

A Descriptive Study to Assess the Knowledge on Post Operative Self Care among Patients Undergoing Cataract Surgery at a Selected Tertiary Care Hospital

Lt Col Sweta Prasad¹, Lt Deepti Yadav², Lt Tanveer Kaur³, Lt Pinki⁴, Lt Kritika Tripathi⁵, Lt Soni Yadav⁶

¹MSc (Community Health Nursing), Lecturer, College of Nursing, Command Hospital, Central Command, Lucknow, India

^{2, 3, 4, 5, 6} BSc Nursing, College of Nursing, Command Hospital, Central Command, Lucknow, India

Abstract: **Background:** Cataract is lens opacity or cloudiness of the eye's natural lens. Cataract is the leading cause of blindness worldwide, accounting for visual loss in about 23 million persons. In India cataract ranks highest (62.6%)⁵ as a cause of blindness. Under WHO's mission 2020: Right to sight- India performs around 60 lakhs cataract surgeries per year to reduce national backlog of cataract.. Studies have shown that 82% of all people who are visually impaired are aged 50 and above have cataract and majority of the patients of this age group in India lack proper knowledge about self care after cataract surgery. **Objectives:** To assess the knowledge regarding postoperative care after cataract surgery among patients. To determine the relation of knowledge regarding post operative care after cataract surgery with selected socio demographic variables. **Methodology:** A descriptive study was conducted among 50 patients undergoing cataract surgery attending eye OPD of Command Hospital. Non probability purposive sampling technique was used and a semi structured questionnaire consisting of 34 questions was used. **Result:** The present study revealed that a total of 60%(30) respondents have good knowledge, 30%(15) have average knowledge and 10%(5) have poor knowledge. Majority(88%) of the respondents were above 51 years of age.. About 56% of elderly population lacked knowledge about correct technique of medication instillation, 72% didn't know that reading has no adverse effect on operated eye and about 80% knew, eye should be cleaned with boiled and cooled water and cotton swabs. **Conclusion:** The study revealed that majority of the patients were elderly and need proper education about various aspects of self care after cataract surgery.

Keywords: cataract, cataract and elderly, knowledge on self care after cataract surgery, cataract surgery

1. Introduction

Cataract derived from the Latin word cataract meaning "waterfall" ⁽²⁾. Cataract formation is a natural part of the eye's aging process. The history of cataract dates back to 3000 years. The earliest cataract operation was performed by the famous surgeon of ancient India, SUSRUTA. Globally blindness affects approximately 45 million people ⁽⁴⁾. Visual impairment caused by cataract has a major negative effect on the quality of older people's lives and can result in difficulty in activities of daily living ⁽⁵⁾. Unfortunately, hospital personnel often inaccurately assess patient's functional status and overestimate patient's knowledge regarding post operative self care activities after returning to their home. Incidences of complications vary from patient to patient. It depends on care of patients after cataract surgery, personal care and regular follow up visits. The surgical procedure has a 98% success rate. There is very little discomfort or inconvenience and patients can usually return home few hours after surgery.

2. Materials and Methodology

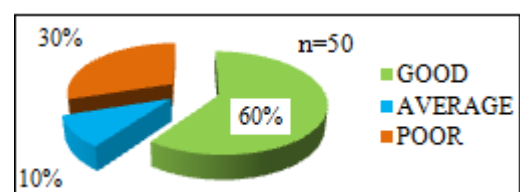
A descriptive study was conducted among 50 patients undergoing cataract surgery attending eye OPD of Command Hospital. Non probability purposive sampling technique was used and a semi structured questionnaire consisting of 34 questions was constructed and administered.

3. Results

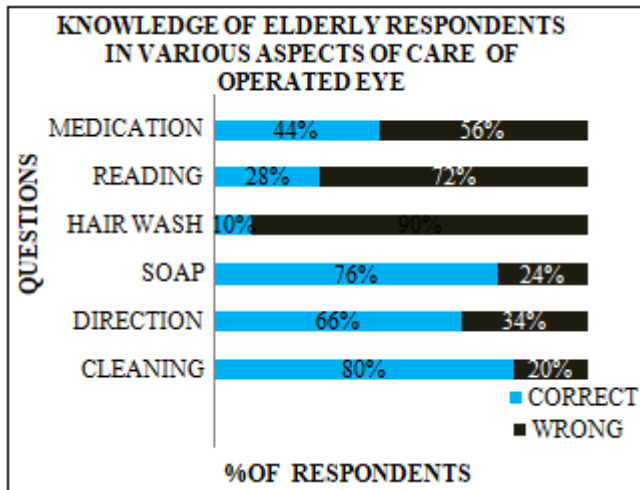
- 1) Among 50 respondents in the study, prevalence of cataract was more among people of age 61 and above that is 62%(31) and 26%(13) among respondents of age 51-60 years, remaining 10%(5) were between 41-50 years age and 2%(1) were between age 31-40 years.

Age In Years	No. of Respondents	Percentage
30-40	1	2%
41-50	5	10%
51-60	13	26%
>60	31	62%

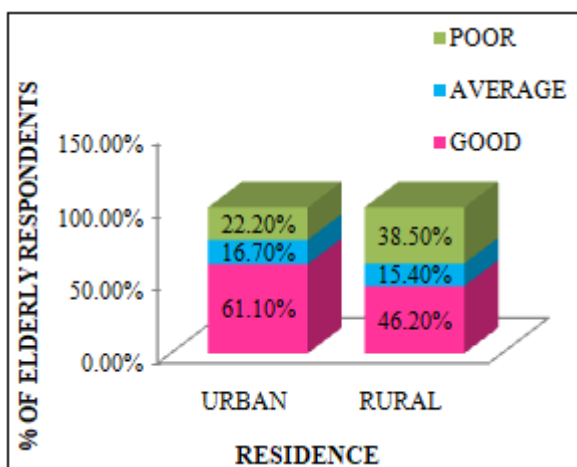
- 2) Among the 50 respondents majority of respondents that is 60% (30) respondents have average knowledge and 30% (15) have poor knowledge and 10% (5) have poor knowledge.
- 3) Measures of central tendency of knowledge score
 - Mean score of knowledge out of 27 is 15.66
 - Median score is 16
 - Modal score is 12
 - Standard deviation of knowledge score is 3.56



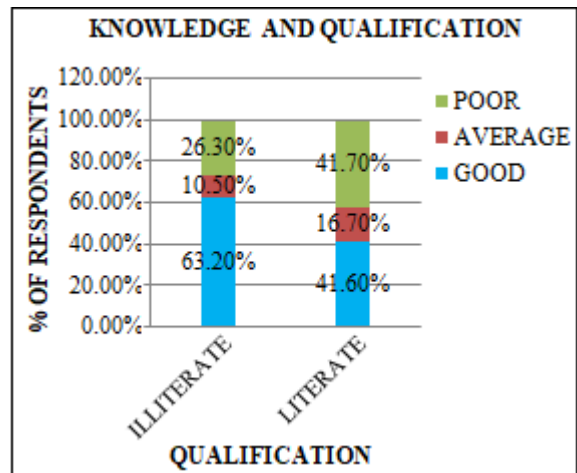
4) Majority (56%) of the population lacked knowledge about correct technique of medication instillation, 72% didn't know that reading has no adverse effect on operated eye and 80% knew eye should be cleaned with boiled and cooled water and cotton swabs however majority of them (76%) knew soap can be used for washing face after 1 week of surgery.



5) Approximately 61.1% elderly respondents were urban residents while only 46.2% were rural residents. The number of respondents with poor knowledge was more in rural population (38.50%) than in urban population (22.20%).



6) Among the elderly respondents, number of illiterate respondents (63.20%) with good knowledge was more as compared to literate respondents and at the same time number of literate respondents (41.7%) having poor knowledge was more than illiterate respondents.



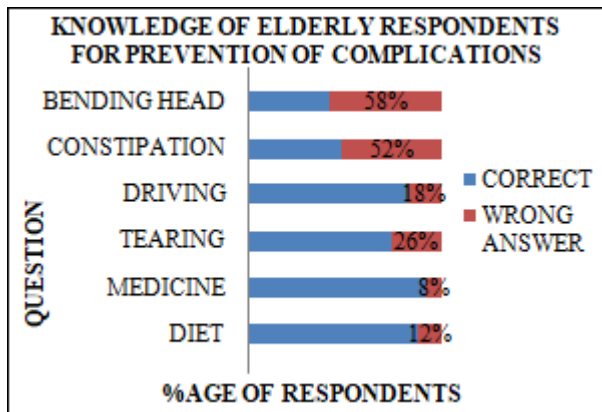
7) The knowledge of elderly respondents about cataract Majority of them (86%) answered that surgery is the best remedy of cataract and hospitalization is not necessary after cataract surgery(84%). 82% knew that dressing should be removed the next day of cataract surgery, while only (18%) had knowledge that there is no requirement of prolonged bed rest after cataract surgery.

Type of answer	Remedy of cataract	Need of hospitalization	Removal of dressing after surgery	Taking bed rest after surgery
Correct answer	86%	84%	82%	18%
Wrong answer	14%	16%	18%	82%

8) The knowledge of elderly respondents in various aspects of care of cataract operated eye. Majority of the population lacked knowledge about correct technique of medication instillation (56%), 72% didn't know that reading has no adverse effect on operated eye and about 80% knew, eye should be cleaned with boiled and cooled water and cotton swabs. Majority of them (76%) knew soap can be used for washing face after 1 week of surgery. Majority of them (90%) lacked knowledge that hair wash can be taken after 15days.

Aspect of care	Medicine instillation	Reading after surgery	Hair wash	Using soap after surgery	Direction of cleaning eye	Material to be used for cleaning
Right	44%	28%	10%	76%	66%	80%
Wrong	56%	72%	90%	24%	34%	20%

9) Majority (88%) of elderly population was not aware that balanced diet should be consumed after cataract surgery and (92%) that other's medication should not be used for own eyes. Almost ¾ (74%) elderly population knew, if tearing occurs from the operated eye it should be shown to physician and about (82) knew driving in the night is harmful. About 58% people were not aware that bending of head is not permissible after surgery not permissible after surgery.



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