

## Abstract

### **Effect of Low Vision on Quality of Life**

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**Purpose:** To determine the (1) restriction in daily life due to low vision in terms of self-care and mobility (2) changes in behavior & attitude due to low vision and (3) to propose/formulate recommendations, if required, to make amends to the situation.

**Design:** Descriptive cross-sectional survey using a combination of quantitative & qualitative research methods

**Participants and Methods:** Sixty patients above fifteen years of age having low vision (VA = > 6/18) for more than 3 years visiting the Eye OPD of DHQ Hospital Abbottabad were included. Purposive sampling was carried out. The tools used for collecting information from the patients included individual interviews using structured questionnaire, informal discussions with family members, informal discussions with key informants and triangulation. Quality of Life assessment instruments were tested for validity, reliability & responsiveness.

**Results:** It was apparent that utility index decreased as vision became worse. Ocular diseases diminish substantially the quality of life of an affected patient. A strong relationship between low vision and quality of life was observed in the data. The participants had nihilistic feelings due to their low vision. Lower the vision, worse were the feelings.

**Conclusion:** Loss of hope apparently, complaints from powers, society and relatives and friends were common. Low vision certainly disrupts social life and family life to such an extent that no other disability barring comatose state is able to do. *Al-Shifa Journal of Ophthalmology 2009; 5(1): 8-15 © Al-Shifa Trust Eye Hospital, Rawalpindi, Pakistan*