



# Knowledge and Practice of Contact Lens Use Among Adult Wearers: Cross-Sectional Study

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## Background<sup>(1)</sup>

- The global burden of eye refractive disorders is increasing. Contact lenses (CLs) have been prescribed since more than a century for correction of refractive errors, cosmetic purpose, and as a therapeutic modality for corneal pathologies.
- Poor compliance to the recommended wear and care practice are considered the main cause of complications.
- With eyewear becoming more of a lifestyle accessory clubbed with long working hours and wearing time, it is important to look at the needs of the wearer in terms of lifestyle and the knowledge towards CL.

## Objective

- The aim of the study is to assess knowledge, information and practices of contact lenses users among adult wearers.

## Methodology<sup>(2)</sup>

- Online structured questionnaire was used to assess knowledge and practice among contact lens wearers .
- Two hundred twenty six respondents completed the questionnaire.
- The study population consisted of contact lens wearers (aged 18 and above). Those who did not meet any of those criteria were excluded from the study.
- The questionnaire was comprised of 3 parts. Part 1 obtained the demographic characteristics of the respondents. Part 2 consisted of questions assessing knowledge and information regarding contact lens use . Part 3 consisted of questions assessing practice pattern of contact lens wearers

## Results

- The study involved 226 participants. There were 8 males (3.6%) and 82 females (96.4%) with age ranging between 18-55.
- 98.3% of the respondents were between 18 and 35 years old and 46.5% were university students.

Age (years)	No	%
18-25	125	55.3
26-35	97	43
36-45	3	1.3
36-55	1	0.4
<b>Gender</b>		
Male	18	7.9
Female	208	92.1
<b>Education</b>		
University	185	81.9
Diploma	9	4.0
Secondary	22	9.7
Others	10	4.4
<b>Occupation</b>		
Employed	37	16.4
University Student	105	46.5
House wife	76	33.6
Craft man	8	3.6

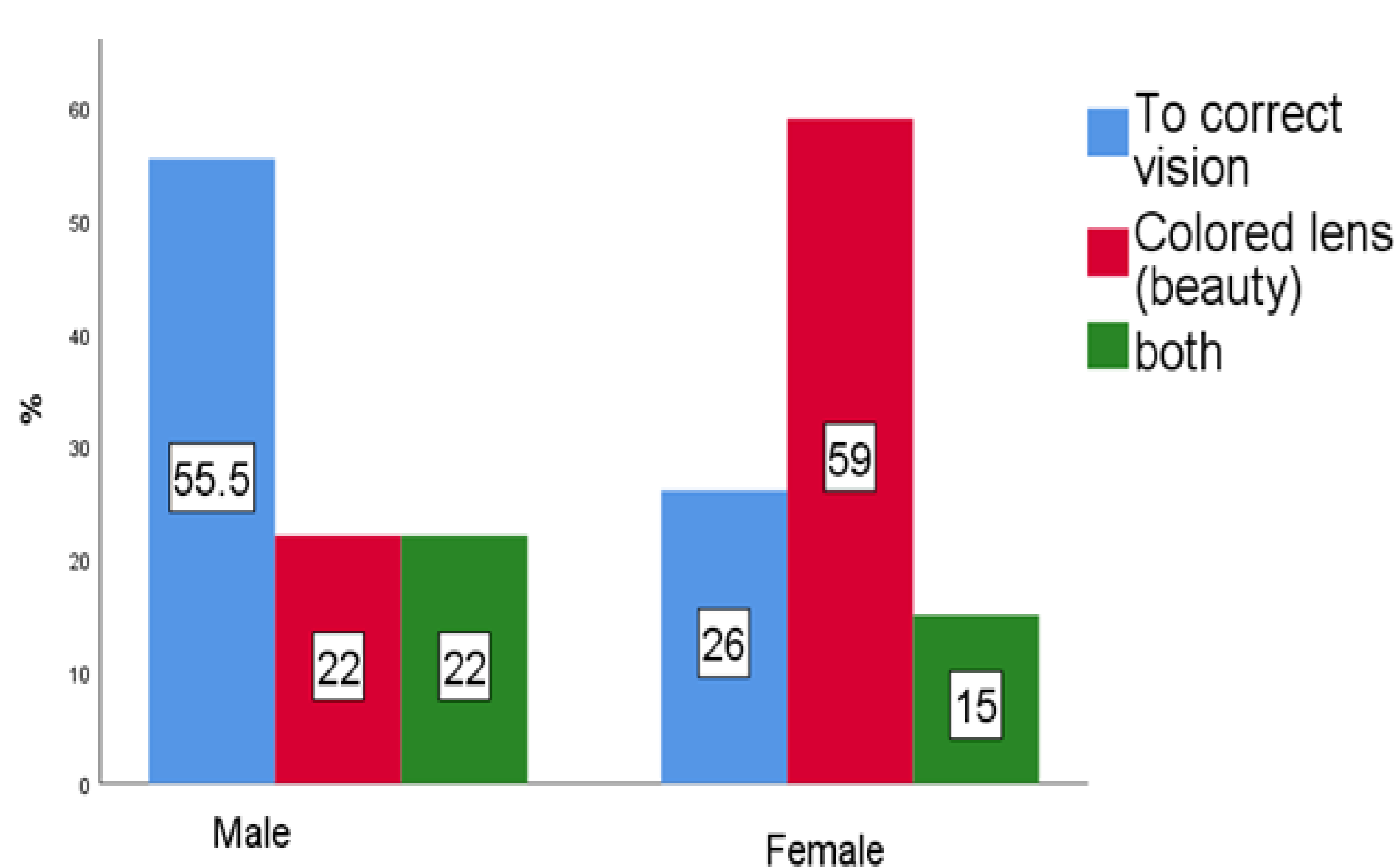


Figure 1 shows the distribution of male and female % of contact lens indication

Table 2. Shows General information and knowledge regarding contact lens use (n=226)

What is the purpose of using CL?	To correct vision	(28.32%)
	For cosmetic purpose	(55.75%)
	Both	(15.93%)
Place of getting the contact lenses	Optic shop	Yes (63.3%) No ( 37.7%)
	Cosmetic shop	Yes (18%) No ( 82%)
	Pharmacy	Yes (15%) No ( 85%)
	Others	Yes (8.4%) No (91.6%)
Have you got proper information from the place where CLs obtained?	Yes	89 (39.4%)
	No	136 (60.6%)
Do you know the type of contact lens you are using ?	1. Hard lens	7 (3.1%)
	2. Soft lens	90 (39.8%)
	3. Both	9 (4%)
	4. I don't know	120 (53.1%)
Since when did you start using contact lenses?	Less than 6 month	28 (12.4%)
	From 6 month to 1 year	25 (11.1%)
	From year to 2 years	33 (14.6%)
	from 2 years to 5 years	47 (20.8%)
	from 5 years to 10 years	93 (41.2%)
Did you know that there is a parasite or microbe that can cause a problem in the eye if the lenses are washed with water?	Yes	155 ( 68.6%)
	No	71 (31.4%)
Have you experienced any of these symptoms due to the use of contact lenses?"	Yes	207 (91.6%)
	No	19(8.4%)

- It was found that the majority of the wearer were female. 56 % of contact lens indication was for colored lens (beauty lens) and female represent 59% compared to male (22%). 55.5% of males use the CL to correct vision.
- Only 39.4% of respondents got proper contact lens care advice
- 53.1% of the respondent don't know the type of lens they are using
- 31.4% have no idea that certain microbes present in water that could cause complication. As it appears in their practice 50.5% wash their CL with water.
- 91.6% suffered from complication during their contact lens use.
- 60.6% of the respondent got no proper information about CL care.

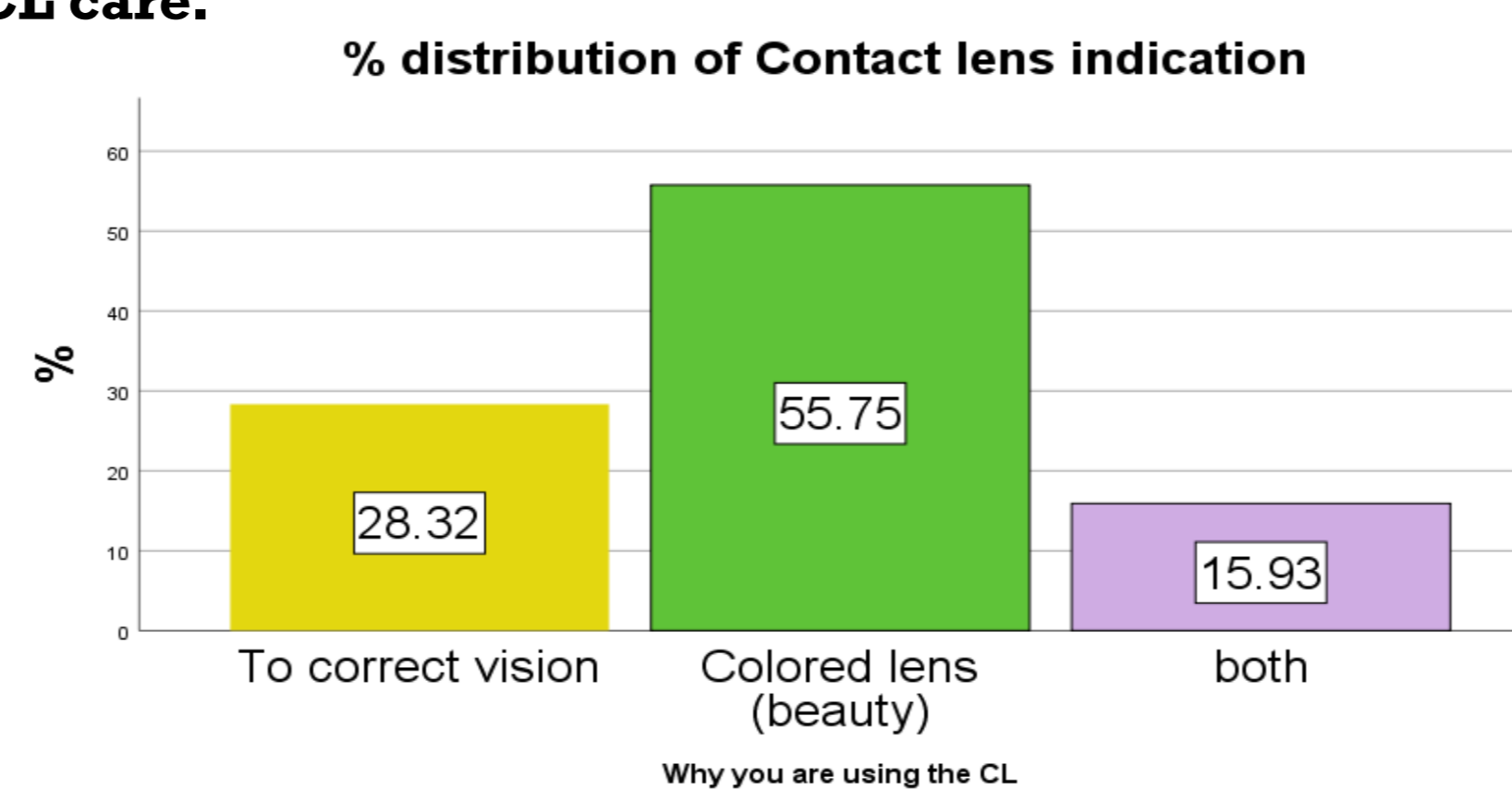


Figure 2. Shows the % distribution of contact lens indication

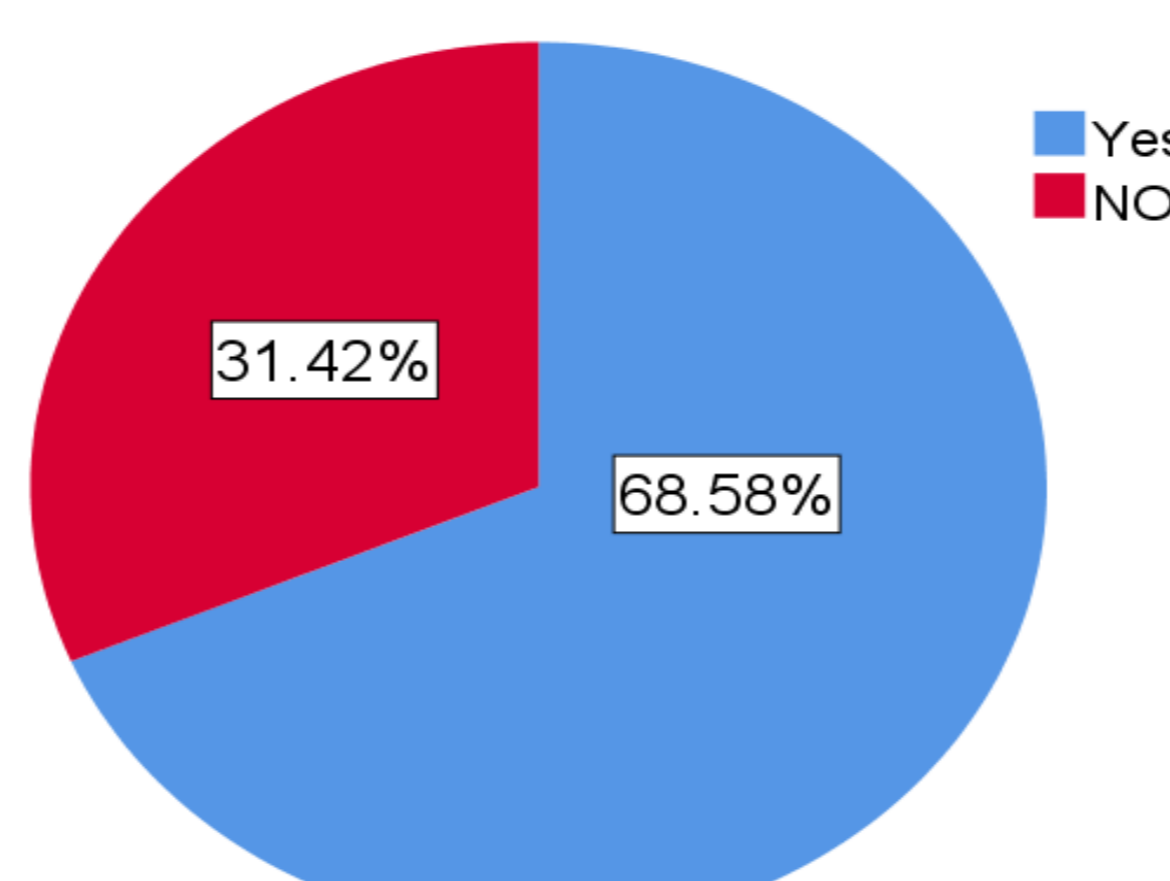


Figure 3. Shows the % of respondent that know and don't know that there is a parasite or microbe that can cause a problem in the eye if the lenses are washed with water.

Table 3. Shows respondents' practice towards contact lens use (n=226)

How many hours do you wear contact lenses? per day?	Less than 5 hrs	136 (60.2%)
	From 5 to 12 hrs	81 (35.8%)
	More than 12 hrs	9 (3.9%)
Do you remove CL prior to sleeping at night ?	Yes	7( 3.1%)
	No	202 (89.4%)
	Sometimes	17 ( 7.5%)
Do you wash your hands before wearing the lens and before removing it?	Yes	178 (78.8%)
	No	15 (6.6%)
	Sometimes	33 (14.6%)
Do you exchange the use of colored lenses with your friends to attend certain event .	Yes	14 (6.2%)
	No	203 (89.8%)
	Sometimes	9 (4%)
Do you replace your lens case with a new one with every new solution?	Yes	60 (26.5%)
	No	127 (56.2%)
	Sometimes	39 (17.3%)
Do you replace the lens solution in the case every day or two when you continue to use contact lenses?	yes	87 (38.5%)
	No	93 (41.2%)
	Sometimes	46 (20.4%)
Do you swim while wearing contact lenses?	Yes	14 (6.2%)
	No	202 (89.4)
	Sometimes	10 (4.4%)
Do you shower while wearing contact lenses?	Yes	17 (7.5%)
	No	128 (56.6%)
	Sometimes	81 (35.8%)
How do you wash your contact lens ?	With soap	yes :7 (3%) No= 219 ( 97%)
	With water	Yes: 114 (50.5%) No: 112 (49.5%)
	With CL solution	yes: 94 (41.5%) No: 132 (58.5%)
	I use single use CL	Yes: 4 (1.8%) No: 222 (98.2%)

- The duration of contact lens wear varied from less than 5 hours (60.2%) to more than 5 hours (39.8%) and 10.6% were not removing their CL prior to sleeping at night .
- 50.5% wash their CL with water, 35.8 % sometimes shower while wearing the CL and only 6.2% swim while wearing the CL .
- 41.2% don't change the CL solution every day or two when continue to use CL .
- Only 26.5% replace their CL case with a new one with every new solution
- 89.8% don't exchange their CL with their friends
- Only 78.8% wash their hand while wearing the CL.

## Conclusion<sup>(1-3)</sup>

- The knowledge of respondents in this study, in relation to C/L use, was found to be inadequate.
- Large number of respondents also lacked knowledge of the correct methods of cleaning CL.
- In this study 60.6% mentioned that they don't got proper information about how to care for their contact lenses for that there is a need for more education to the consumers about the contact lens care and complications related to contact lenses, which should be provided by all contact lens providers so that the prevalence of eye complications will be lessened among the contact lens wearers

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## References

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