SOP-02: Knowledge, attitudes, practices and factors associated with knowledge regarding contact lens usage among undergraduate spectacle wearers in a selected medical faculty in Sri Lanka

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Introduction: Refractive error is one of the main causes of visual impairment thus increasing dependency on spectacles and contact lenses. Though spectacles are the most frequently used method, with rapid modernization, contact lenses are becoming popular. Therefore, this study aimed to assess knowledge, attitude, practices and factors associated with knowledge regarding contact lens usage among medical undergraduate spectacle wearers in Sri Lanka.

Methods: A cross-sectional study was done among 106, 1st to 4th year undergraduate spectacle wearers from a selected medical faculty in Sri Lanka via a google form. Consecutive sampling was used. While a scoring system was used to assess the knowledge, attitudes and practices were assessed using frequency distributions. Factors associated with knowledge were determined using Chi-squared test.

Results: Majority (n=94; 88.3%) had heard about contact lenses. Of them, most (n=54; 57.4%) had good knowledge regarding contact lenses. However, only 8.5% (n=8) were aware that the maximum daily wearing time of contact lenses was 14-16 hours per day and only 6.4% (n=6) were aware that the container of contact lenses should be replaced once every 3 months. Only 27.7% (n=26) were aware that contact lenses should not be worn during swimming. Majority (n=75; 79.8%) felt that contact lenses required extra care, while only 46.8% (n=44) felt that contact lenses were more expensive. Proportion of contact lens users was 8.5% (n=9). Of them, only 22.2% (n=2) replaced the container of contact lenses once in 3 months, while only 22.2% (n=2) rinse the lenses with lens solutions daily. None of the considered factors were significantly associated with knowledge.

Conclusions: Although knowledge and practices regarding contact lens usage were moderate, attitudes regarding contact lens usage were good. Measures should be taken to improve knowledge and practices, taking into account their good attitudes.

Keywords: knowledge**,** attitude, practices, contact lenses, spectacles wearers

Acknowledgment: Community Stream, Faculty of Medicine, University of Colombo