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RESEARCH ARTICLE

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VISION MIRACLES FOR DAILY LIVING ENHANCEMENT

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ABSTRACT

The burden of low vision is rapidly increasing globally, and cally, in the developing world. The study aims to more speci nal assess various commonly used low visual aids and the outcome in patients. 36 patients with low vision were examined, investigated and treated by the author in the period between Dec 2018 to April 2019, using a variety of new instruments and rehabilitation techniques. Following this, there was improvement in visual acuity in 32 patients as well as improvement in quality of living where patients were able to undertake several household and profession related tasks and activities. Through this, the author concludes that for low vision patients, following proper diagnosis, and treatment, proper rehabilitation tools and techniques are needed to bring improvement the quality of life.

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INTRODUCTION

A clinical study of patients attending a Low Vision Clinic in Mahavir Netralaya, Patna, between March to May 2022, was undertaken by combining Visual function assessment with patients' self-reporting of the difficulties they have in performing vision related activities of daily living (VR-ADLs). This study examines the relationship between self-reported VR-ADL difficulty and its change related to simple environment modification and visual aid tools combined with counselling.

METHODS

Hundred and four subjects with established bilateral visual impairment were interviewed and assessed for this study. The subjects were 73% male and 27% female. Was generally of mid-age group and of a variety of occupations (Figures 2, 3). Initial vision assessment was undertaken, and interview conducted for self-reporting of subjects' difficulty with a range of Vision Related ADLs (Outdoor mobility, Indoor mobility, reading signages and blackboards, reading newspaper and using mobiles). For mobility related difficulties, orthopaedic and non-visual causes were excluded. Subjects' performance in variants of these VR-ADLs was then assessed by interview and by the subject rating of their perceived difficulty with each specific task. Clinical visual function parameters were also assessed.

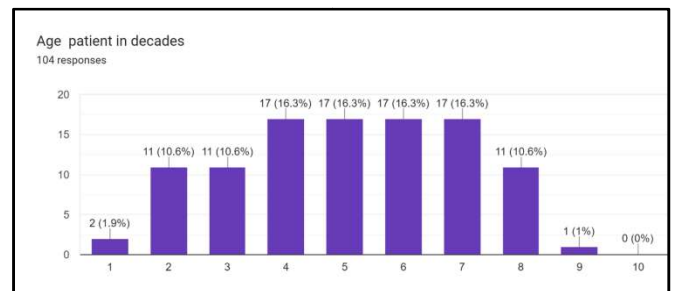


Figure 1.

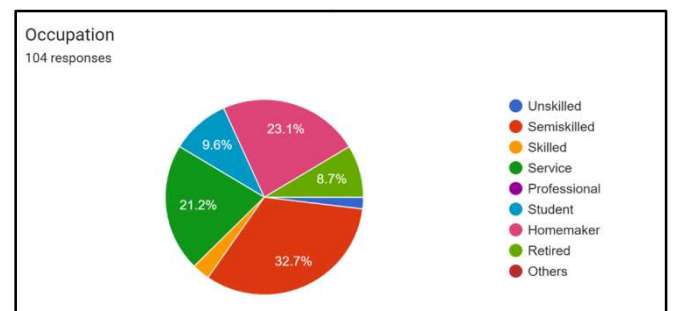


Figure 2.

Based on subjects' difficulties and needs, a range of work and home environment modifications, visual aid tools needed both for indoor and outdoor related daily activities and appropriate counselling was undertaken. After a month of initial attending of the clinic and assessment, the subjects were followed up by phone or asked to attend the Low Vision Clinic. Interviews were then conducted to re-assess how the interventions suggested were used and how this in effect changed the tasks correlated with self-reported difficulty of VR-ADL.

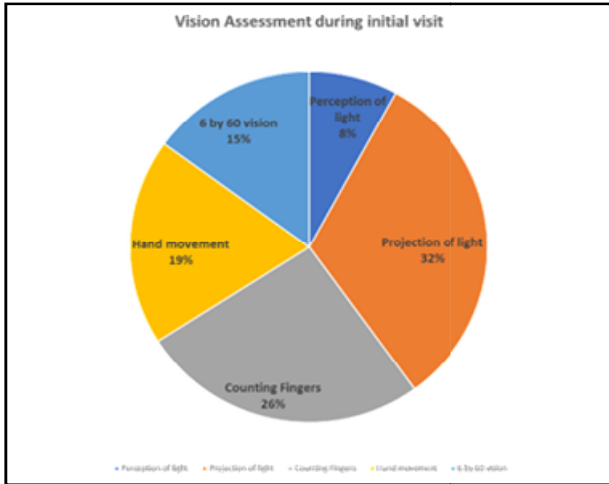


Figure 3.

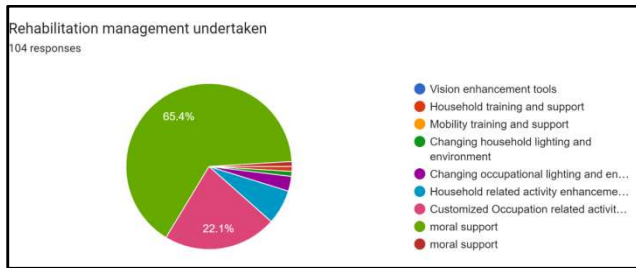


Figure 4.

RESULTS

Visual function for day-to-day living and subjects' rating of ease of undertaking Vision Related Activities of daily living all showed enhancement with improvement in subjects' overall confidence. However, the limitation of this study was that it was based entirely on subjects' self-reporting and actual observation of real-world activity performance would add value to these initial findings.

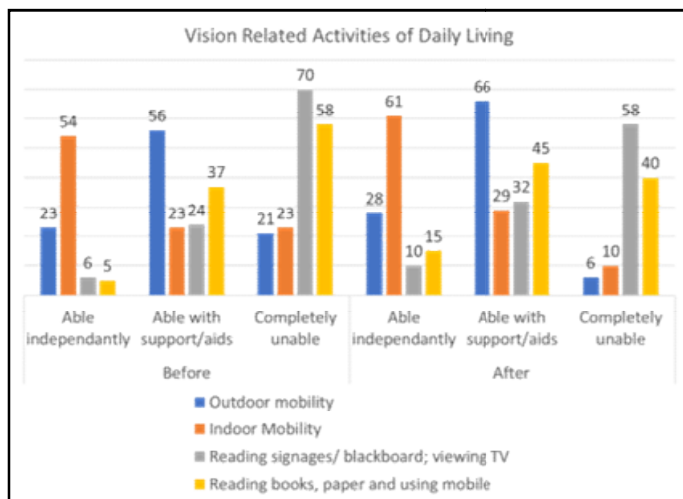


Figure 5.

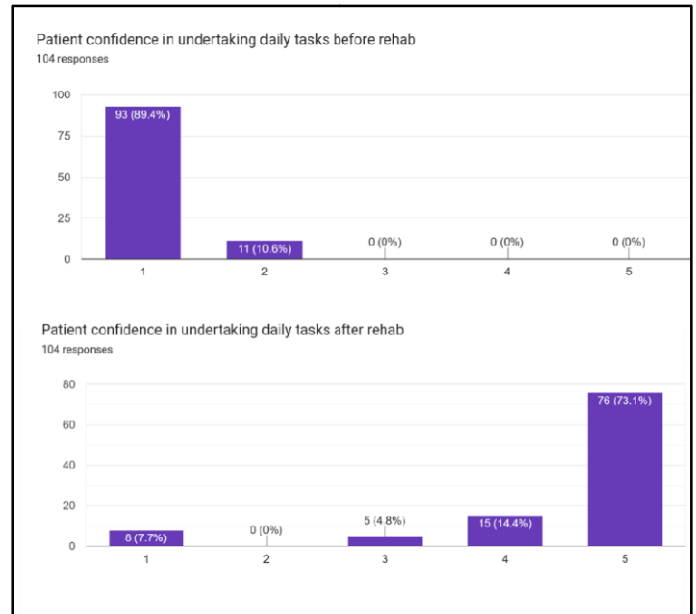


Figure 5.

DISCUSSION

The Author conclude that with humble counselling , personalised training can do miracle in those eye disorder where patients had tried all kinds of treatment like glasses , medicine , surgery , even laser but couldn't gain vision can again live independently and also can earn their breads.

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