

Barriers to Glaucoma Medication Adherence in Saudi Arabia

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ABSTRACT

Study Design: Cross sectional

Background: Open Angle Glaucoma is the third most common cause of adult blindness in white people and the second most common cause in black and Latino adults. The only established way to slow the onset and progression of glaucoma is to lower intraocular pressure (IOP). Eye drop administration is almost usually used to reduce IOP. However, medical therapy compliance is notoriously low, with reported non-adherence rates ranging from 30 to 80%. Poor compliance has been linked to the development of the illness and blindness. Understanding the causes of glaucoma patients' failure to take their medication is crucial for improving clinical care of the condition.

Methods: Data were gathered for this cross-sectional study using a specially designed questionnaire. a questionnaire with questions about demographics and medication obstacles for glaucoma Following a series of debates among the expert panel, a questionnaire was created, and its Cronbach alpha was determined. The study was carried out in Saudi Arabia's Aseer province.

Results: Eye (20%), eyelid swelling (16%), eye burning (14%) were the major sided effects (Total respondents who observed any side effects were 92).

Conclusion: The amount of eye drops used, the length of the illness, the severity of the sickness, the patient's literacy level, and the cost of the treatment are all factors that affect adherence.

Keywords: Barrier, Glaucoma, Adhere, Diseases

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