

Evaluation of Drug Use with a Focus on Prostaglandin Analogues and Assessment of Medication Adherence and Quality of Life in Patients with Primary Open Angle Glaucoma: A Prospective Study at a Tertiary Care Eye Hospital.

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Abstract

Background: Glaucoma, a chronic, progressive and most often asymptomatic disease 2nd leading cause of irreversible blindness. Objectives: To study the drug use pattern in patients of Glaucoma, to evaluate the safety aspect with preservative or preservative free drugs, to evaluate quality of life using the National Eye Institute Visual Function Questionnaire (NEI-VFQ25) and to evaluate medication adherence using Glaucoma Treatment Compliance Assessment Tool (GTCAT). **Materials and Method:** Prospective observational follow up study was carried out for 18 months. IEC permission and Written Informed Consent from the patients were taken before hand. Patients above 18 years of age and of either gender and diagnosed with POAG and were on medication for past three months were included in the study. **Results:** In a total of 312 patients, POAG was prevalent in age group of 51-60 years. A total of 102 (32.7%) patients were on monotherapy while rest 210 (67.3%) were prescribed combination. Most commonly used preservative was Benzalkonium chloride. Bimatoprost caused a significantly higher mean percent reduction in IOP than Latanoprost and Travoprost, when compared to baseline values. The Bimatoprost had a significantly higher percentage of adverse events compared to the Latanoprost, but no significant difference found when compared to Travoprost. **Conclusion:** Travoprost was most frequently prescribed. Drugs containing preservative BAK were reported higher incidence of ocular side effects when compared to preservative free eye drops. Nearly half of the patients were adherent to their antiglaucoma medications.

Keywords: Adherence, Drug use pattern, Glaucoma Treatment Compliance Assessment Tool (GTCAT), NEI-VFQ-25, PG analogues, Quality of life