

Risk Factors of Contact Lens-Related Complications: Basic Nursing Principles for Healthy Contact Lens Habits

By

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Abstract

Lens-related complications are becoming a greater health concern as increasing number of individuals are using them as an alternative to spectacles. Although many complications are minor, studies have identified several risk factors associated with lens wear complications such as: extended wear, overnight wear, poor hand hygiene, swimming and showering wearing lenses, as well as, improper lens care being the most significant. **Aim of the study** was to determine habits of contact lenses wearers toward lens care; identify the risk factors of contact lens-related complications and develop basic nursing principles for healthy contact lens habits. **Setting:** Different College at Shaqra Governate, in Kingdom of Saudi Arabian. **Design:** An exploratory descriptive research design. **Sample:** A purposeful sample of 250 female college students were recruited. **Tools:** Data was collected utilizing a designed questionnaire that consists of three main sections: (a) Personal data; (b) History of contact lens related variables (c) Questionnaire was based on contact lenses habits. **Results:** study findings indicated that the majority of students at risk factors of contact lens related complications because the majority of them were younger, using soft contact lens, purchased from cosmetic center, sharing of contact lens with others; never use enzymatic cleaner once a week; use soap containing cream, lotion, oil or perfume; never keep nails short, filed and clean; overnight wears; did not regular replacement of case; improper cleaning and disinfected case daily with proper solution, never rubbed and rinsed the lens with lens solution daily; improper hand hygiene before inserting and prior to remove and not follow proper precaution during use as removing contact lens before removing cosmetics, hair maker and swimming. **Conclusion:** Bad habits can lead to contact lens unwanted complications, bad habits as poor hand hygiene, inadequate cares of the lens, improper use of the cleaning solution were observed. However, these risk factors of contact lens related complications can be preventable if they are identified and correctly dealt with. **Recommendation:** Ocular health education from the beginning are essential to help contact lens wearers from falling into complications resulting from the wearer's inappropriate behavior, especially knowledge in the correct and careful practice regarding contact lens hygiene.

Keywords: Contact lens complications, risk factors, healthy contact lens habits.