

Presbyopia Impact: A Case Study

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Abstract

Introduction: Presbyopia refers to an eye condition that happens naturally in people as they age. It is one of causes of near visual impairment.

Objective: To describe presbyopia frequency during three days eye screening at Selam Ber Primary hospital, Gamo Zone, Southern Nations Nationalities Peoples Region, Ethiopia.

Case Presentation: I screened around 85 patients within three days. Of them 57 were prebyopic who are in need of presbyopia prescription. Most of the presbyopes were teachers such that they were facing difficulty with their work. The most common complaint of those prebyopic was that they hold objects progressively further away from their eyes to be able to focus on them. All prebyopes had been prescribed with reading spectacles.

Conclusion: Presbyopia is an entity that is easily remedied with reading prescription. So, periodic eye screenings have been significant in areas where eye care professionals are inaccessible.

Keywords: *Presbyopia; Case; Selam Ber; Ethiopia*

Introduction

Presbyopia refers to an eye condition that happens naturally in people as they age, and causing poor close-up vision [1]. It is an aspect of refractive error that needs to be addressed while its prevalence has not been well known in low- and middle-income countries. Presbyopia affects the quality of life for older people [2]. According to American Optometric Association (AOA), it is an age-related cause of near visual impairment [3]. There were population-based studies conducted in some specific parts of Ethiopia with great prevalence of unmet presbyopic need 69.2% [4] and 51.26% [5]. The current case report may ignite future study, because presbyopia looks like a prevalent health problem in the area pinpointed below. In addition, for me, the frequency of presbyopia was very higher than my expectation for a single case such that most of the screened people were suffering from this entity in their day-to-day activities. So, the present case is reported in order to describe presbyopia during 3 days of eye screening at Selam Ber primary Hospital, Gamo Zone, Southern Nations Nationalities Peoples Region Ethiopia.

Objective of the Study

To describe presbyopia frequency during three days eye screening at Selam Ber Primary hospital, Gamo Zone, Southern Nations Nationalities Peoples Region, Ethiopia.

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Presentation of Case and Discussion

I was at Selam Ber primary Hospital, Gamo Zone, Southern Nations Nationalities Peoples Region, Ethiopia for 3 days such that providing self-initiated free and volunteer eye screening from September 22-24, 2021. At the hospital, there have been no enough instruments to execute a modernized ocular examination whereas trial lenses for screening refractive errors. Also, there is no eye care worker in the hospital to screen and address problems like presbyopia. There I screened around 85 patients. Of them 57 were prebyopic who need presbyopia prescription (i.e. more than 65% of the screened cases were presbyopic). Most of the presbyopes were teachers such that they were facing difficulty with their work. As a result, it affects the quality of life of older persons especially in low-income countries like Ethiopia. The most common complaint of those prebyopic was that they hold objects progressively further away from their eyes to be able to focus on them. All prebyopes had been prescribed with reading spectacles.

Conclusion

Presbyopia is an entity that can be remedied with reading prescription. So that, it is better to be headed by eye care professionals in order to address hard-to-reach areas in low-income countries and to compensate the negative influence of presbyopia in the community. Further, periodic eye screenings have been significant in areas where eye care professionals are inaccessible.

Learning Points

- The need for eye care worker in rural areas of Ethiopia.
- The need for further study on prevalence and associated factors of presbyopia in Ethiopia.
- Even simple eye condition like presbyopia has still been a problem for low-income countries like Ethiopia.

Ethics and Consent to Participate

Not applicable.

Consent for Publication

Not applicable.

Availability of Data and Materials

All relevant data are within the manuscripts.

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