

## **A study of the effect of Glaucoma and its management on the quality of life of patients.**

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### **Abstract:**

**Aim:** To study the effect of glaucoma and its management on the quality of life of patients having glaucoma. **Background:** Glaucoma has a serious impact on the quality of life of a large number of patients. The visual acuity and field loss due to glaucoma influence daily activities. Visual impairment has a significant impact on patient wellbeing which varies according to the stage of disease. Topical therapy is associated with a variety of adverse effects, caused either by the molecule or the preservative, subsequently influencing compliance, especially following chronic use. **Methods and Materials:** The study population comprised of 200 patients, having glaucoma and using at least one anti glaucoma medication, including men and women above 15 years. A structured validated questionnaire was used to collect data which was then analyzed into numbers and percentages. **Results:** Out of 200 patients, 39% patients had average eyesight, 31.5% had good eyesight, 19.5% had poor eyesight whereas 7.5% of patients were completely blind due to glaucoma. Sixty three percent patients had limitations in performing their daily activities. Ten percent patients had stopped driving a vehicle due to poor eyesight. Fifty eight percent patients experienced ocular side effects to topical drugs, 24% were tired of using their eye drops and 33% were dependent on others for drop instillation. **Conclusion:** Glaucoma can have a serious impact on a person's life across multiple domains. Information about this may help to tailor treatments and educate patients about the disease, its management and their resultant consequences.

**Keywords:-** Compliance, Glaucoma, Quality of life, Visual impairment.

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