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A study on Lacrimation and associated symptoms of mild dry eye by the application of warm compress among geriatric population (≥ 60 years of age) at village Dhanas, U.T., Chandigarh.

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Abstract

Dry eye represents a significant public health problem among geriatric population of age group ≥ 60 years. Objective: to study lacrimation and associated symptoms of mild dry eye by application of warm compress among geriatric population (≥ 60 years of age). Study was conducted to identify the clients with mild dry eye. Seventy four study subjects with mild dry eye participated in the study. By randomization they were divided into experimental and control subjects. All the subjects were interviewed and assessed for tear level with Schirmer's test and symptoms of mild dry eye on 1st and 7th day. Tear level in both the eyes and symptoms of mild dry eye were compared among experimental and control subjects on 1st and 7th day. Among experimental subjects, symptoms were significantly improved on 7th day while there was no change in symptoms among control subjects on 7th day. Among experimental subjects, mean tear level was also significantly increased from 9.03± 1.95 to 10.94± 2.91 in right eyes ($p<0.01$) and from 9.61± 3.09 to 11.40± 3.49 in left eye ($p<0.05$) on 7th day when t-test applied. No complication of warm compress was reported. It concluded that warm compress is an effective, safe and economical method for the treatment of mild dry eye among geriatric population in the community.

Biography

Sandhya Ghai has completed Ph.D in 1998 from Punjab University Chandigarh, *(Nsg. Service Administration), M.Sc. (Psych. Nsg., 1989), M.A. (Pub. Admn., 1980), Short-term course in Intensive Care, 1979. I am holding the post of Principal National Institute of Nursing Education, PGIMER, Chandigarh,* President, TNAI, UT. Branch Chandigarh, Dean, Nursing Studies Member Planning Board, BFUHS, Faridkot, Director, WHO Collaborating Centre, NINE, PGI, Chandigarh, Member, Expert Advisory Committee, & Chairperson, Curricullum Development Committee, MOH&FW New Delhi, Member, Board of Nsg. Studies, MMU, Mullana, Member Advisory Board, Treasurer, I P H Assocation. , Chandigarh Branch. Joint Editor, J. Forensic Nursing Sciences, Member, Academic Governing Council SWIFT, Member, Faculty of Medical Sciences, P.U, Chandigarh, Chief- Coordinator, Pb. Univ. Nsg courses – 2012, Observer and Moderator, Ent. Test, B.F.U.H.S. Technical Expert in selection committee: PGIMER, Bhopal, AIIMS (New Delhi), PGIMER (CHD.), GMCH-32,CHD. Total experience in PGIMER is 35 years and has 51 publications and 32 paper presentations at National and International Conferences. She has received National Mahila Rattan Gold Medal Award, Best Educationist Award, Basanti Rai Award for Best Thesis and she is Co-author in Book "Management of Hospitals: Hospital Administration in the 21st Century". I have guided more than 20 researches.

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