

4th International Conference & Expo on **Euro Optometry and Vision Science**
&
29th International Congress on **Vision Science and Eye**

August 22-23, 2019 Vienna, Austria

The importance of routine eye examination in asymptomatic patients in tertiary eye care centres in Northern India

Milan Rai

Dr. Om Parkash Eye Institute, Amritsar, India

Purpose: To evaluate the visual and ocular conditions in asymptomatic patients.

Background: There is a trend of having ophthalmic eye examinations only when the individuals perceive some disturbances in their sight. The ways to ophthalmic centers are almost neglected by them until they feel that their weak or decreased vision has started to interfere with their tasks. This trend is more common in developing nations. The quality of life is greatly affected by the visual and ophthalmic conditions. The existence of some silent killer diseases which do not show any symptoms but considerably decrease the vision and in some cases if remain untreated will irreversibly damage the eye resulting in permanent loss of vision. In such circumstances, the comprehensive eye examination can play preventive role in vision loss thereby screening such silent diseases. Diagnosis of some diseases at advanced stage will just be an informative confirmation. In such cases, there is no alternative except to accept the conditions. So, routine eye examinations are equally important for both symptomatic and asymptomatic patients.

Methodology: In our study, data of 150 asymptomatic patients who came for routine eye examination from July 15 2018 to November 15 2018 were collected at the end of each day for 4 months from the Medical Record Department of the Hospital. The data consisted of Medical Record Department Number of patient, age, gender, complaints of patients, any ocular and systemic diseases history, previous glass prescription (spectacle wearer), and its duration, visual acuity with PGP, unaided visual acuity, pinhole visual acuity, new prescription values, Diagnosis and managements. The microsoft excel sheets of above mentioned information were formed.

Results: 22 were emmetropes. 110 patients out of 150 were found to have different types of refractive errors. 26 patients were found to have presbyopia. 12 patients were diagnosed with senile cataract. Non Proliferative Diabetic Retinopathy (NPDR), Dry eye, Lagophthalmos, Nanophthalmos and Pseudophakia were diagnosed in 1, 2, 2, 1 and 10 patients respectively. The Phacoemulsification surgery was done in one patient. Lubricant eye drops were prescribed in 2 patients and 80 patients were prescribed new glasses. 20 patients were advised for same treatment.

Conclusion: It is important for each asymptomatic individual to have routine eye examinations.

Biography

Milan Rai works at Dr. Om Parkash Eye Institute PVT LTD and Dr Om Parkash eye institute. He is working as an Intern Optometrist.

raimilan054@gmail.com

Notes: