

Coaching to See: Coaching as a Methodology to Improve the Quality of Life of People with Low Vision

Silvia Rosana Ughetto*

Department of Ophthalmology, Catholic University of Salta, Salta, Argentina

ABSTRACT

People with Low Vision (LV) must develop their existence as the other members of society. To do this it is necessary to rehabilitate it in an integral way, through the work of the interdisciplinary team. It is proposed the integration at the same time of a coach, who applying the coaching methodology can improve the results obtained and thus the quality of life of patients with LV.

Keywords: Low vision; Coaching; Society; Patients

INTRODUCTION

People with BV, depending on their age, will have to attend an educational institution or work, and will return at the end of the day to meet with their loved ones, share the day's events, eat, play sports, attend shows or worship and rest. Visual impairment involves a visual field, from which infers one of 20° or visual acuity (less than 20/60), which cannot be improved with aerial, contact, intraocular, medical or surgical lenses, which is affected by the usual way of developing the person. So people with an identical level of vision loss may have very different degrees of disability, dependence and limitations [1].

The model of adjustment to the visual deficit, proposed by diaz and pallero in 2003 outlines the process through which the person makes this adjustment in two phases: Assess the situation in which the person is and make decisions on the selection of internal and external resources that he can use or acquire to face the situation and carry out checks on the situation and the effectiveness of the actions taken to accommodate the demands of each moment. This continuous assessment will be essential for the person to start: Think that he suffers a visual impairment, subjectively perceive his own worth, interpret the relationships with the environment and understand the expectations of the future [2].

Beliefs are preformed and pre-organized approaches to perception that filter our communication with ourselves in a coherent way, which originate in relation to the environment around us, the events lived, the knowledge acquired, a previous

experience or imagination of a future. Thus, by changing the limiting beliefs to other enhancers, negative internal representations can be changed to positive ones, which give rise to the state of the person and his behavior, through NLP (Neurolinguistic Programming), which contemplates how to structure the internal representations. The three modalities or representation systems are tested: Visual, auditory or kinesthetic, to achieve a certain result, executing both mental and physical actions [3].

The International Coaching Federation (ICF) defines the concept of coaching as an ongoing professional relationship that helps achieve extraordinary results in people's lives, professions, businesses or businesses. Through this concept the person deepens their knowledge, increases performance and improves their quality of life [4].

DESCRIPTION

The coaching process consists of four phases

1-Phase of assessment and diagnosis: Where the person is analyzed, their context, problems, analysis needs, the starting point, (using tools such as powerful questions, Transactional Analysis (TA))

2-Design phase: Where the work plan is defined, it is developed and processed, it indicates what the objectives are, what actions, dynamics and/or techniques will be implemented. Objectives

Correspondence to: Silvia Rosana Ughetto, Department of Ophthalmology, Catholic University of Salta, Salta, Argentina, Tel: 5503769678; E-mail: silviaughetto@gmail.com

Received: 28-Jul-2020, Manuscript No. JCEO-23-5671; **Editor assigned:** 31-Jul-2020, PreQC No. JCEO-23-5671 (PQ); **Reviewed:** 14-Aug-2020, QC No. JCEO-23-5671; **Revised:** 04-Apr-2023, Manuscript No. JCEO-23-5671 (R); **Published:** 02-May-2023, DOI: 10.35248/2155-9570.23.14.951

Citation: Ughetto SR (2023) Coaching to See: Coaching as a Methodology to Improve the Quality of Life of People with Low Vision. J Clin Exp Ophthalmol. 14:951.

Copyright: © 2023 Ughetto SR. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

must be Specific Measurable Achievable Realistic at Some Time (SMART technique) [5].

3-Phase start-up: Sessions are held where the guidelines are given, it is instructed so that you can practice what you have learned, will be monitored the progress and internalization of the changes of the couchee, motivating to achieve the objectives (the resources that can be used are PNL; compass of the future, TA) [6].

4-Phase of emergence and evaluation: Progress during the process (focused on the analysis of evolution) and evaluation of the results of the defined objectives.

The rehabilitation process, which under the global programme of Action for persons with disabilities is a process of limited duration and with an objective, aimed at allowing a person with a deficiency, to reach an optimal physical, mental and/or social level, thus providing him with the means to modify his or her own life, may include measures designed to compensate for the loss of a function or overcome functional limitation and other measures to facilitate social adjustments. A single profession cannot provide the service, and can only succeed if communication criteria and professional flexibility are met, among members of the interdisciplinary team. The service is aimed at improving the quality of life of a person with BV and their environment, maximizing the visual remittance.

In coaching, the person is directed in the course of overcoming his personal limitations. It involves the analysis of the previous situation, defining the challenges, the points for and the possible obstacles. It creates transparency, motivates action, and accelerates progress toward personal goals by providing greater focus and awareness of choice. Coaching works from the inside to the outside of the person, changing values and beliefs, then work tools and finally competencies and behaviors [6].

CONCLUSION

By changing the limiting beliefs to other enhancers, negative internal representations can be changed to positive ones, which give rise to the person's state and behavior. Coaching is a process that improves the skills of the function and is intended to facilitate adaptation and integration, offering tools to the person with LV, to anticipate new situations and thus improve the quality of life, with the awareness that everything outcome depends on the intentions, choices and actions of the person, backed by the coach.

REFERENCES

1. Coco Martin MB, Herrera Medina J, Lazaro Yague JA. Manual de baja vision y rehabilitacion visual. Panamerican Medical Editorial Madrid, 2015.
2. Olaniyi JO, Ojetayo AE. Effect of fertilizer types on the growth and yield of two cabbage varieties. *J Anim Plant Sci.* 2011;12(2): 1573-1582.
3. Van Nispen RM, Virgili G, Hoeben M, Langelaan M, Klevering J, Keunen JE, et al. Low vision rehabilitation for better quality of life in visually impaired adults. *Coch Data System Rev.* 2020(1).
4. Bartlett R, Acton JH, Ryan B, Man R, Pickles T, Nolleth C, et al. Training results in increased practitioner confidence and identification of depression in people with low vision: A mixed methods study. *Opht Physiol Opt.* 2021;41(2):316-330.
5. Coco-Martin MB, Lopez-Miguel A, Cuadrado R, Mayo-Isca A, Herrero AJ, Pastor JC, et al. Reading performance improvements in patients with central vision loss without age-related macular degeneration after undergoing personalized rehabilitation training. *Curr Eye Res.* 2017;42(9):1260-1268.
6. Mustafa K, Nashori HF, Astuti YD. The emotion regulation training to improve quality of life in patients with hypertension. *Jurn Ked dan Kese Ind.* 2016:143-150.