

Construction of an ophthalmological calendar for the therapeutic follow-up of glaucoma in the elderly

Maria Clara Palitot Galdino

Nova Esperança Medical School, Brazil

Statement of the Problem: With the ageing of the population, chronic degenerative diseases are a health priority in Brazil and in the world. Among the chronic degenerative diseases related to vision, glaucoma is a worldwide public health problem due to its high incidence and the visual impairment it can generate, being the main cause of irreversible blindness in the world. The independence of the elderly for daily activities is extremely important, the low vision promotes a negative impact on their well-being. Brazil, through the SUS (Health Unique System), created the Assistance Program for Glaucoma Patients in 2002, for monitoring and distributing eye drops free of charge. The use of eye drops is common in patients with glaucoma. When observing the instillation technique of this medication, it is often noticed the improper use, risking infection due to contamination, corneal abrasion and ulcers.

Methodology & Theoretical Orientation: The calendar (figure A) was built based on a methodological study in the following steps: bibliographical survey, content elaboration, language transformation for better understanding, first draft, pre-banking evaluation, layout and technology presentation. The "My Glaucoma Calendar" kit consists of a calendar, two booklets with instructions for use and an envelope (figure B).

Conclusion & Significance: The construction of a therapeutic schedule is pertinent, due to several problems that hinder the adequate treatment of elderly patients with glaucoma: the error in instilling the eye drops, use of several concomitant medications, impaired motricity, low visual acuity, among others. Therefore, aimed at the elderly and caregivers of the elderly, the aforementioned calendar should overcome these difficulties. The calendar proposes to be a technology for accessing the sociodemographic profile found and intends to overcome the difficulties evidenced in the field research. Thus, it can be considered a didactic tool for empowering the elderly in their treatment.

Biography

Maria Clara Palitot Galdino is Graduated in MEDICINE from Famene (2016). Completed the Medical Residency Program in the field of Ophthalmology in 2020. Master's Degree in the Pós-graduate Program in Family and Community Health, recognized by CAPES, completed in 2021. In the same year she received the title of specialist in Ophthalmology by the Brazilian Medical Association and the Brazilian Council of Ophthalmology. In 2022, she concluded two Fellows in the area of ophthalmology at Hospital Visão da Paraíba. Fellowships in Clinical Retina and Cataract Surgery. She became interested in the elderly population with glaucoma due to her participation in the Glaucoma Program promoted by the SUS, when accompanying her patients she noticed difficulties that were specific to the elderly. That's why she created the calendar to be able to help her patients and that large portion of the population that only keeps growing.