

# World Ophthalmology Conference

November 24-25, 2016 Melbourne, Australia

## Prevalence of diabetic retinopathy among diabetics, factors associated with it and barrier of treatment in Nepal: A hospital based study

Gyanendra Lamichhane  
Nepal

**Introduction & Objective:** Diabetic retinopathy is the one of the leading cause of visual impairment in world including Nepal. The objective of the study is to estimate the prevalence of and factors associated with Diabetic Retinopathy among diabetics in a Tertiary Eye Care Centre, Nepal and barrier of effective treatment.

**Methods:** A hospital-based, cross sectional study, was conducted at Ram Lal Golchha Eye Hospital Nepal. 252 consecutive diabetic patients during a period of study were examined by a single Medical Retina Specialist. Diabetic Retinopathy was graded using the Early Treatment Diabetic Retinopathy Study. Total 252 consecutive diabetics were examined, mean of 56.2 years (SD 12.0) having the sex ratio of 0.81 male per female.

**Results:** The prevalence of Diabetic Retinopathy was 42.6% (107) with non-proliferative Diabetic Retinopathy presented 81.2% (87) and 18.8% (20) were proliferative Diabetic Retinopathy. Clinically significant macular edema was found in 17.4% (18). The age at onset of diabetes, duration of diabetes and hypertension were significantly associated with Diabetic Retinopathy ( $p < 0.05$ ) whereas ethnicity, sex and cataract surgery were not associated with it ( $p > 0.05$ ). The prevalence of Diabetic Retinopathy was within the range of previous studies with a high rate of proliferative diabetic retinopathy.

**Conclusion:** Factors associated with diabetic retinopathy were similar to other developed countries. To prevent this condition of Diabetic Retinopathy, the coordination between physician and ophthalmologist needs to be strengthened.

yourgyanu@gmail.com

### Notes: