

CHALLENGES IN VISUAL ASSESSMENT OF PEOPLE WITH PSYCHOSOCIAL DISABILITY

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ABSTRACT

PURPOSE: To explore the Challenges faced by an Optometrist and Ophthalmologist in Visual Assessment of People with Psychosocial Disability.

METHOD: This was a cross sectional study involving the use of self-designed questionnaire to evaluate the challenges in visual assessment of people with psychosocial disability. Chi Square test was applied. A sample size of total 32 practitioners was taken and asked to fill the questionnaire regarding challenges they face. This study was conducted in September, October and November 2021.

RESULTS: There were a total of 32 subjects. Out of 32 subjects 23 (71.9%) were male and 9 (28.1%) were females. We took two categories of eye care practitioners; Ophthalmologist and Optometrist. After filling self-made questionnaire, we concluded that Ophthalmologist and Optometrist have to face a lot of challenges in dealing with people with psychosocial disability. Most of the time they face difficulty in communicating with psychosocial person. They face difficulty in performing various procedures as they find the people with psychosocial disability uncooperative. They face aggressive attitude. They try to keep them comfortable and ensure friendly behavior. They try to keep themselves calm. They apply ethical codes in dealing with such persons. P value shows insignificant results which shows that both ophthalmologist and optometrist face equal challenges in dealing with people with psychosocial disability.

CONCLUSION: Visual assessment of uncooperative people with psychosocial disability is challenging for ophthalmologists and optometrists. They face many difficulties in assessing visual functions of people with psychosocial disability. They face hurdles in communication and interaction with people of psychosocial disability.

KEY WORDS: Challenges, Intellectual Disability, Ethical codes, Psychosocial Disability

INTRODUCTION

Psychosocial Disability refers to people who have either poor mental health or who face functional limitations in basic psychological and social activities, and who face negative impacts of psychosocial disability including marginalization and inequity. Psychosocial disability is limitation in both psychosocial functioning and acquired behavior and it appears before 18 years.¹ People with Psychosocial disability are more susceptible to psychological issues for a number of complex causes ranging from biophysical to psychopathology.² They are more likely to get Visual problems. They experience much more hurdles to Eye care than those without any disability.³ Visual impairments can intensely

restrict social, intellectual and motordevelopment.⁴

Challenging attitudes are often associated with psychosocial disabilities. It is often called as the characteristic of psychosocial disability. It has many forms, all of them have the negative impact on the quality of life of the person. These attitudes increase social isolation.⁵

Nearly 1% of the population has psychosocial disabilities. People with Psychosocial disability appear to have more danger for psychiatric problems, such as neurodevelopmental issues, communication problems, loneliness and accusation. Visual assessment in such persons is a difficult task and examiners face many challenges during their assessment⁶. Although their Visual

Assessment can be a major challenge, diagnosing their problems to learning and maturing can be problematic.

Challenging behaviors (CB) are shown by almost one in five persons with Psychosocial disabilities and are demarcated by their adverse outcomes, including their influence on many people in the person's surroundings. Such negative effect on other persons can include physical damage, danger of such damage, and the limitation of civic events with the person who involves in Challenging Behaviors (CB).¹⁰

Lack of proper Communication found in these persons makes the assessment of visual impairment, a challenge due to which "diagnostic overshadowing" can occur. And they remain unrecognized and underdiagnosed. Awareness among eye care professionals is extremely important for initial management to avoid further social hindrance in persons with Psychosocial disability.¹¹

In eye care training, ethical problems challenge eye care practitioners to make best choices for their patients. This requires that examiners take a while to listen to their patients and to involve them in their self-care. They should have a strong knowledge about their own ocular conditions and choices of treatment and should be involved in their decision making.¹² Optometrists and Ophthalmologists are the chief members of the eye-care team in a Mental hospital. They look after of a main portion in the outpatient services.¹³

Slight modifications in practice, knowledge and alertness would place Optometrists and Ophthalmologists well to encounter the challenges of this particular area of eye care. The mutual concerns raised by examiners include inadequate practice, trouble in collaborating with patients, lack of medical knowledge which in turn

led to examiners being unhappy with the status of medical facilities that they provided.¹⁴

MATERIALS AND METHODS

It was a cross sectional study which included total number of 32 Ophthalmologist and Optometrist in Mayo Hospital Lahore. Out of 32, 23 (71.9%) were male and 9 (28.1%) were females. We took two categories of eye care practitioners; Ophthalmologist and Optometrist. Data was collected by using self-made questionnaire, in which practitioners were interviewed about their experience in dealing with the People with Psychosocial Disability. The self-designed questionnaire included information about Challenges they face in their practice. The participants who fulfilled the inclusion and exclusion criteria were included in this study. For data analysis we use the statistical package for social sciences (SPSS version 25). Qualitative variables were presented in form of percentage and frequency. Cross tabulation was used to see the most occurring challenges among optometrists and ophthalmologist.

RESULTS

This study included a total of 32 subjects. Out of 32 subjects 23 (71.9%) were male and 9 (28.1%) were females. We took two categories of eye care practitioners; Ophthalmologist and Optometrist. 12 were Ophthalmologists and 20 were Optometrists. After filling self-made questionnaire, we concluded that approximately 53.1% Ophthalmologist and Optometrist have to face a lot of challenges in dealing with people with psychosocial disability. Most of the time they face difficulty in communicating with psychosocial person. 31.3% they face difficulty in performing various procedures, including retinoscopy and prescribing glasses, as they find

the people with psychosocial disability uncooperative. They face aggressive attitude. They try to keep them comfortable and ensure friendly behavior. They try to keep themselves calm. They apply ethical codes in dealing with such persons.

DISCUSSION

Lack of proper Communication found in these persons makes the assessment of visual impairment, a challenge due to which “diagnostic overshadowing” can occur. Consequently, such persons may not be able to get appropriate treatment for their problems. And they remain under recognized and underdiagnosed. Awareness among eye care professionals is extremely important for initial management to avoid further social hindrance in persons with Psychosocial disability.¹¹

In this study challenges faced by an eye care practitioner in visual assessment of people with psychosocial disability are evaluated by a questionnaire filled by Ophthalmologists and Optometrists. The results of this study are summarized as:

Most of the Ophthalmologists and Optometrists face difficulty in communicating with psychosocial persons. They face difficulty in their visual assessment. They find the persons uncooperative. They face aggressive behavior of the psychosocial person. They try to keep the persons comfortable. They ensure friendly environment. They encourage them and take consent from them.

CONCLUSION

Visual Assessment of uncooperative people with psychosocial disability is challenging for Ophthalmologists and Optometrists. They face many difficulties in assessing visual functions of

people with psychosocial disability. They face hurdles in communication and interaction with people of psychosocial disability.

RECOMMENDATION

Ophthalmologists and Optometrist have to face many challenges in visual assessment of people with psychosocial disability. They face difficulty in communication and visual assessment of people with psychosocial disability. They sometimes find the persons uncooperative.

After studying this it is recommended that

- Persons with psychosocial disability should be motivated and cooperative
- They should be trained before assessment
- They should be encouraged and counseled well
- Teaching instructors for eye care practitioners

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