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## Strabismus and health related quality of life in a pediatric Portuguese population

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**Introduction:** Strabismus is a common condition among children and its psychosocial impact has been demonstrated in recent years. The interest in a more comprehensive approach was enhanced by the recognition of health as a four dimensional concept, arising the term Health- related Quality of Life. Therefore, we aim to evaluate the influence of strabismus in Health Related Quality of Life of a Portuguese pediatric population.

**Material and Methods:** Case-control prospective study enrolling children between 5-12 years old from Dr. Gama Pinto Ophthalmology Institute. All had fully orthoptic and ophthalmological evaluation, followed by interview with legal representative to answer the Pediatric Quality-of Life Inventory 4.0, proxy-version.

**Results:** 71 children were included, 35 in the Control Group (CG) and 36 in the Strabismus Group (SG). In the SG 30 (83.3%) patients had esotropia, 20 (55.6%) had more than 10 prismatic diopters and 26 (72.2%) were already treated. Overall, SG was not statistically different from the CG, showing only mild inferior performance ( $p>0.05$ ). Furthermore, children with exotropia, higher deviations, none or gross stereoacuity and treatment-naïve scored worse, especially in emotional, social, educational and psychosocial scores ( $p<0.05$ ).

**Discussions:** The hypothesis of an association between strabismus and impaired Health Related Quality of Life was not statistically supported by study data when the proxy version of the Pediatric Quality-of-Life Inventory was used. However, a consistent trend toward lower scores in the SG, subgroups with larger deviation and treatment-naïve children, raises the suspicion of poor sensitivity related to general questionnaires and biases introduced by caregiver's perceptions.

**Conclusions:** Validation of specific disease-related questionnaires and, whenever possible, the application of child report questionnaires, would be paramount to fully elucidate the disease and treatment effects, guiding more effective and tailored therapeutic approaches.

## Biography

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