

Determination of various causes of visual impairment in patients seeking visual disability certificate at ophthalmology department at GIMS

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Abstract

Aims and objectives: To determine various causes of visual impairment in patients seeking visual disability certificate
Materials and methods: Patients seeking visual disability certificate at ophthalmology department GIMS from may 2014-may 2016 constituted the study group. The records of these patients (300 pts aged 6-70yrs) were analysed retrospectively for causes of blindness and percentage of blindness as per standard guidelines of social justice and empowerment
Results: The leading causes of blindness were Retinitis pigmentosa(60), corneal blindness(54), congenital ocular malformations(948), Uncorrected refractive errors(40), Glaucoma(38), Optic atrophy(25), Diabetic retinopathy(20), other causes(15)
Conclusion: Majority of ocular diseases Diabetes are preventable awareness should be created regarding regular ocular screening after 40yrs of age in cases of diabetes and glaucoma patients and awareness regarding consanguineous marriage and genetic counseling advised in Retinitis pigmentosa patients

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INTRODUCTION

Blindness is a global health problem and adversely impacts the productivity of the population. Some ocular diseases are treatable, such diseases if diagnosed early and promptly treated will prevent the person from going blind, while there are few diseases like Retinitis Pigmentosa that are not treatable and will lead to permanent blindness. The Permanent Visual impairment affects not only the individual but his / her family and society also. The major causes of blindness vary from

region to region and are determined to a greater extent by level of development of health services in the country, economic status and lifestyle of population. The Certification of blindness is a part of rehabilitation, the visual disability certificate is based on standard guidelines by Ministry of Social Justice and Empowerment. As per the guidelines the minimum degree of disability should be 40% or above for an Individual to be eligible for any concession of benefit.

OBJECTIVES

To determine various causes of Visual impairment in patients seeking visual disability certificate at ophthalmology department GIMS.

MATERIALS AND METHODS

Patients seeking for disability certificate at Ophthalmology department GIMS, from May 2014 – May 2016, constituted the study group. The records of these patients (300 aged between 6-70 years) were analyzed retrospectively for the cause of blindness and percentage of disability as per standard guidelines Table 1

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Table 1: Categories of visual disability

Best corrected visual acuity in better eye	Best corrected visual acuity in worse eye	Percentage of impairment
6/18 – 6/36	6/60 to Nil	40
6/60 – 4/60 or field of vision 10-20	Finger counting at 1 feet	75
3/60 -1/60	Finger counting at 1 feet to Nil	100
Finger counting at 1 feet to nil or field of vision 10	Finger counting at 1 feet to nil or field of vision 10	100

Examination included were detailed medical history, examination of visual status for both distant and near vision by Snellen’s Chart.-Anterior segment examination by slit lamp and posterior segment examination by Indirect Ophthalmoscopy and slit Lamp Biomicroscopy with 90D.-IOP with Applanation Tonometry and visual field analysis were done wherever necessary.

RESULTS

300 patients aged between 6-70 yrs were included. There were 180 males (60%) and 120 females (40%), the gender difference was significant. The leading causes of blindness were Retinitis Pigmentosa (60) , Corneal blindness (54) ,Congenital Ocular Malformation (48) , Uncorrected refractive errors (40) , Glaucoma (38) , Optic atrophy (25) ,Diabetic Retinopathy (20), Other causes (15).

Table 2: No of cases

Retinitis Pigmentosa	60
Corneal Opacity	54
Congenital Malformation	48
Uncorrected Refractive Errors	40
Glaucoma	38
Optic Atrophy	25
Diabetic Retinopathy	20
Others	15

The percentage of visual disability among different age groups were analysed ,20% of diseased were below 15yrs, and around 58% were between 15-50yr and 22% were between 50-70yrs.

Table 3:

< 15 yrs	20 %
15-20 yrs	58%
50-70yrs	22%

Retinitis Pigmentosa was the leading cause of blindness among the patient seeking handicap certificate. It could be related to increased consanguinity.Corneal blindness was the second common cause , since majority of them had bilateral corneal opacity. Suggestion of Xeroophthalmia secondary to measles or malnutrition. Third commonest cause were congenital malformations, like microphthalmos, Anophthalmos, Complete Coloboma, Untimely treated congenital cataracts. Another two

avoidable causes of blindness, Glaucoma and Uncorrected refractive error with amblyopia constituted 3rd and 4th causes of blindness.

DISCUSSION

The WHO, estimates that 80% of visual loss is preventable or curative with treatment. These include corneal blindness corneal blindness due to Vitamin A deficiency, glaucoma and Diabetic retinopathy where regular screening, early diagnosis and prompt intervention will prevent blindness. In genetic diseases like Retinitis Pigmentosa and Leber’s hereditary optic atrophy, avoiding consanguinous marriage ad genetic counseling prevent blindness. There are few ocular diseases that are not treatable, and such diseases will lead to permanent blindness which will not only affect the individual with diasablith but also his/her family and also the society. Such patient with severe visual impairment benefit from visual rehabilitation charges in there environment and assistive devices.

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