



## ▼ FACULTY ABSTRACTS

### **F - 24 : A STUDY TO ASSESS THE EFFECTIVENESS OF BATES THERAPY (OPHTHALMIC EXERCISES) ON VISUAL ACUITY AMONG ELDERLY PEOPLE AT HOSPICE CONVENT HOME FOR AGED, PUDUCHERRY.**

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**Background :** The eye is the window of the human body through which it feels its way and enjoys the beauty of the world, but as age rises elderly people develop visual problems by showing the symptoms like blurred vision, visual defect, fore sight and short sight, etc, which blocks the beauty of eye sight. Visual acuity is decreased in most people older than 65 years. Eye exercises are ought to provide adequate movement for eye muscles. Improve the eye sight naturally with eye exercises. Eyes exercise is a set of massage, improving

blood circulation and relaxing muscles in ocular region.

**Objectives:** The main objective of the study was to assess the effectiveness of Bates therapy on visual acuity among elderly people.

**Materials and Methods:** Pre Experimental – One group Pre- test & Post- test research design was adopted for the study. The population of the study was elderly people with decreased visual acuity. 30 samples were selected by purposive sampling technique. The data

was collected using structured interview schedule and standardized visual acuity assessment scale (Snellen chart). The Bates therapy was taught and demonstrated to the elderly people. The subject continue the Bates therapy (Ophthalmic exercise) daily two times, under supervision of the investigator. The pre and post was conducted to evaluate the visual acuity. Finally the data was analyzed by using both descriptive statistics (Frequency, Percentage) and inferential statistics (chi-square test).

**Results:** In pre-test, in right eye eight (26.7%) had near normal vision, 19 (63.3%) had moderate low vision and three (10%) had severe low vision. In left eye the elderly people six (20%) had near normal vision, 22 (73.3%) had moderate low vision and two (6.7%)

belongs to severe low vision. In post-test, in right eye two (6.7%) had normal vision, nine (30%) had near normal vision and 19 (63.3%) belongs to moderate low vision. In left eye the elderly people 10(33.3%) had near normal vision, 19 (63.3%) had moderate low vision and one (3.3%) had severe low vision. The effectiveness of bates therapy in right eye, two (6.6%) had normal vision, three (10%) had near normal vision, three (10%) had moderate low vision. Totally 26.6% of elderly people had improvement after the Bates therapy on visual acuity. The effectiveness of Bates therapy in left eye five (16.6%) had near normal vision.

**Conclusion:** The study concludes that Bates therapy was effective in visual acuity among elderly people.