

Factors affecting compliance with eye drop therapy for glaucoma in a multicultural outpatient setting.

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Abstract: Ophthalmic nurses at the Sydney Eye Hospital aimed to assess and evaluate the knowledge and resulting behaviours of patients using eye drop therapy for glaucoma and the effect that using interpreters or English speaking family members had on patients' understanding and compliance. The study showed that patients undergoing long term therapy for glaucoma have areas of ineffectual compliance that may not be apparent to staff who see them in a clinic setting. We showed that ineffectual use or missed doses of eye drops occur in both male and female groups, young and older groups and those from non-English and English speaking backgrounds. This is in spite of the same patients' assurances to us that they have received clear instructions. We have shown that our use of interpreters or English speaking family members has not affected compliance. This study has shown that even patients who have been on therapy for over 12 months are likely to benefit from continuing education and reinforcement of good technique. Poor understanding of glaucoma in the over 65 age group was not associated with a higher rate of non- or ineffectual compliance.