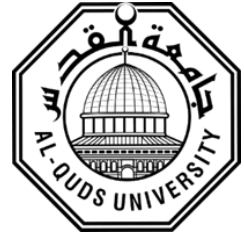


Deanship of Graduate Studies

Al-Quds University



**Quality of Life among Patients with Glaucoma in Gaza
Governorates**

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Quality of Life among Patients with Glaucoma in Gaza Governorates

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Dedication

To the spirit of my dear father

To my world to my mother to whom I owe my life and success

To my wife who has been a great source of motivation and inspiration.

To my brothers; Yahya, Zakaria and sisters S, Z, A

To my uncles; Atef, Ahed , Adnan, Moean, Motaz for supporting me

To my sister's husband.; Mohammed

*To my little princes; **Lolo** for here encouraging smiles*

To my friends

To my colleagues

And

To everyone who contributed to make this study a reality, thank you

Mohammed Zakaria Ali Mushtaha

Declaration

I certify that this thesis submitted for the degree of master is the result of my own research, except where otherwise acknowledged, and that this thesis or any of its parts has not been submitted for higher degree to any other university or institution.

Signed:

Mohammed Zakaria Ali Mushtaha

Date: / / 2017

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Abstract

Background: Glaucoma is the second leading cause of blindness worldwide. Glaucoma is a group of eye diseases that permanently damage visual functions and can impact patient quality of life negatively. Quality of Life has emerged as an important parameter for assessing the quality of health care of patients with Glaucoma disease. So, the present study was carried out in Al Nasser Ophthalmic Hospital and European Gaza Hospital, with the aim to assess and evaluate QOL among Glaucoma patients in Gaza Governorates and the factors influencing their life conditions.

Methods: This descriptive, analytical, cross-sectional study included 265 glaucoma patients whose age was 18 years or more. Data collected at Al Nasser Ophthalmic Hospital and European Gaza Hospital included socioeconomics, demographics and disease characteristics. QOL data collected using the Glaucoma Quality of Life-15 questionnaire (GQL-15) and Medical Outcomes Study Short-Form 36 Health Survey (SF-36) questionnaire.

Results: The results showed that study participants had a medium perception level of QOL. The mean summary score for GQL-15 was 59.2 ± 17.6 . Patients showed the greatest difficulty in activities involving glare and dark adaptation (48.5 ± 18.0), followed by central and near vision (57.3 ± 19.1), peripheral vision (61.4 ± 19.4), and the least difficulty for outdoor mobility (66.6 ± 25.4). Moreover, the overall mean percentage of SF-36 domain scores 61.7 ± 13.5 . The bodily pain domain got the highest score (79.4). Moreover, the social function domain was (72.22), the physical function domain (70.32), the emotional role limitation (58.24), the role limitation due to physical health (55.75), the mental health domain (54.7), the vitality domain (54.09), and the lowest domain was General health with equaled (48.58).

Finding showed that females had poorer QOL in SF-36 than male (64.5 vs. 58.2). QOL was better at age group (18-30) (66.3), compared with the other participants. Moreover, participants with an income of more than 1000 NIS had better QOL. For disease-related variables, finding showed that participants without (ocular disease and comorbid) had better QOL compared with those who had an ocular disease and comorbid.

In addition, finding presented that, patients with disease duration less than 5 years had a better degree of QOL domains. In addition, findings showed that glaucoma patient's when attended more educational represented higher QOL.

Conclusion: The findings demonstrated that patients with Glaucoma disease had a medium level perception about their QOL. This study identified common problems encountered by patients which now are not assessed in routine glaucoma care. It also identified a subgroup of questions that seems to be specific for glaucoma. Also, a study has proved that Glaucoma has wide effects on people's ability to function independently in every field of their lives. It affects the physical, mental and social well-being of people. Glaucoma patients should be educated to understand the prognosis of the disease and importance of the adherence to daily treatment.

Recommendations: Results highlight some important recommendations such as: increasing efforts to prevent negative impacts of disease on QOL of patients by improving a quality of eye care and establishing vision rehabilitation program. Planning and implementing educational programs for the optometrist to help Glaucoma Patients to cope better with their chronic disease are very crucial. Moreover, development of medical patient file at diagnostic units and enhancement of proper documentation and stability in the availability of fundamental medications are important steps to improve QOL. There is a need to conduct more research studies, including both qualitative and quantitative studies to understand individual areas of need which can be addressed in the future.

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List of Abbreviations

ADLS	Activity of Daily life
AH	Aqueous Humor
EGH	European Gaza hospital
GG	Gaza Governorates
HCS	Health Care System
HRQOL	Health Related Quality of Life
IOP	Intraocular Pressure
MOH	Ministry Of Health
NOH	Al Nasser Ophthalmic Hospital
PCAG	Primary Closed Angle Glaucoma
PCBS	Palestinian Central Bureau of Statistics
PHCS	Palestinian Health Care System
PNGO	Palestinian Nongovernmental Organizations
POAG	Primary Open Angle Glaucoma
QOL	Quality of Life
UNRWA	United Nations Relief and Works Agency
WHO	World Health Organization
VF	Visual Field
VRQOL	Vision related quality of life
OSD	Ocular surface disease
NICE	National Institute for Health and Care Excellence

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