



## The Role of Optometrist in Eye Care Services in Primary Health Care Centre Ajman UAE

**Muhammad Nauman Sher Zaman\***

*Optometrist, Bachelors of Vision Sciences Optometry, Al-Hamidiya Health Centre, Ajman, UAE*

**\*Corresponding Author:** Muhammad Nauman Sher Zaman, Optometrist, Bachelors of Vision Sciences Optometry, Al-Hamidiya Health Centre, Ajman, UAE.

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### Abstract

**Background and Point:** Optometrists play a basic part in conveying primary eye care around the world. This paper assesses the accessibility, utilization, and effect of optometry administrations inside primary healthcare centres (PHCs) in Ajman UAE, centering on their commitments to understanding care and the healthcare system.

**Methodology:** A cross-sectional study was conducted across Al-Hamidiya Health centre Ajman UAE. Data on workforce distribution, the number of cases managed and available equipment were collected via surveys and analysed.

**Results:** Among the 5 PHCs in Ajman UAE, only 1 centre (Al-Hamidiya Health Centre) provided optometry services, staffed by 1 optometrist. This centre managed 3063 eye care cases in 2023. The analysis revealed that refractive errors, cataracts, Glaucoma and diabetic retinopathy were the most common conditions managed by optometrists.

**Conclusion:** Optometrists altogether contribute to essential eye care, diminishing the burden on auxiliary care and upgrading eye care administrations. In any case, the restricted accessibility of optometry administrations requires focused on mediations, counting expanding workforce capacity, growing benefit scope, and raising open mindfulness around the significance of scheduled eye care.

**Keywords:** Optometrist; Eye Care

### Introduction

An optometrist plays an urgent part in giving comprehensive eye care. They are prepared to look at, analyse, treat, and oversee eye infections and disarranges of the visual framework, the eye, and related structures.

An optometrist's part is multifaceted. They conduct point by point eye examinations to evaluate a patient's visual keenness and

endorse remedial focal points or other medications as essential. Moreover, they analyse and oversee visual infections, give pre- and post-operative care for surgical patients, and direct patients on different angles of eye wellbeing, counting preventive care.

The commitment of optometrists to eye wellbeing is monstrous. They are regularly the to begin with line of resistance in the location and administration of eye illnesses. By conducting comprehensive eye exams, they can identify early signs of visual infections, which can be basic in anticipating vision loss.

Optometrists play a significant part in vision rectification. They endorse eyeglasses or contact focal points to adjust refractive blunders, improving the individual’s quality of life. They too offer exhortation on vision care, such as the significance of legitimate lighting for perusing or how to diminish eye strain from computer use.

Additionally, optometrists contribute to eye wellbeing by advancing preventive eye care. They teach patients approximately the significance of normal eye exams, the destructive impacts of bright radiation, and the benefits of a sound eat less for eye health.

Methodology

A cross-sectional study was conducted across Al-Hamidiya Health centre Ajman UAE. Data on workforce distribution, the number of cases managed and available equipment were collected via surveys and analysed.

Results

Among the 5 PHCs in Ajman UAE, only 1 centre (Al-Hamidiya Health Centre) provided optometry services, staffed by 1 optometrist. This centre managed 3063 eye care cases in 2023. The analysis revealed that refractive errors, cataracts, Glaucoma and diabetic retinopathy were the most common conditions managed by optometrists.

| Month     | VA/Color Vision Test | IOP  | Ophthalmoscopy | Retinoscopy | Fundus | Male | Female |
|-----------|----------------------|------|----------------|-------------|--------|------|--------|
| January   | 322                  | 117  | 117            | 117         | 53     | 125  | 197    |
| February  | 253                  | 105  | 105            | 105         | 51     | 106  | 147    |
| March     | 192                  | 93   | 93             | 93          | 36     | 73   | 119    |
| April     | 104                  | 49   | 49             | 49          | 17     | 41   | 63     |
| May       | 342                  | 147  | 147            | 147         | 76     | 137  | 205    |
| June      | 372                  | 168  | 168            | 168         | 65     | 130  | 242    |
| July      | 2                    | 2    | 2              | 2           |        |      | 2      |
| August    | 331                  | 159  | 159            | 159         | 55     | 104  | 227    |
| September | 317                  | 151  | 151            | 151         | 52     | 129  | 188    |
| October   | 343                  | 179  | 179            | 179         | 91     | 128  | 215    |
| November  | 280                  | 120  | 120            | 120         | 46     | 120  | 160    |
| December  | 205                  | 92   | 92             | 92          | 45     | 86   | 119    |
| Total     | 3063                 | 1382 | 1382           | 1382        | 587    | 1179 | 1884   |

Table 1

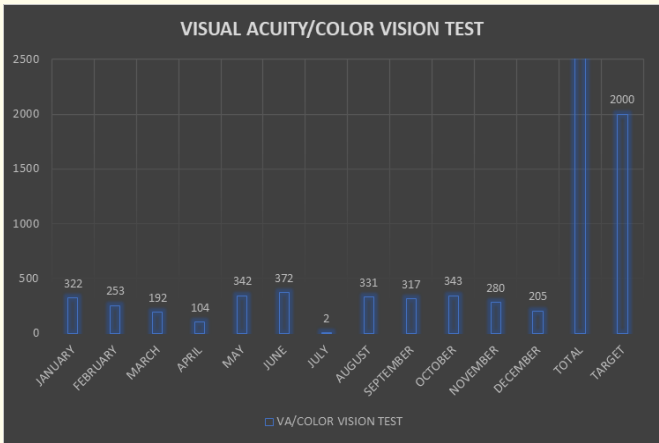


Figure 1

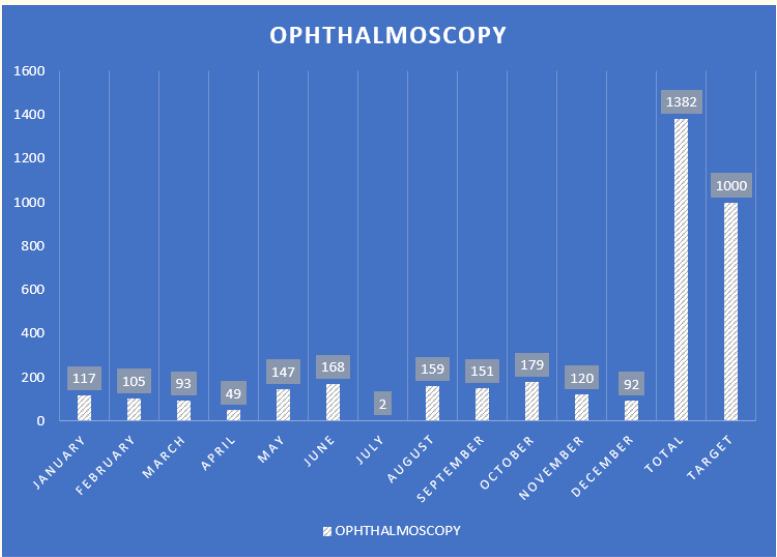


Figure 2

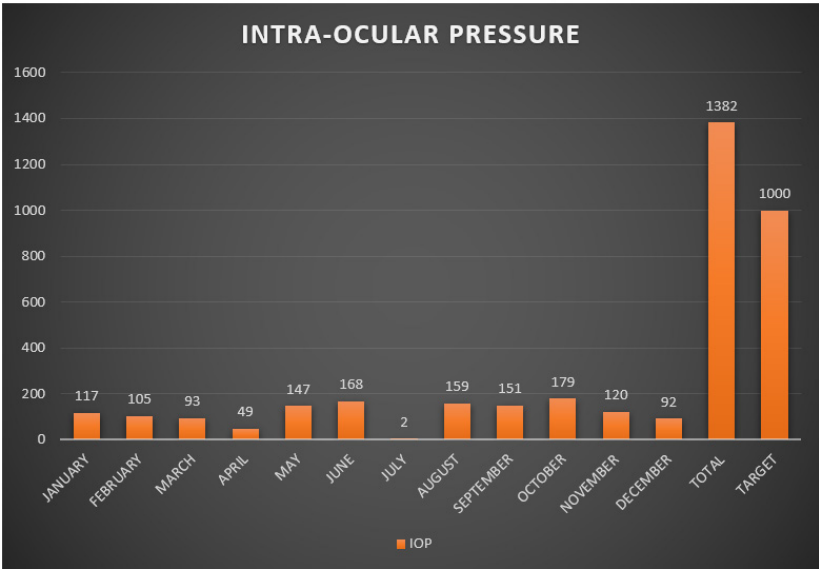


Figure 3

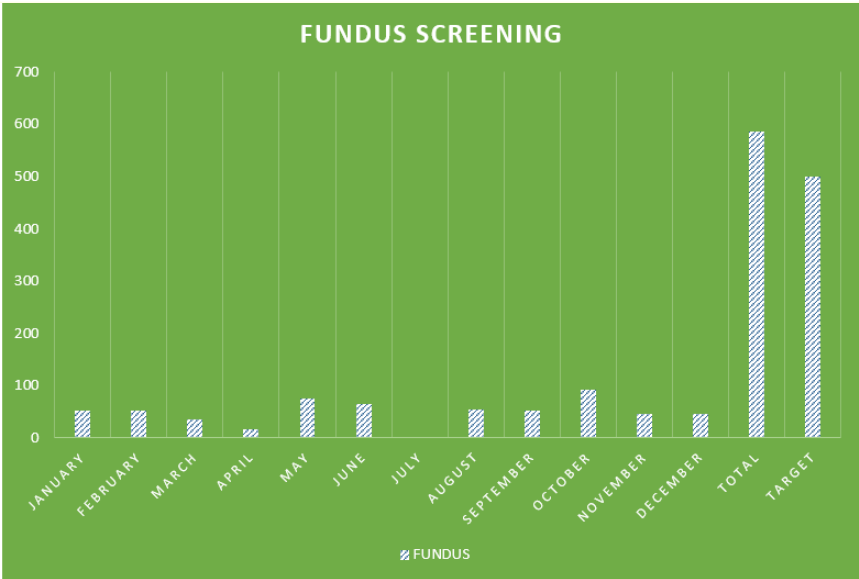


Figure 4

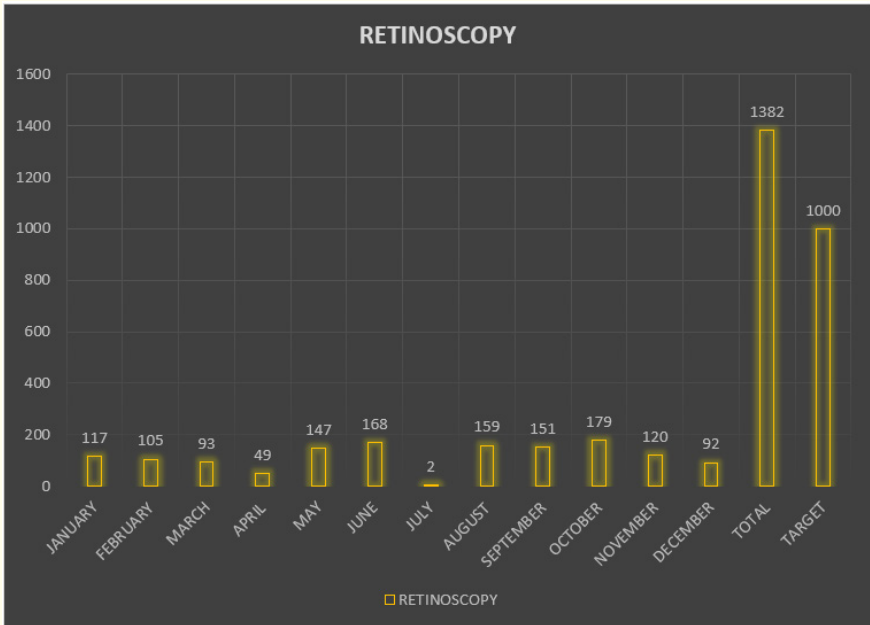


Figure 5

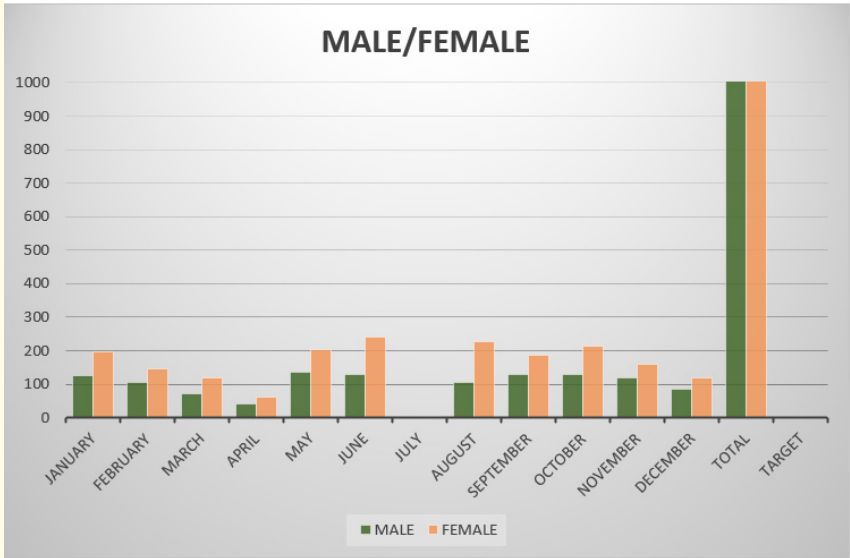


Figure 6

Conclusion

Optometrists altogether contributing to Primary eye care, decreasing the burden on auxiliary care and improving get to eye administrations. In any case, the constrained accessibility of optometry administrations requires focused on mediations, counting expanding workforce capacity, extending benefit scope, and raising open mindfulness approximately the significance of schedule eye care [1].

Bibliography

1. <https://www.icareopto.com/blog/the-role-of-optometrists-in-comprehensive-eye-care.html#:~:text=Optometrists%20play%20a%20crucial%20role,eye%20strain%20from%20computer%20use>