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Effectiveness of Eye Care Bundle on Selected Eye Problems among The Non-Teaching Staff

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Eye problems such as burning, itching, dryness, redness, blurred vision, and headache are common among non-teaching staff due to occupational strain, poor ergonomics, and lack of awareness about preventive eye care. An eye care bundle, comprising evidence-based practices, may help to reduce the prevalence and severity of such problems. Hence the study was undertaken with an aim to assess the common eye problems among non-teaching staff and to evaluate the effectiveness of an eye care bundle in reducing these problems. A quasi-experimental study was conducted among 60 non-teaching employees, divided into experimental (n=30) and control (n=30) groups. A standardized questionnaire was used to assess the frequency of eye problems during pre-test and post-test phases. The experimental group received a structured eye care bundle, while the control group received no intervention. Data were analysed using paired and unpaired t-tests, chi-square test, and descriptive statistics. Results showed that, in pre-test both groups experienced common symptoms such as burning (50% in experimental and 33.3% in control group), itching (13.3% vs 23.3%), eye redness (16.6% vs 23.3%), dryness (6.6% vs 26.6%), blurred vision (13.3% vs 13.3%), and headache (20% vs 26.6%). After the intervention, in post-test there is a marked reduction in symptoms in the experimental group that is burning reduced to 3.3%, eye pain to 0%, dryness to 3.3%, blurred vision to 0%, and headache 0%, which was statistically significant ($p < 0.05$) whereas in control group there was a persistence or worsening of symptoms, which was significantly increased in tearing ($p = 0.003$), dryness ($p = 0.007$), blurred vision ($p = 0.007$), and headache ($p = 0.004$). The post-test mean score of eye problems was significantly lower in the experimental group (3.03 ± 2.74) compared to the control group (12.50 ± 6.43) ($t = 7.409$, $p = 0.000$). The eye care bundle was highly effective in reducing the frequency and severity of common eye problems among non-teaching staff, whereas symptoms worsened in the control group without intervention. Implementation of structured eye care practices in occupational settings is recommended to improve visual health, productivity, and quality of life among employees.

Keywords: Eye care bundle, Eye problems, Intervention study, Non-teaching staff, Occupational health