



BLINDNESS

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INTRODUCTION:-

- **BLINDNESS IS STRICTLY DEFINED AS THE STATE OF BEING TOTALLY SIGHTLESS IN BOTH EYES. A COMPLETELY BLIND INDIVIDUAL IS UNABLE TO SEE AT ALL. THE WORD BLINDNESS, HOWEVER, IS COMMONLY USED AS A RELATIVE TERM TO SIGNIFY VISUAL IMPAIRMENT, OR LOW VISION, MEANING THAT EVEN WITH EYEGASSES, CONTACT LENSES, MEDICINE OR SURGERY, A PERSON DOES NOT SEE WELL. VISION IMPAIRMENT CAN RANGE FROM MILD TO SEVERE.**
- **WORLDWIDE, BETWEEN 300 MILLION AND 400 MILLION PEOPLE ARE VISUALLY IMPAIRED DUE TO VARIOUS CAUSES. OF THIS GROUP, APPROXIMATELY 50 MILLION PEOPLE ARE TOTALLY BLIND, UNABLE TO SEE LIGHT IN EITHER EYE. EIGHTY PERCENT OF BLINDNESS OCCURS IN PEOPLE OVER 50 YEARS OLD.**

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DEFINITION:-

- BLINDNESS IS DEFINED AS THE STATE OF BEING SIGHTLESS.

THE WORD “BLINDNESS” DENOTES THE INABILITY OF A PERSON TO DISTINGUISH DARKNESS FROM BRIGHT LIGHT IN EITHER EYE.

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SYMPTOMS:-

- **IF YOU'RE COMPLETELY BLIND, YOU SEE NOTHING. IF YOU'RE PARTIALLY BLIND, YOU MIGHT EXPERIENCE THE FOLLOWING SYMPTOMS**
- **1-CLOUDYY VISION.**
- **2-AN INABILITY TO SEE SHAPES.**
- **3-POOR NIGHT VISION.**
- **4-TUNNEL VISION .**



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CAUSES:-

- 1-GLAUCOMA REFERS TO DIFFERENT EYE CONDITION, THAT CAN DAMAGE YOUR OPTIC NERVE, WHICH CARRIES VISUAL INFORMATION FROM YOUR EYES TO YOUR BRAIN.
- 2- CATARACTS CAUSE CLOUDY VISION. THEY'RE MORE COMMON IN OLDER PEOPLE.
- 3-A LAZY EYE CAN MAKE IT DIFFICULT TO SEE DETAILS. IT MAY LEAD TO VISION LOSS.
- 4-OPTIC NEURITIS IS INFLAMMATION THAT CAN CAUSE TEMPORARY OR PERMANENT VISION LOSS.
- 5-RETINITIS PIGMENTOSA REFERS TO DAMAGE OF THE RETINA. IT LEADS TO BLINDNESS ONLY IN RARE CASES.
- 6-TUMOUR THAT AFFECT RETINA OR OPTIC NERVE CAN ALSO CAUSE BLINDNESS.
- 7-BIRTH EFFECT.
- 8-EYE INJURIES.
- 9- COMPLICATIONS FROM EYE SURGERY.

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RISK FACTOR:-

1-POOR PRENATAL CARE,

2-PREMATURADVANCING

3-ADVANCING AGE,

4-POOR NUTRITION,

5-FAILING TO WEAR SAFETY GLASSES WHEN INDICATED, POOR HYGIENE, SMOKING, A FAMILY HISTORY OF BLINDNESS, THE PRESENCE OF VARIOUS OCULAR DISEASES, AND

6-THE EXISTENCE OF MEDICAL CONDITIONS INCLUDING DIABETES MELLITUS, HYPERTENSION, CEREBROVASCULAR DISEASE, AND CARDIOVASCULAR DISEASE.

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DIAGNOSTIC TEST :-

1-OPHTHALMOSCOPY-IT IS USED TO DETECT AND EVALUATE SYMPTOMS OF RETINAL DETACHMENT OR EYE DISEASES SUCH AS GLAUCOMA.

-EXAMINE THE LENS, RETINA AND CORNEA .

2-COLOUR VISION TEST –COLOR VISION IS USED TO DETERMINE THE LOCATION AND SHAPES OF OBJECTS AND THEIR IDENTITY AND CHARACTERISTICS .

3-ULTRASONOGRAPHY- IT IS AN IMAGING METHOD THAT USES HIGH-FREQUENCY SOUND WAVES TO PRODUCE IMAGES OF STRUCTURES WITHIN YOUR BODY. THE IMAGES CAN PROVIDE VALUABLE INFORMATION FOR DIAGNOSING AND TREATING A VARIETY OF DISEASES AND CONDITIONS.

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MANAGEMENT:-

- Correction of refractive errors
- Cataract & glaucoma correction
- Laser surgery for retinal detachment
- Guide dogs
- GPS guide
- Braille
- Sound sense technique to locate objects
- Touch
- Smell

REFERENCE

- PARK -A TEXTBOOK OF SOCIAL AND PREVENTIVE MEDICINE, 2015, BANARSIDAS BHANOT
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- GULANI - COMMUNITY HEALTH NURSING(PRINCIPLES AND PRACTICE), 2012, KUMAR

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THANK YOU

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