

Clinical profile of keratoconus patients at a tertiary care eye hospital

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ABSTRACT

Objective: To describe clinical profile of keratoconus patients presenting at a tertiary care eye hospital.

Study Design: Cross sectional study.

Place and duration of study: Cornea clinic of Al-Shifa Trust Eye Hospital Rawalpindi from (15th Sep 2012 to 30th Nov and 1st Jan to 15th Apr 2013)

Subjects and Methods: One hundred patients were recruited from outpatient and cornea department of Al-Shifa Trust Eye Hospital using consecutive (non-probability) sampling technique. Detailed history, visual acuity and subjective refraction were done. Ophthalmic clinical examination using TOPCON- 3 F slit lamp and 90 D funduscopy were performed under supervision while corneal thickness by TOPCON SP-2000P and corneal topography on HAAG-STREIT-CTK 922 were done by trained technicians. Clinical examination and findings on corneal topography (automated) and pachymetry were noted on proforma for data analysis.

Results: Mean age of the participants was 19.79 years (SD \pm 8.55), with an age range of 6 to 70 years. 63% were males while 37% were females. Mean spherical and cylindrical refractive error were -3.31DS (SD \pm 3.80) and -3.02DC (SD \pm 2.62) respectively. Mean of maximum keratometry reading (Kmax) was 59.41D (SD \pm 12.5). Prominent corneal nerves was the commonest sign (96.1%) while 21.1 % patients belonged to Rawalpindi/Islamabad.

Conclusion: Our study revealed that keratoconus was more common in younger age group usually below 25 yrs, with higher prevalence in male. Prominent corneal nerves was the most consistent sign in these patients. Due to difference in socioeconomic status, lack of awareness and access to healthcare system; clinical profile of our keratoconus was not in complete agreement with international studies. *Al-Shifa Journal of Ophthalmology* 2016; 12(2): 97-102. © Al-Shifa Trust Eye Hospital, Rawalpindi, Pakistan.
