

FEATURES OF QUALITY OF LIFE IN PATIENTS WITH GLAUCOMA

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Relevance. At the present stage of development of medicine, the problem of not just the “survival” of the patient, but also the quality of his life as subjective satisfaction with the level of his functioning in conditions of illness is becoming increasingly urgent. Studying the quality of life of patients with ophthalmological diseases is of great importance. The main causes of vision loss in residents of developed countries are glaucoma, cataracts and degenerative myopia [Quigley N.A., 1996, Libman E.S., 1999, 2004]. According to the World Health Organization, there are currently about 105 million people in the world with glaucoma, of which 9.1 million are blind in both eyes [Quigley N.A., 1996].

Glaucoma occupies one of the leading positions among the causes of loss of visual functions in Uzbekistan. Over the past 5 years, the role of glaucoma among the causes of primary disability has increased sharply (from 20 to 28%), and the prevalence has increased from 0.15 to 0.6 (per 10,000 adults) with significantly higher values of these indicators in many territories [Libman E.S., 2000, 2006]. Quality of life studies in ophthalmology mainly focus on patients with glaucoma. [Hart P.M., 1998, Mills R.P., 1998, Under M., 1999, Yelin E., 1999, Brown G.C., 2000, McClure M.E., 2000, Janz N.K., 2007].

Purpose of the study. To determine the quality of life of patients with glaucoma and analyze data on subjective importance for patients.

This goal is achieved by solving the following research tasks:

1. Conduct a survey and analyze data on the general morbidity, quality of life of patients with glaucoma at various stages and under conditions of using various treatment methods in comparison with data obtained in the control group.
2. Analyze data on the subjective importance of glaucoma for patients.

The object of the study was a group of patients with glaucoma of various stages receiving (received) antiglaucoma therapy of various types.

The subject of the study is the quality of life of patients with glaucoma and the subjective importance of this disease for them.

Research methodology. The basis of the study was the principles of sociology, legal norms, conceptual models of the relationship between doctor and patient, principles of research into health-related quality of life, medical statistics, standards for the provision of medical care in ophthalmology, as well as the rules of medical ethics and deontology.

The initial methodological premise of the work is medical and sociological research standards, health-related quality of life, and a subjective assessment of the importance of the disease for the patient.

The second methodological premise of the study was the medical provisions and standards for the diagnosis and treatment of glaucoma.

The work uses methods of specific sociological research: surveys and interviews.

RESULTS AND DISCUSSION. The study of quality of life should include (cover) all subjective and objective components (symptoms of diseases, conditions and social roles) that are important for a member of the community (population) to which the patient belongs, and changes in which, in a positive or negative direction, can be expected as a result certain diseases or medical procedures.

The quality of life of patients with glaucoma was studied using their own instruments, studied by V.N. Alekseev and O.A. Painted (2003).

The results of our study show that there is a decrease in the quality of life of patients with glaucoma at home, since almost a third of patients experience difficulties in performing simple household chores (wash themselves, get dressed, clean the apartment, prepare breakfast, lunch or dinner), and the vast majority Patients with OAG report significant limitations when reading books, watching TV shows, and also when doing minor housework (even with optimal spectacle correction).

We found a decrease in the quality of life of patients with glaucoma outside the home, since more than half of the patients experience difficulties when going out into the street, when crossing the road, when communicating with neighbors or acquaintances, when buying groceries in bazaars and stores, and when traveling on public transport. Among patients with glaucoma, a low assessment of visual functions prevails, since the vast majority of patients (92.4%) rated their vision as “mediocre” or “poor.” This may be explained by the presence of a psychological factor, since the diagnosis of glaucoma causes a feeling of tension and fear in the patient.

Even the correct choice of local conservative treatment is not always effective due to the irregular use of eye drops (by more than half of the patients - 75.5%), the inability or impossibility (due to the presence of concomitant pathology) to use the prescribed drug correctly, and also due to the lack of motivation for treatment in many patients.

Thus, glaucoma is still a social and economic problem. Since people suffering from glaucoma are, as a rule, low-income people (pensioners), many of them need constant care from another person due to the condition of their vision.

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