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The effects of part time and non-exposure to air-conditioned environment on tears

Tran Thi Kim Ngan
Hai Yen Eye Clinic, TP HCM, Vietnam

The purpose of this study is to assess and compare the clinical characteristics of the tear film in subjects who spend their working hours differently in air-conditioned environment. Cross-sectional study of 90 subjects from 18 to 35 years old in SEGI University and Kota Damansara area were selected. The tear film quantity and quality were assessed by standard clinical tests like: blinking rate, invasive and non-invasive tear break-up time, corneal staining with fluorescein and lissamine green, phenol red thread and Schirmer's strips test. The Oculus Keratograph 5M was used to perform non-invasive tear break-up time. Additionally, the ocular surface disease index (OSDI) questionnaire was used to classify subjects with symptomatic dry eye and those with no symptoms of dry eye. Only one eye of each subject was examined. IBM SPSS Statistical 22 (USA) was used to analyze the collected data. The descriptive statistic was conducted to determine the following means and standard deviation; blinking rate, non-invasive and invasive TBUT, Schirmer's test, phenol red thread, corneal fluorescein and lissamine green staining. Kolmogorov-Smirnov test of the normality was conducted to determine if the data was normally distributed. Parametric independent t-test was conducted if the data was normally distributed, whereas non-parametric Mann-Whitney U test was conducted if the data was not normally distributed. A p value less than 0.05 was considered statistically significant.

Biography

Tran Thi Kim Ngan has finished her Bachelor of Optometry from SEGi University, Malaysia in 2015. She is now working at Hai Yen Eye Clinic as an Optometrist, besides she is an Assistant Lecturer at Pham Ngoc Thach University at Ho Chi Minh City, Vietnam.

ngan3683@yahoo.com

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