

Patients know little about presbyopia and its available modes of correction.

Multifocal contact lenses are not considered unless prompted or successfully worn previously.

Patient Attitudes to Presbyopia and its Correction

Brooke Hutchins and Dr Byki Huntjens

Division of Optometry and Visual Sciences, City, University of London

MOTIVATION

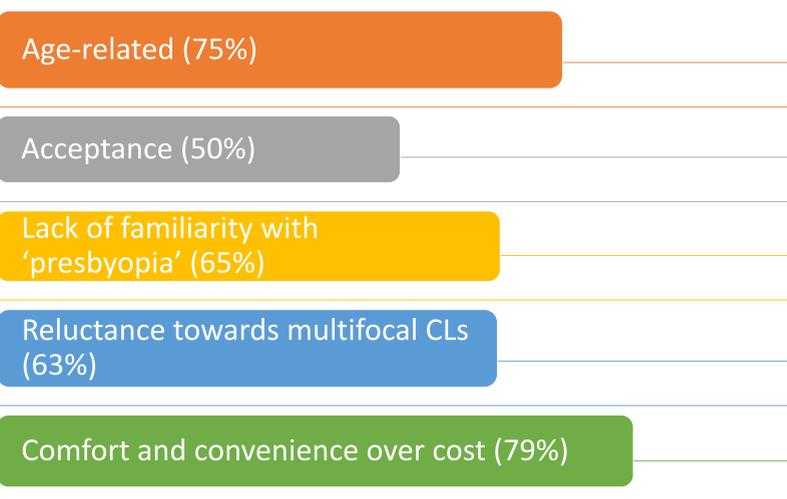
Globally, of all contact lenses, only $\pm 15\%$ of patients are prescribed multifocal contact lenses (UK $\pm 30\%$)¹

- What are (pre-) presbyopes' attitudes and beliefs towards presbyopia?
- What are their preferred modes of refractive correction?

QUALITATIVE ANALYSIS

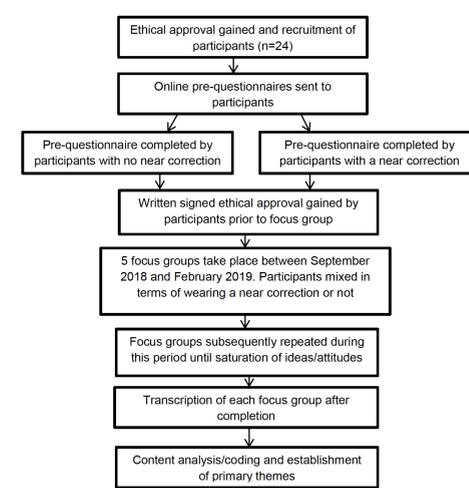
1. N = 24 | F:M 19:5
2. Mean age 41.5 ± 3.8 years
3. Online questionnaires and structured (topic guides), recorded focus groups

RESULTS



DISCUSSION

- Should we inform patients earlier about presbyopia and its available corrections?
- Presbyopia and its correction could become part of the NHS Health Check in England for adults over 40



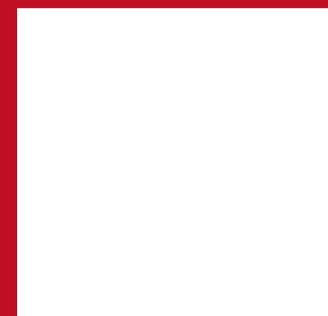
Pre-questionnaire Results	All participants 24 (100%)	Presbyopes with near correction 6 (26%)	Presbyopes without near correction 18 (74%)
Gender			
Male	5 (22%)	1 (17%)	4 (24%)
Female	19 (78%)	5 (83%)	14 (76%)
Correction/s worn for distance			
Single vision spectacles	8 (45%)	0 (0%)	8 (44%)
Vari-focal spectacles	1 (13%)	1 (50%)	n/a
Contact lenses	7 (45%)	0 (0%)	7 (39%)
None	13 (47%)	5 (75%)	8 (44%)
Laser surgery	1 (6%)	0 (0%)	1 (6%)
Length of time using a distance correction (stats based on only the participants wearing distance rx)			
< 1 year	1 (10%)	0 (0%)	1 (10%)
1-3 years	0 (0%)	0 (0%)	0 (0%)
3-5 years	0 (0%)	0 (0%)	0 (0%)
> 5 years	10 (100%)	1 (100%)	9 (90%)
Length of time using a reading correction (if worn)			
< 1 year	0 (0%)	0 (0%)	n/a
1-3 years	2 (33.3%)	2 (33.3%)	n/a
3-5 years	2 (33.3%)	2 (33.3%)	n/a
> 5 years	2 (33.3%)	2 (33.3%)	n/a
If optometrist has ever recommended a correction for reading/near			
Yes	3 (17%)	n/a	3 (17%)
No	15 (83%)	n/a	15 (83%)
Option/s participants would consider if near visual correction became necessary			
Spectacles (reading only)	10 (56%)	n/a	10 (56%)
Spectacles (vari-focal)	9 (50%)	n/a	9 (50%)
Spectacles (bi-focal)	4 (22%)	n/a	4 (22%)
Contact lenses (multifocal)	6 (33.3%)	n/a	6 (33.3%)
Contact lenses (distance) and spectacles for reading when necessary	6 (33.3%)	n/a	6 (33.3%)
Contact lenses (monovision)	1 (6%)	n/a	1 (6%)
Laser surgery	4 (22%)	n/a	4 (22%)
Has optometrist ever recommended multifocal contact lenses (if applicable)			
Yes	1 (17%)	1 (17%)	n/a
No	5 (83%)	5 (83%)	n/a

1. Morgan et al., Contact Lens Spectrum 2019

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Abstract

Purpose

To investigate (pre-) presbyopes' attitudes and beliefs towards presbyopia with a secondary emphasis on preferred modes of near refractive correction and attitudes towards multifocal contact lenses.

Methods

This qualitative study involved data collection from 24 participants using a short online prequestionnaires and structured, recorded focus groups. Participants were recruited from staff, students, and family and friends of the investigators, representing both a prepresbyopic and presbyopic population (age between 36 and 48 years). A topic guide was provided to participants to utilise during the focus group. Participants' opinions and attitudes were transcribed manually, and coded using content analysis for overarching themes and patterns.

Results

The mean age of the participants was 41.5 ± 3.82 years. Six participants (25%) were already wearing a near correction while 18 (75%) were not. Only 33.3% (n=6) of those currently not using a near correction specified that they would consider multifocal contact lenses if it became visually necessary. Surprisingly, of those 6 participants, half already wore contact lenses for distance. Five key primary themes with clear inter-participant similarities were identified, including: **'age-related'** (75%), **'acceptance'** (50%), clear lack of **'familiarity with the word presbyopia'** (65%), **'a mixed/reluctance stance towards multifocal contact lenses'** (62.5%), and **'comfort and convenience of presbyopic correction'** (79%) whereby cost is of less importance.

Conclusions

The need for a reading correction was perceived as a sign of age and the onset of presbyopia was expected to occur with age. Spectacles were the preferred mode of near vision correction while there were mixed opinions towards multifocal contact lenses, mostly driven by the participants' previous contact lens history. Almost all participants felt that information about presbyopia should be provided by an optometrist in comparison to other health care professionals (e.g. General Practitioner) or become part of the NHS Health Check in England for adults over 40.

Authors



Brooke Hutchins

Final year BSc (Hons) Optometry student at City, University of London



Brooke.Hutchins@city.ac.uk



Dr Byki Huntjens

Senior lecturer in Division of Optometry and Visual Sciences at City, University of London



Byki.Huntjens.1@city.ac.uk



<https://www.city.ac.uk/people/academics/byki-huntjens>

This project was partially supported by an unrestricted grant from Johnson and Johnson Vision Care Institute as part of a STEP[®] Educational Project 2018. The study was undertaken independently from Johnson and Johnson Vision Care Institute.