

**Quality of Life in Patients with Primary Open Angle Glaucoma at A Tertiary Eye Hospital in Kaduna, Nigeria**

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**Introduction:** Global burden of glaucoma remains high and will continue to rise. About 79.6 million are estimated to be affected, of whom 11.2 million will be bilaterally blind by the year 2020.<sup>1</sup> Quality of Life is a reflection of a person’s overall wellbeing i.e. their ability to pursue a happy and fulfilled life. It includes dimensions of physical ability, mental health, general health perceptions, social functioning and independence. The Glaucoma Quality of Life (GQL-15) questionnaire is a 15-item subscale related to central/near vision, darkness/glare, mobilizing, cooking/cleaning/self-care, and peripheral vision. Items were chosen based on correlation with severity of visual field loss. It is well validated with high internal consistency and test-retest reliability.<sup>1</sup> The primary objective of the study was to assess the quality of life in patients with primary open angle glaucoma using the Glaucoma Quality of Life- 15 questionnaire.

**Methods:** A hospital based cross-sectional study of patients with primary open angle glaucoma, attending the glaucoma clinic of the National Eye Centre, Kaduna. A total of 68 consecutive were recruited between February 2017 to May 2017. Glaucoma Quality of Life- 15 (GQL-15) questionnaire was administered to each patient. Participants were classified into three groups based on the severity of mean deviation (on Visual field testing) into mild, moderate and severe. Information on the occurrence and type of surgical procedure was also obtained from the patients’ medical records.

**Results:** A hospital based cross-sectional study of patients with primary open angle glaucoma, attending the glaucoma clinic of the National Eye Centre, Kaduna. A total of 68 consecutive were recruited between February 2017 to May 2017. Glaucoma Quality of Life- 15 (GQL-15) questionnaire was administered to each patient. Participants were classified into three groups

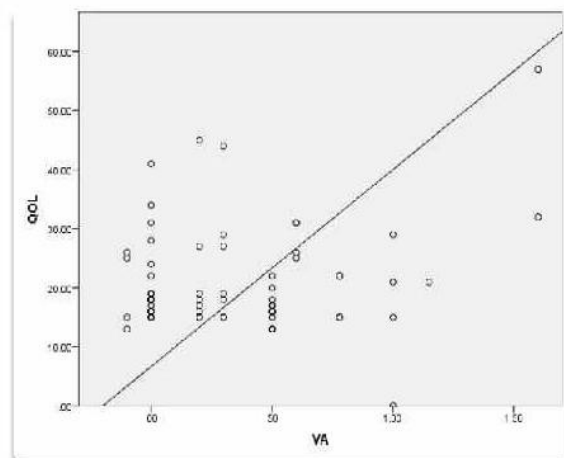
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**Table 1:** Patients’ characteristics

Age	Frequency	Percent
</=40	8	11.8
41-50	19	27.9
51-60	17	25.0
61-70	15	22.1
>70	9	13.2
Total	68	100.0
Gender		
Male	41	60.3
Female	27	39.7
Total	68	100.
Surgery		
Yes	35	51.5
No	33	48.5
Total	68	100.0
Severity		
Mild	36	52.9
Moderate	10	14.7
Severe	22	32.4
Total	68	100.0

**Table 2:** Mean quality of life score and visual acuity in different glaucoma severity

	Mild	Moderate	Severe/ advance Damage
<b>QoL(Mean±SD)</b>	19.5(7.5)	22.6(6.67)	23.2(8.3)
<b>VA(Mean±SD)</b>	0.21(0.24)	0.2(0.3)	0.6(0.5)



**Fig. 1:** Pearson’s Correlation between QoL score and Visual acuity of The Respondents.

procedure was also obtained from the patients' medical records.

**Discussion:** We found reducing quality of life (demonstrated by higher QoL score) associated with increasing glaucoma severity. However, we found no significant difference in quality of life (QoL) of males versus females participants and between those who had surgery and those who did not. Our finding is in conformity with what was reported in the EMGT study.<sup>2</sup>

**Conclusion:** Our study demonstrated that patients with glaucoma have reduced quality of life. We found no difference in quality of life between those that had surgery and those that didn't. However, further study with longer follow up is needed to confirm this.

### References

1. Skalicky S, Goldberg I. Quality of Life in Glaucoma Patients. *Cit US Ophthalmic Rev.* 2013;6(1):6-9. doi:10.17925/USOR.2013.06.01.6.
2. Mbadugha CA, Onakoya AO, Aribaba OT, Akinsola FB. A comparison of the NEIVFQ25 and GQL-15 questionnaires in Nigerian glaucoma patients. *Clin Ophthalmol.* 2012; 6:1411-1419. doi:10.2147/OPHTH.S33592.