

A Descriptive Study To Assess The Impact Of Low Vision On Activities Of Daily Living Among Elderly People Living In Selected Residential Areas Of Kurali (Punjab).

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Abstract: According to the World Health Organization "Health is a complete state of physical, mental, social, spiritual well-being not merely the absence of any disease or infirmity." It is well known that our bodies undergo changes throughout the life and that changes include impairment of the body systems with growing age. Changes in the eyes and the visual pathways of elderly persons can significantly disable them, and can prevent the elderly from living independent life style.

The aim of this study is to make the elderly person aware on the issues related to their changing vision and its effect on their activities of daily living. A quantitative research approach was adopted for the present study and descriptive design was employed to assess the impact of low vision on activities of daily living among 200 elderly people. Convenient sampling technique was used to select the sample for study from selected residential areas of Kurali (Punjab). After extensive and systematic review of literature and discussion with the experts, the investigators had developed Interview schedule with :53 structured questionnaire. The sample was taken from the village Singhpura. Interview schedule with :53 structured questionnaire was used to assess the impact of low vision on activities of daily living among elderly people. Finally this fosters the awareness of elderly people regarding the issues related to their changing vision and its effect on their activities of daily living.

On analysis of the data, researcher revealed that out of 200 subjects about (59.5%) had a moderate impact of low vision, whereas (23%) subjects had mild impact of low vision on their daily living activities and (17.5%) subjects had severe impact of low vision on activities of their daily living. Significant association were found ($p < .001^{**}$) between age socio-demographic variable and impact of low vision on activities of daily living among elderly people.

Keywords: Impact of low vision, activities of daily living, elderly people with low vision.

INTRODUCTION

"Vision without action is a daydream. Action without vision is a nightmare".

(Kremer)

Visual system plays an important role. It detects and interprets information from visible light to build a representation of the surrounding environment. The eye is the organ of sight. Eyes are located in the front upper part of skull and consist of structures that focus an image onto the retina at back of the eye. There are approximately 10-11million blind and visually impaired people. The term visual impairment covers a wide range and variety of vision from blindness and lack of usable sight, to low vision which cannot be corrected to normal vision with standard eyeglasses and contact lenses to moderate visual impairment and an inability to read the fine part in a daily newspaper¹.

"According to WHO" A person with low vision is one who has an impairment of visual function even after treatment and or standard refractive correction and has a visual acuity of less than 6/18. It applies to individuals who are unable to read a newspaper at a normal distance of viewing, even with aid of glasses and contact lenses².

Falahaty K .et.al (2015) the aging population has become a global phenomenon, who revealed that the cohort of 50 year and above is expected to increase globally from 600 million in 2000 to 1.2 billion in 2050. With increasing life expectancy, It is predicted that the number of people with low vision will increase significantly in the near future³.

STATEMENT OF PROBLEM:- A descriptive study to assess the impact of low vision on activities of daily living among elderly people living in selected residential areas of Kurali (Punjab).

OBJECTIVES

1. To assess the impact of low vision on activities of daily living.
2. To find out the association between impact of low vision on activities of daily living and socio-demographic variables.

MATERIAL AND METHOD

RESEARCH APPROACH

A non-experimental research approach was used to assess the impact of low vision on activities of daily living among elderly people living in selected residential areas of Kurali (Punjab).

RESEARCH DESIGN

The research design selected for the study was a descriptive design used to assess the impact of low vision on activities of daily living among elderly people living in selected residential areas of Kurali (Punjab).

RESEARCH SETTING

The study was conducted on elderly people with low vision living in selected residential areas of Kurali (Punjab).

Area, included in the study was village Singhpura , selected through convenient sampling technique.

POPULATION

Elderly people with low vision aged 50 years and above .

TARGET POPULATION

Elderly people with low vision aged 50 years and above residing in selected residential areas of Kurali (Punjab).

SAMPLE AND SAMPLING TECHNIQUE

SAMPLE

In this study the sample of 200 elderly people with low vision aged 50 years or above who fulfilled the inclusion criteria were included.

SAMPLING TECHNIQUE

In this study, convenient sampling technique was used.

INCLUSION CRITERIA

1. Elderly people who were interested to participate in the study.
2. Elderly people in the age group of 50 years and above.
3. Elderly people who were literate.
4. Those were available at the time of data collection

EXCLUSION CRITERIA

1. People who were having hearing problem.
2. People who were unable to self report.

VARIABLES

Independent variables:- Impact of low vision.

Dependent variables:- Daily living activity.

DEVELOPMENT AND DESCRIPTION OF TOOL

Tool- 1:- Demographical Performa

It consisted of nine items. It includes Age, Gender, Educational status, Occupational status, marital status, Religion, Monthly family income, Area of residence, Type of family.

Tool -2:-

It was developed after examine the literature review of the topic. It consisted of Interview schedule: structured questionnaires consisting of 53 items to assess the impact of low vision on activities of daily living among elderly people.

- ❖ It was developed in English and then translated in Hindi.

TABLE 1- Distribution of subjects as per their socio- demographic variables. N=200

SR. NO.	CHARACTERISTICS	N	%
1.	Age in years		
	60-69	047	23.5%
	70-79	051	25.5%
	>80	102	51%
2.	Gender		
	Male	100	50%
	Female	100	50%
3.	Educational status		
	Primary	122	61%
	High school	056	28%
	Graduate and above	022	11%
4.	Occupational status		
	Employed	004	2%
	Unemployed	152	76%
	Retired	044	22%
5.	Marital status		
	Married	200	100%
6.	Religion		
	Hindu	005	2.5%
	Sikh	195	97.5%
7.	Monthly family income in Rupees		
	<Rs3000	123	61.5%
	Rs 3001-6000	036	18%
	Rs6001-9000	007	3.5%
	>Rs9000	034	17%
8.	Area of residence		
	Rural	200	100%
9.	Type of family		
	Joint	200	100%

TABLE 2: Distribution of the subjects according to the impact of low vision on activities of their daily living. N=200

IMPACT	SCORE	%	FREQUENCY (f)	MEAN%
No impact	0-13	0-26%	000	0%
Mild impact	14-26	26.1-52%	046	23%
Moderate impact	27-39	52.1-78%	119	59.5%
Severe impact	40-53	78.1-100%	035	17.5%
		Or above 78.1%		

Table no.2 depicts that maximum subjects i.e. 59.5% had moderate impact of low vision on the activities of their daily living, whereas 23% of elderly people had mild impact of low vision on their daily living activities and 17.5% of elderly people had severe impact of low vision on the activities of their daily living.

TABLE NO: 3 Item analysis of the impact of low vision on activities of daily living among elderly people.

3.1 PERSONAL CARE:-

STATEMENTS	YES		NO	
	f	(%)	f	(%)
ORAL CARE				
Are you able to clean your face by your own ?	199	99.5%	001	0.5%
Are you able to brush your teeth ?	200	100%	000	0%
BATHING				
Are you able to bath self completely?	190	95%	010	5%
DRESSING				
Are you able to get clothes from drawers by own?	082	41.0%	118	59.0%
Are you able to wear clothes by your own?	186	93%	014	7%
Are you able to tie your shoes by self?	185	92.5%	015	7.5%
Are you able to comb your hairs by self?	167	83.5%	033	16.5%
TOILETING				
Are you able to go to toilet independently?	074	37%	126	63%
Are you able to arrange clothes before and after toilet?	187	93.5%	013	6.5%
Are you able to clean genital area after toilet ?	199	99.5%	001	0.5%

N=200

Yes (0)= no impact , No (1)= impact .

TABLE 3.2 HOUSEHOLD ACTIVITIES:-

STATEMENTS	YES		NO	
	f	(%)	f	(%)
COOKING				
Are you able to prepare food by your own?	002	1%	198	99%
Are you able to serve meal independently?	002	1%	198	99%
FEEDING				
Are you able to eat food by your own?	187	93.5%	013	6.5%
Are you able to carry your utensils to washing place after finishing meal?	056	28%	144	72%
HOUSEKEEPING				
Are you able to do daily house work like cleaning, dish washing?	000	0%	200	100%
Are you able to do activities like nail cutting ?	005	2.5%	195	97.5%
Are you able to put thread into needle?	000	0%	200	100%
Are you able to find a specific item in crowded shelf?	000	0%	200	100%
LAUNDARY				
Are you able to wash your own clothes?	000	0%	200	100%
Are you able to iron your clothes?	001	0.5%	199	99.5%
GARDENING				
Are you able to do agriculture / farming work independently?	000	0%	200	100%

N=200

Yes (0)= no impact , No (1)= impact .

TABLE 3.3 MOBILITY:-

STATEMENTS	N=200			
	YES		NO	
	f	(%)	f	(%)
TRANSFERRING				
Are you able to move from bed or chair?	183	91.5%	017	8.5%
Are you able to go from one room to another room?	185	92.5%	015	7.5%
Are you able to go in and out of house?	087	43.5%	113	56.5%
WALKING				
Are you able to walk down steps in dim light?	004	2%	196	98%
Are you able to climb up steps in dim light?	000	0%	200	100%
Are you able to go to your neighbour's home alone?	062	31%	138	69%
Are you able to go to shop alone?	044	22%	156	78%
Are you able to cross the roads alone?	035	17.5%	165	82.5%
MODE OF TRANSPORTATION				
Are you able to travel alone?	038	19%	162	81%
Are you able to recognize your bus stoppage?	037	18.5%	163	81.5%
DRIVING				
Are you able to drive alone?	117	58.5%	083	41.5%
Are you able to drive during night time?	102	51%	098	49%
Are you able to see traffic lights?	128	64%	072	36%

Yes (0)= no impact , No (1)= impact .

TABLE 3.4 OTHER ACTIVITIES:-

STATEMENTS	N=200			
	YES		NO	
	f	(%)	f	(%)
USE OF PHONE				
Are you able to use telephone by your own?	087	43.5%	113	56.5%
Are you able to dial numbers of telephone?	027	13.5%	173	86.5%
Are you able to pick up phone when rings?	138	69%	062	31%
READING				
Are you able to read small letters books, other things like phone diary?	000	0%	200	100%
Are you able to read newspaper ?	003	1.5%	197	98.5%
Are you able to recognize shops, objects while passing from vehicle?	000	0%	200	100%
Are you able to see pictures clearly on the television screen ?	001	0.5%	199	99.5%
SHOPPING				
Are you able to do shopping alone?	051	25.5%	149	74.5%
Are you able to identifying cost / prices of things in shop?	049	24.5%	151	75.5%
MANAGING MEDICATIONS				
Are you able to take medication by your own?	003	1.5%	197	98.5%
Are you able to read name of drugs?	032	16.0%	168	84%
MANAGING FINANCES				
Are you able to handle your money?	044	22%	156	78%
Are you able to pay money like bills, bus fare etc?	053	26.5%	147	73.5%
LEISURE ACTIVITIES				
Are you able to do activities like jogging, walking alone?	062	31%	138	69%
Are you able to attend family functions independently ?	032	16%	168	84%
Are you able to visit your friends and relatives alone ?	005	2.5%	195	97.5%
SOCIAL FUNCTION				
Are you able to recognize the faces of relatives and friends?	180	90%	020	10%
Are you able to vote independently?	187	93.5%	013	6.5%
Do you feel isolated because of your vision problem?	000	0%	200	100%

Yes (0)= no impact , No (1)= impact .

TABLE 4: Association between impact of low vision on activity of daily living and socio-demographic variables
N=200

Sr. No.	Demographic Variables	N	Mean ±SD	f value and t value	df and p value	Level of Significance
1.	Age in years			f=169.898	df=2 p<.001**	Significant
	60-69years	047	25.30±4.991			
	70-79years	051	30.47±5.037			
	>80years	102	38.63±3.509			
2.	Gender			t= 1.962	df=198 p>.051	Not significant
	Male	100	34.39±6.397			
	Female	100	32.44±7.606			
3.	Educational status			f=.279	df=2 p>.757	Not significant
	Primary	122	33.59±6.469			
	High school	056	33.45±8.054			
	Graduate and above	022	32.36±7.895			
4.	Occupational status			f=.138	df=2 p>.872	Not significant
	Employed	004	35.00±13.115			
	Unemployed	152	33.31±7.033			
	Retired	044	33.64±6.769			
5.	Religion			t=.251	df=198 p>.802	Not significant
	Hindu	005	34.20±6.760			
	Sikh	195	33.39±7.101			
6.	Monthly family income			f=.384	df=3 p>.765	Not significant
	<Rs3000	123	33.04±6.905			
	Rs3001-6000	036	34.39±8.174			
	Rs6001-9000	007	33.00±8.718			
	>Rs9000	034	33.82±6.274			

*(p value<0.05)

The above table shows that impact of low vision on activity of daily living is significantly associated with Age in years socio demographic variable . It showed that as the age increases the impact of low vision on activities of daily living also increases .

CONCLUSION

The following conclusions were drawn on the basis of the findings of the study: Low vision is a posing threat to senior's independence and mobility. Elderly with low vision find simple , daily tasks very difficult or impossible even with glasses and contacts. Low vision put senior people at higher risk of accidents and also affects the individual well being and daily life activities , leads to increased assistance and dependent life. Because of low vision elderly people was unable to function independently. With help of supportive educative system we can maintain the ability of elderly people to function independently , can

provide education by organizing awareness programs regarding the free eye camps and eye services, regular eye checkups and coping strategies , rehabilitation strategies, environmental modifications that can minimize the impact of low vision in everyday life ,reduce disability and societal limitations in people with low vision.

ETHICAL CONSIDERATIONS

Formal permission was taken from the college to conduct the final study. The informed consent was taken from every subject. The respondents were briefed on the scope of the study, confidentiality and anonymity was assured.

REFERENCES

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