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## Compliance with rules of hygiene among contact lens wearers and their impact on the eye: A cross-sectional study

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**Introduction:** Contact lens (CL) usage exposes to serious eye complications such as allergy and corneal abrasion, especially in noncompliance with specific hygiene rules (HRs). These complications may take the form of banal symptoms such as eye redness, pain or photophobia. We studied the level of compliance with HRs among CL wearers and the associated factors and eye complications.

**Methodology:** A cross-sectional study carried out among attendees of the ophthalmology clinic in King Abdulaziz University Hospital and visitors of a large shopping mall in Jeddah (N=500), between May and June 2016. A semi-structured questionnaire investigated compliance with HRs related to CL wearing (10 items) and a compliance score (0-10) was calculated. Ocular symptoms such as pain and redness were investigated. Compliance score was correlated with sociodemographic factors and ocular symptoms.

**Results:** Most of the participants were females (95.8%), aged 21-40 (89.2%) and highly educated (85.4%) who were regular (30.2%) or irregular (69.2%) CL wearers. Contact lens was used for cosmetic purpose in 47.8% and most frequent type was monthly in 42.6%. Compliance with HRs showed that 22.6% changed sterile solution daily, 15.8% changed the lens box monthly, 10.6% wetted lens regularly, 81.2% washed their hands before, 89.6% washed lens before and 33.2% after usage and 37.2% followed the correct washing method. Compliance score was higher among females ( $p=0.036$ ). Eye complaints were reported by 93.0% and 73.6% had 2 or more concomitant symptoms. Sleeping with lens was associated with less eye complaints ( $p=0.015$ ), whereas infrequent change of solution was associated with higher risk of eye complaint ( $p=0.027$ ).

**Conclusion:** Contact lens wearers have poor compliance with several HRs, which results in high prevalence of eye complaints. There is urgent need to educate target population to prevent eye complications. Further studies are warranted to assess the clinical significance of the reported eye complaints.

### Biography

#### Qualifications:

Membership of ophthalmology student club at King Abdul-Aziz University Jeddah

Basic Life Support for Healthcare Providers Course from Saudi Heart Association, Conducted by Ibn Sina College, Jeddah Saudi Arabia, (March, 2017-2019)

#### Research activates:

Co-Author of a Research entitled " COMPLIANCE WITH RULES OF HYGIENE AMONG CONTACT LENS WEARERS AND THEIR IMPACT ON THE EYE: A CROSS-SECTIONAL STUDY" conducted by King Abdul-Aziz University Jeddah (2016)

Co-Author of a Research entitled "Knowledge, Attitudes And Practices About influenza Vaccination Among Algerian Hajj Pilgrims" conducted by Zamzam association, Makkah(2016).

Data entry Of a Research Entitled "Glaucoma Awareness and Prevalence Research 2016" Conducted in King Abdul-Aziz University Jeddah (March-2016).

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