eye Institute Visual Function Questionnaire (NEI VFQ-25).

The data was analyzed using SPSS version 26 and Microsoft Excel to present frequencies and percentages that generated graphical presentation. We found that 62% of the participants worry about their eye sight most of the time, 26% sometimes and 12% a little time. 9% of the participants had little difficulty to read ordinary prints, 14% moderate difficulties and 58% extremely difficult. 40% of the participants could drive despite glaucoma damaging their eyes while 60% could not. Majority of the patients said it was difficult noticing things around them while walking or sitting in one place. There was a significant difference between effects of glaucoma on patients and the existing relationship between glaucoma and quality of life (ANOVA,  $p = 0.019$  and (ANOVA,  $p = 0.023$ ).



This study has demonstrated the magnitude of impact that glaucoma has on the Quality of Life (QoL) in diagnosed patients and the relationship between glaucoma and the Quality of Life. Due to the progressive visual loss, the amount of activities these patients would perform is negatively affected especially where social and economic activities are concerned which also affects their monthly earnings for those living in middle to low-income countries. Therefore, social welfare and psycho-social institutions need to increase their support for these glaucoma patients.

## BIOGRAPHY

Paul Mwale is a final year masters student in the field of ophthalmology at Wuhan University. He has 2 long term four years fellowships in his field and a Masters degree in public health from texila American university among other qualifications. He has over 3 publications and all of them cited many times. He serves as a reviewer in many reputable journals.

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