

UNIVERSITI TEKNOLOGI MARA

**CONTACT LENS COMPLIANCE AMONG
CONTACT LENS WEARERS IN UITM PUNCAK
ALAM**

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AUTHOR'S DECLARATION

I hereby declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not submitted to any other academic institution or non academic institution for any degree or qualification.

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ABSTRACT

Background: Many contact lens wearers did not get proper guidance on contact lens wear and care resulting in non compliance behavior. The non compliance behavior is associated with increasing risk of contact lens compliancation such as microbial keratitis and fusarium keratitis

Aim: The aim of this study was to evaluate the level of compliance and the scope of noncompliance behavior among contact lens wearers in UiTM Puncak Alam.

Method: A total of 66 soft contact lens wearers were selected conveniently in the university campus. After getting the consent form, a set of self report questionnaire consisted of demographic background, contact lens details, perceived compliance and assessment on wearing and replacement habits and care of lens accessories were administered. Then, each participants was asked to demonstrate the lens cleaning and disinfecting procedure according to their normal practices rather that they thought they should demonstrated. The observational checklist was used by the researcher for the assessment.

Results: Majority of participants was female (n=61) aged between 20-25 years old. Of 66 participants, only 47.8% were identified to be compliant to the lens wear and care regiment. The most noncompliant behavior was the lens cleaning and disinfecting procedure (59.1%) followed by care of lens case accessories (48.5%). It was found that 56 participants failed to come for aftercare assessment and that was significantly associated with the location of their contact lens purchase (p=0.04). Of 34.8% of participants who perceived themselves as good contact lens wearer, only half (n=12) exhibited as good contact lens wearer.

Conclusion: This study demonstrates that the level of compliance among young contact lens wearer was still low. The area of contact lens cleaning and disinfecting is the most noncompliance behavior demonstrated by the participants and this may be attributed by lack of proper knowledge on lens wear and care.

TABLE OF CONTENT

AUTHOR’S DECLARATION	iii
SUPERVISOR SIGNATURE.....	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENT	v
LIST OF TABLES	vii
LIST OF FIGURES	viii
LIST OF ABBREVIATION	ix
ABSTRACT.....	x
ABSTRAK	xi
CHAPTER 1 INTRODUCTION	1
1.1 BACKGROUND.....	1
1.2 PROBLEM STATEMENT	3
1.3 OBJECTIVE.....	3
1.4 RESEARCH QUESTIONS	4
CHAPTER 2 LITERATURE REVIEW	5
2.1 DEFINITION OF CONTACT LENS COMPLIANCE	5
2.2 FACTORS AFFECTING THE LEVEL OF COMPLIANCE	6
2.3 BEHAVIOUR OF NON-COMPLIANCE IN SEVERAL COUNTRIES.....	8
2.4 CONTACT LENS COMPLICATIONS RELATED TO NON COMPLIANCE	11
2.5 PREVIOUS STUDY GAP AND SIGNIFICANT OF CURRENT STUDY	12
CHAPTER 3 MATERIALS AND METHODS.....	13
3.1 STUDY DESIGN	13
3.2 SAMPLING.....	13
3.3 SAMPLING CRITERIA	14
3.4 RESEARCH MATERIAL	15
3.4.1 STRUCTURED QUESTIONNAIRE	15
3.4.2 OBSERVATIONAL CHECKLIST	16
3.5 PRETESTING THE QUESTIONNAIRE	16

3.6	DATA COLLECTION PROCEDURE	17
3.7	ASSESSMENT OF COMPLIANCE	17
3.7.1	ASSESSMENT BY QUESTIONNAIRE	17
3.7.2	ASSESSMENT BY DEMONSTRATION.....	18
3.8	DATA ANALYSIS	18
CHAPTER 4 RESULT		19
4.1	DEMOGRAPHIC DATA.....	19
4.2	THE CONTACT LENS DETAILS.....	20
4.3	CONTACT LENS PURCHASE AND INFORMATION.....	21
4.4	PERCEIVED VERSUS ACTUAL COMPLIANCE	23
4.5	ACTUAL COMPLIANCE ASSESSMENT.....	24
CHAPTER 5 DISCUSSION.....		30
5.1	DEMOGRAPHIC DATA.....	30
5.2	LEVEL OF COMPLIANCE	30
5.4	PERCEIVED VERSUS ACTUAL COMPLIANCE	37
CHAPTER 6 CONCLUSION AND RECOMMENDATION.....		39
6.1	CONCLUSION	39
6.2	RECOMMENDATION FOR FUTURE STUDIES.....	39
APPENDICES		45
APPENDIX A		46
ETHICAL COMMITTEE FORM		46
APPENDIX B		48
CONSENT FORM.....		48
APPENDIX C		50
QUESTIONNAIRE AND CHECKLIST FORM		50
APPENDIX D.....		57
INTELECTUAL PROPERTIES		57