

Management ocular trauma among patients attending eye care services at Jinja regional referral hospital. A cross-sectional study.

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Abstract

Background

Urgent, early, and proper ophthalmologic evaluation is the key to prompt and appropriate management of ocular trauma. The study aims to assess the Management of ocular trauma among patients attending eye care services at Jinja Regional Referral Hospital.

Methodology

In a cross-sectional descriptive study design 100 respondents were selected using a non-probability consecutive sampling process. Data collected was processed quantitatively by tallying and using non-programmable scientific calculators and was presented using tables and figures. The study was conducted from September 2022 to March 2023.

Results

55% of the respondents had attained secondary education, 20% had attained primary education, 18% had attained tertiary education and 7% had not attained any level of education. The majority received medical management (65%), 20% received surgical management, 10% used self-medication and 5% used traditional medication. 41% of the respondents had received closed globe injuries while 59% had received open globe injuries. Majority of the patients (58%) showed great improvement, 15% showed less improvement and 12% showed mild improvement. The majority of the patients (40%) were presented after 24 hours, 24% were presented to the clinic immediately, 20% were presented after 2 days, and 16% were presented after one week. Among patients who were presented to the clinic after one week, 63% showed a poor prognosis, 25% showed a mild prognosis and 13% showed a great prognosis.

Conclusion

Health-seeking behavior after sustaining eye injuries was good. Distance of patients from the Hospital affected their health-seeking ability. Patients who presented early to the clinic had a better prognosis than those who presented late. Open globe injuries required surgical management and were associated with poor prognosis.

Recommendations

The government should establish more equipped specialized eye centers (Hospitals) with adequate staff to increase accessibility to eye care services.

Keywords: Health seeking behavior, Eye centers, Ophthalmologic evaluation.

Submitted: 2024-06-14

Accepted: 2025-03-19

Published: 2025-07-01

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Background

Urgent, early, and proper ophthalmologic evaluation is the key to prompt and appropriate management of ocular trauma. Radiological imaging is necessary and crucial since surrounding periorbital soft tissue swelling and other associated injuries may make physical examination of the globe difficult and patient cooperation may be limited by unresponsiveness, altered mentation, or sedation. For traumatic eye injury, for patients who need immediate surgery, An intravenous injection is given and any needed ancillary lab studies including imaging and blood testing are done, prolapsed tissue to close the eyes is managed, and then repair the internal eye damage is done. Globally responses received from representatives of 36 of 42 institutions (85.7%) of which 33 (78.6%) had sufficient trauma volume to be included showed that preoperative systemic antibiotics for open globe injuries were administered by 75.8%(n=25/33) of institutions, while 30.3% (n=10/33) administered preoperative topical

antibiotics. Intraoperative ophthalmic antibiotics for open globe injuries were used by 54.4 % (n=18/33) of experts (Sarah et al 2022).

A correlation between the presenting and final Visual Acuity's (VA), Despite the severity of the injuries, one out of four eyes reached a final visual Acuity (VA) greater than 20/200 (Joao et al,2022). Ocular trauma causes significant morbidity and loss of production (American Academy of Ophthalmology). In the USA, more than 2.5 million eye injuries occur each year out of whom 50,000 people permanently lose part or all of their vision (S Qayum, et al, 2016). Serious ocular injury gives rise to irrevocable structural damage or functional loss. If the issue of ocular injuries is not addressed, given the age bracket, the population will be affected. (Adong, 2016). The study aims to assess the Management of ocular trauma among patients attending eye care services at Jinja Regional Referral Hospital.

Methodology

Study design

The researcher used a cross-sectional descriptive study design which utilized quantitative data. To find out the factors associated with ocular trauma in patients receiving eye care services in Jinja Regional Referral Hospital. Quantitative methods were used in the later stages of the study to compile data in the form of tables, figures, and text (narration)

Study Population

The study population comprised all patients attending Jinja Regional Referral Hospital out-patient eye clinic with ocular injuries during the period of study

Study setting

The study was carried out at the OPD eye clinic at JRRH; Jinja district, the hospital is located in the south-eastern region of the country in Jinja city near the source of the Nile. It serves several clients/patients across the region, some of whom are just referred from other hospitals and health centers iv while others are self-referred. Among services provided include, medical, surgical, orthopedic, eye care private, gynecology, pediatrics, dental, ENT, lab, X-ray/Scan, Immunization, HIV testing and counseling, and Reproductive health services among others.

Time scope

The study was carried out for a period of 7 months; that is from September 2022 to March 2023

Data Collection tools

Data was collected using an interviewer-administered questionnaire. This searched for socio-demographic and clinical data of each patient who presented with ocular injuries. It also searched for information on the causative factors of the injury, the place where the injury was sustained, and the circumstances under which the injury was sustained.

Data collection procedure

The principal investigator started by creating rapport with the respondents and reassuring them about confidentiality. The questions were read and interpreted for the respondents to understand. Responses were given in the local language and written in English by the researcher and at the end the respondents were thanked for their cooperation

Study Variables

Independent variables: Management of ocular trauma, extent of trauma, Health seeking behavior and practices.

Sample Size Determination

The sample size was calculated using Cochran's formula $n = (z^2 pq) / d^2$

Where:

n=sample size

z= is the standard normal deviate estimated at 1.96 (adopted from z distribution table) at 95% confidence interval

p= is the proportion of respondents with Ocular trauma (target population groups). Since P is not known with certainty, we therefore estimate it at 7%=0.07, which is the maximum value

q=1-p (1-0.07) =0.93 (The probability of selecting respondents without ocular trauma

d=0.05, the maximum error

$n = (1.96 \times 1.96 \times 0.07 \times 0.93) / 0.05 \times 0.05$

n=100.03

100 respondents were considered for the study

Sampling technique

The study was a non-probability consecutive sampling process and all the clinicians at Jinja Regional Referral Hospital eye clinic were sensitized about the ocular trauma study.

Sampling procedure

Patients were registered at the reception, their age and sex documented regardless of presenting ocular complaints. Whenever an ocular injury was identified by any clinician during the course of the patient, he/she would direct the patient to the principal investigator for assessment

Data collection method

The principal investigator used interviews as the method of data collection using an interview guide with well-structured questions.

Dependent variables: Prognosis of ocular trauma

Inclusion criteria

Only patients who presented to the outpatient eye clinic with ocular injuries for their first visit at Jinja Regional Referral Hospital out-patient eye clinic were included.

Exclusion Criteria

Patients who had a life-threatening ocular trauma with active bleeding that required urgent and intensive management were excluded from the study.

Pre-testing the questionnaire

This aimed at evaluating the validity and reliability of the questionnaire. The data tool was therefore revised to

Quality control

The principal investigator pre-tested the study tools and piloted testing was done to identify and correct errors. suit realities through reconstructing questions and elimination of grammar errors and useless questions.

Data processing, analysis and presentation

Data collected was processed quantitatively by tallying and using non-programmable scientific calculators and was presented using tables and figures.

Ethical consideration

Introductory letter

On approval of the research proposal by the institution's research committee, a letter of introduction was provided by the principal of the Ophthalmic Clinical Officer's training school, and it was delivered to the director of Jinja Regional Referral Hospital who then introduced the researcher to the in-

charges of the eye clinic. He introduced the researcher to the respondents.

Informed consent

Verbal consent was sought from the patients after the explanations of the topic of study. The patients were assured of their right to consent.

Confidentiality

The principal investigator assured the patients that the information to be collected was to be kept confidential and was only for academic purposes and planning to promote a better life.

Limitations of the study

The high cost of stationery and internet access delayed the work of the researcher.

Results

Social demographic factors associated with ocular trauma

Table 1: shows socio-demographic factors associated with ocular trauma

Variables	Category	Number of respondents	Percentage (%)
Age (years)	0-20	32	32
	21-40	55	55
	41-60	10	10
	>60	3	3
	Total	100	100
Sex	Male	70	70
	Female	30	30
	Total	100	100
Education level	None	7	7
	Primary	20	20
	Secondary	55	55
	Tertiary	18	18
	Total	100	100
Tribe	Baganda	20	20
	Basoga	50	50
	Bagwere	10	10
	Banyankole	4	4
	Others	16	16
	Total	100	100

Table 1, the most affected age group was 21-40 (55%) followed by the 0-20 age group with 32%, the 41-60 age group with 10% and the least affected age group >60 years 3%, according to sex, males were more affected by ocular trauma (70%) than females (30%). 55% of the respondents had attained secondary education, 20% had attained primary

education, 18% had attained tertiary education and 7% had not attained any level of education. The most affected tribe was Basoga (50%), followed by Baganda with 20%, Bagwere 10%, Banyankole 4%, and the least among others with 16%.

Figure 1: Shows age distribution among respondents with ocular injuries

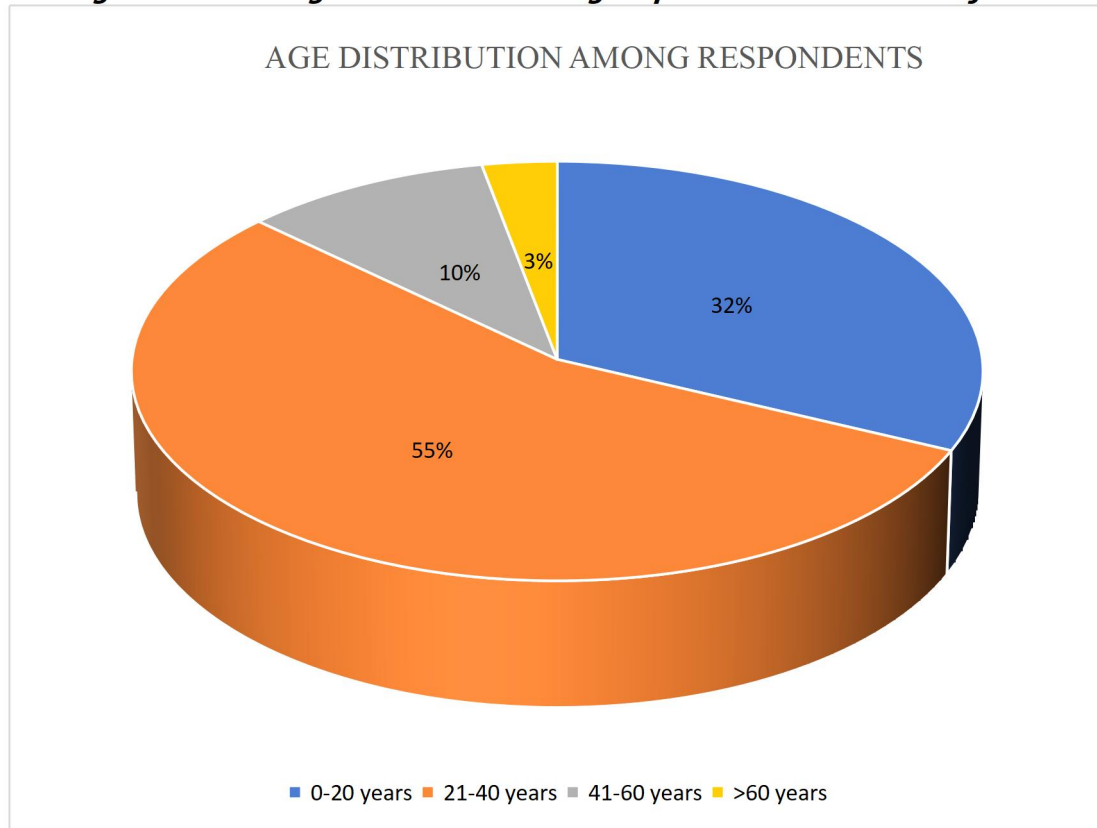


Figure 1 indicates that 21-40 years was the most affected age group (55%) followed by 0-20 age group with 32%, 41-60 age group with 10% and >60 years was the least affected age group (3%).

Management and prognosis of ocular trauma

Table 2: Shows Distribution of patients according to interventions made

Variable	Category	Frequency	Percentage (%)
Management intervention	Medical	65	65
	Surgical	20	20
	Tem	10	10
	Self-medication	05	5
Type of injury	Closed globe injury	41	41
	Open globe injury	59	49
Injury subtype	Corneal abrasion	37	37
	Corneal penetration	15	15
	Lid abrasion	12	12
	Contusion	28	28
	Others	08	8
Which eye sustained the injury	Right eye	50	50
	Left eye	50	50

Table 2, the majority of the respondents received medical management (65%), 20% received surgical management, 10% used self-medication and 5% used traditional medication. 41% of the respondents had received closed globe injuries while 59% had received open globe injuries. Most of the respondents had

suffered from corneal abrasions (37%), 28% had suffered from contusions, 15% of the respondents had suffered from corneal penetration injuries, 12% had suffered from lid abrasions and were among others with 8%, the table also shows that 50% of the respondents

sustained the injury on the right eye and 50% suffered on the left eye.

Table 3: shows the outcome of the interventions made on ocular trauma patients

Category	Frequency	Percentage (%)
Medical intervention		
Great improvement	38	58
Mild improvement	12	19
Less improvement	15	23
Total	65	100
Surgical intervention		
Great improvement	05	25
Mild improvement	02	10
Less improvement	13	65
Total	20	100
TEM		
Great improvement	00	00
Mild improvement	02	20
Less improvement	07	70
Total	10	100
Self-medication		
Great improvement	00	00
Mild improvement	01	20
Less improvement	04	80
Total	05	100

Table 3 concerning the interventions made on ocular trauma patients, among those that received medical intervention majority of the patients(58%) showed great improvement, 15% showed less improvement and 12% showed mild improvement. Among those who received surgical intervention, the majority showed less improvement (65%), 25% of the respondents showed great improvement and

10% showed mild improvement.70% of the patients who had used traditional eye medication showed less improvement, 30% showed mild improvement and none showed great improvement. Among those respondents that had used self-medication 80% showed less improvement, 20% showed mild improvement and none showed great improvement.

Table 4: Shows patients who sustained ocular trauma and needed surgical management

Surgical management	Number of patients (n=25)	Percentage (%)
Foreign body removal	10	40
Surgical repair	6	24
AC wash out	5	20
MSICS for dislocated lens	4	16
Total	25	100

Table 4 shows that among the patients who received surgical management, 40% underwent foreign body removal, 24% received surgical repair, 20% received anterior chamber washout and 16% underwent manual small incision cataract surgery (MSICS) for dislocated lens.

Time of presentation to the clinic

Table 5: shows the time of presentation to the clinic of the respondents who had sustained ocular trauma

Time of presentation	Number of patients (%)
Immediately	24
After 24 hours	40
after 2 days	20
After one week	16

Table 4 shows that among the patients who received surgical management, 40% underwent foreign body removal, 24% received surgical repair, 20% received anterior chamber washout and 16% underwent manual small incision cataract surgery (MSICS) for dislocated lens.

Table 6 shows the relationship between time of presentation to the eye clinic and the prognosis of the injury

Category	Frequency	Percentage (%)
Immediate presentation		
Great prognosis	18	75
Mild prognosis	04	17
Poor prognosis	02	8
Total	24	100
After 24 hours		
Great prognosis	29	73
Mild prognosis	06	15
Poor prognosis	05	13
Total	40	100
After 2 days		
Great prognosis	03	15
Mild prognosis	10	50
Poor prognosis	07	35
Total	20	100
After one week		
Great prognosis	02	13
Mild prognosis	04	25
Poor prognosis	10	63
Total	16	100

Table 6 Concerning the relationship between time of presentation to the clinic after sustaining the injury and the prognosis of the injury, table 7 shows that among the patients that were presented immediately after sustaining an ocular injury, 75% of the patients showed great prognosis, 17% showed mild prognosis and 8% showed poor prognosis. Among the patients that were presented to the clinic after 24 hours, 73% of the patients received a great prognosis, 15% received a mild prognosis and 13%

Discussion

Socio-demographic factors associated with ocular trauma

Concerning age, the study established that the most affected age group was 21-40 years (55%), and the least affected was >60years (3%) this is probably because 21-40 years is a working age group, and this concurs with Fabriziomario et al (2017) who observed that among all cases of ophthalmological departments adults are more affected by trauma.

The study established that ocular trauma was more common in males (70%) than females (30%), this is probably because more males indulge in risky behaviors such as alcoholism than females.

Concerning tribe, the study showed that most of the respondents were Basoga (50%) and the least (14%) were among others. This is because the study was conducted in the Busoga region where most of the people attending JJRH are Basoga.

received a poor prognosis. 50% of the patients that were presented to the clinic after 2 days showed mild prognosis, 35% showed poor prognosis and 15% showed great prognosis. Among patients who were presented to the clinic after one week, 63% showed a poor prognosis, 25% showed a mild prognosis and 13% showed a great prognosis.

According to educational level, the study revealed that the majority (88%) of the respondents were literate while 12% were illiterate. This is because the majority of the respondents were factory and business workers and most businesses and factories employ people who have attained a particular level of education.

Management and prognosis of ocular trauma

The study findings revealed that the majority of the patients needed medical management (65%) while the minority had used self-medication (5%), this is because many patients had minor injuries that never required surgery and others refused surgery. The study also showed that more than half of the injuries (59%) were open globe injuries while closed globe injuries were 41%. Findings revealed that the most injury subtype was corneal abrasion (37%) and the least was among others (8%). This is probably because most of the injuries were caused by blunt objects.

The majority of the patients who received medical intervention (58%) showed great improvement indicating a good prognosis while those who used traditional eye medication and those who applied self-medication didn't receive any improvement indicating poor prognosis. This is probably because those who went for medical management received the required treatment from qualified personnel yet those who treated themselves and those that used TEM missed proper treatment giving poor prognosis.

The majority of the patients who received surgical intervention (65%) got less improvement (poor prognosis). This is probably because many of them had suffered from open-globe injuries which are more severe and associated with more complications, and longer treatment time compared to closed-globe injuries. This finding is in line with Li X et al, 2015 who revealed that Open globe injury (OGI) is a severe form of eye trauma estimated at 2-3.8/100,000 in the United States.

The study findings also revealed that the majority of the patients presented to the clinic after 24 hours (40%). This was related to the long distance that was needed to reach the hospital and health-seeking behaviors.

The study revealed that those who presented immediately (73%) and those who presented after 24 hours (75%) had great prognosis while those who presented after 2 days and after one week showed mild (50%) and poor prognosis (63%) respectively indicating that the patients who presented early to the clinic had better prognosis than those who presented late. This is because the injury was managed early and urgently before any complications set in.

Conclusion

Health-seeking behavior after sustaining eye injuries was good. Distance of patients from the Hospital affected their health-seeking ability. Patients who presented early to the clinic had a better prognosis than those who presented late. Open globe injuries required surgical management and were associated with poor prognosis.

Recommendations

Health education on ocular injuries should be adopted by the relevant authorities such as the district health team to increase awareness of the dangers, causes, predisposing factors, and burden of ocular trauma in the community. The government should establish more specialized hospitals (eye clinics) to increase accessibility to eye care services.

Acknowledgement

I express my sincere gratitude to the Almighty God for His unconditional grace, mercy, gift of life, and wisdom granted to me in my academic struggle to attain knowledge in the eye care field. I acknowledge the effort of Mr. Kyakulaga Adonia my supervisor for his support, guidance, and direction from the beginning of the research study up to this final fine copy.

I would like to extend my heartfelt acknowledgment to my beloved parents, sisters, brothers, grandparents, aunts, and uncles for their tireless support, guidance, and encouragement throughout my education career. Special thanks to the principal Mr. Ajwika Sam, the academic registrar Ms. Kitimbo Yvonne, and all the school staff for guiding me throughout my academic program. I would like to extend my thanks to my friends including classmates for their continuous support in terms of knowledge, guidance, and encouragement.

Source of funding

The study was not funded.

Conflict of interest

The author did not declare any conflict of interest

Author's Biography

David Ssekajigo is a student of diploma in clinical ophthalmology at Ophthalmic clinical officers' training school, Jinja.

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List of abbreviations

AC: Anterior chamber

HIV: Human Immune Virus

JRRH: Jinja Regional Referral Hospital

MSICS: Manual small incision cataract surgery

OGI: Open Globe Injury

OPD: Out Patient Department

TEM: Traditional Eye Medication

VA: Visual Acuity

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