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Reasons Of Non-Compliance To Replacement Schedule Of Contact Lenses And Its Effect On Ocular Health And Contact Lens Parameters.

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Abstract

This study looks at the causes of non-compliance to contact lens (CL) replacement schedules and analyses the effects on CL parameters and ocular health, as a result a thorough examination including surveys given to CL users and eye care practitioner (ECP), as well as clinical assessments given to CL users who do not comply. Findings show a considerable mismatch between suggested and actual replacement procedures, which can result in several ocular health problems. This study highlights that to reduce the hazards related to non-compliance, more patient education and adherence methods are required. The results emphasize the complexity of non-compliance, considering elements like expense, forgetfulness, and ignorance. To raise compliance rates and enhance the general state of ocular health, suggestions for practitioners and public health policies are addressed.

Background of the study

Since the invention of CL more than a century ago, significant advancements in CL have been made. Since CL may be distributed to a large population of people of all ages, significant progress has been made in understanding the physiology of the corneal and ocular surface in tandem with the advancement of knowledge in these fields. One of the most important breakthroughs of the 20th century was the development of soft contact lenses (SCL) in the 1970s. More than 140 million people worldwide today use these lenses. WHO statistics of 2021 states 50% of patients don't abide to doctor's advice completely.[1] Non-compliance is one of the major reasons of CL related complications.[2] Non-compliance to one or the other step of CL wear and care has been documented since 1986. Various research studies have been done over the past three decades to find reasons for patient non-compliances.[3] Use of CL over the recommended replacement schedule has been one of the major reasons leading to CL complications. Multi-country study done in 2018 states most non-compliant patients experience some or the other CL complications.[4] A 2014 published study also believes that 40-80% instructions imparted to CL wearers are forgotten the minute they leave the clinic.[5] Cause of CL non-compliance is still a debate between CL wearer lack of care or ECP negligence. It is evident that the CLs user is often unaware of their non-compliance towards lens care and maintenance regimen.[6] Even after introduction of daily disposable lenses and one-step multipurpose solution, non-compliance towards CLs use is still a major problem in CLs practice.[7] The complications due to patient noncompliance can be sometimes irreversible.

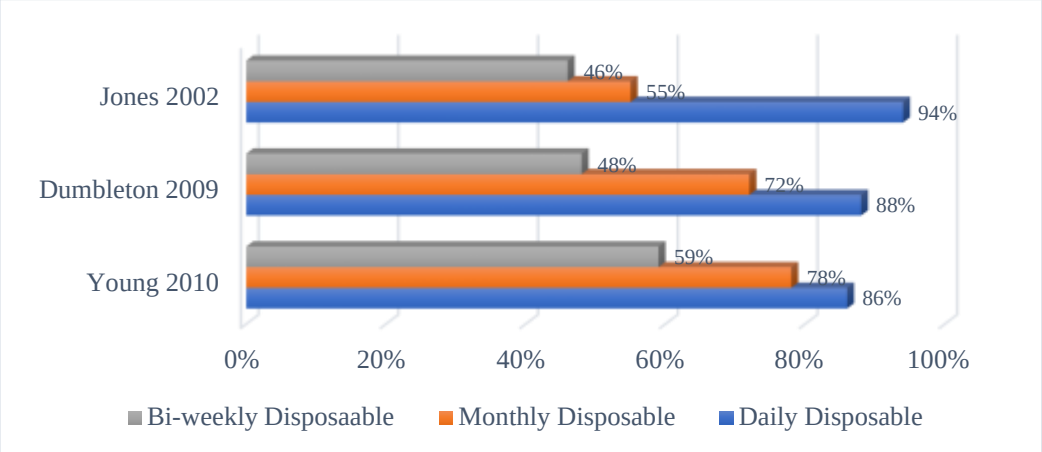

Figure 1: Comparison of studies on percentage compliant with MRRF [4,5,8]

This graph shows statistics of CL non-compliance to manufacturers recommended replacement frequency from three major studies, that represents bi-weekly lens modality showed the least compliance while daily disposable lenses, as

anticipated showed highest compliance rates across all three studies
This study will help understand CL user reasons of intentionally or unintentionally beingnon-compliant to recommended replacement frequency. While many reports the percentage of people who are non- compliant, only some report pay attention to the care and maintenance instructions that ECP provide to their patients. The goal of this study is to draw attention to the instructions imparted by ECP to their user and explore the measure taken by them to reduce CL non-compliance. It also enlightens on the actual ocular effect of non-compliance when thewearer is completely asymptomatic and come for a regular follow up, to catch early changes of non-compliance on eye and on CLs parameters itself.

Introduction

Purpose of the Study

Understanding the causes of non-compliance and how it affects ocular health is the main goal. Analyzing wearer attitudes, practitioner suggestions, and clinical consequences linked to non-compliance are all part of this process. The study's goal is to pinpoint the main causes of non- compliance to provide focused interventions that will increase adherence and lower the frequency of associated ocular health problems. It is crucial to comprehend the complex natureof non-compliance to create treatments that work. This research aims to identify the underlying psychological, social, and economic variables that impact wearing behavior in addition to the obvious causes of non-compliance. The ultimate objective is to offer practical insights that may be applied to enhance clinical procedures, public health policy, and patient education.

Prevalence of Non-Compliance

Schedules for replacing CL are often broken, with a sizable percentage of users going beyond suggested replacement intervals. According to studies, non-compliance rates with bi- weekly lenses can reach 50%, while with monthly lenses they can reach 33%. Because of its significant incidence, it is imperative to look closely at the underlying causes and potential remedies.

This high frequency of non-compliance can be attributed to a number of things, such as ignorance of the dangers, lack of resources, inattention, and the belief that wearing clothes longer than necessary won't hurt you right away. It is essential to comprehend these elements in order to create treatments that work. Individual habits, cultural customs, and the accessibilityof eye care services can all have an impact on non-compliance.

Literature review

As a literature review, this chapter will provide an overview of the body of knowledge alreadyavailable on the topic. A literature review, according to previous studies, is a component of a dissertation or thesis that tries to locate, examine, evaluate, and interpret a corpus of information on a certain subject. In this case, it establishes the background for the study investigation and gives justification for addressing specific research issues considering the archive of prior studies.

Past studies

Non-compliance with CL is a significant issue in the healthcare sector, with certain behaviors such as overnight wear, increased replacement frequency, water exposure, poor case hygiene,and topping off solution carrying an increased risk of complications. Patient compliance can be defined in several ways, including adherence to prescribed recommendations from the patient's ECP or the CL manufacturer.[9] One of the most significant problems that may arisefrom ignoring these SCL care regimes is microbial keratitis, which can lead to blindness if leftuntreated.[10]

The UCLA CLs Study found that the bi-weekly lens modality had the highest rates of noncompliance, followed by monthly, then daily disposable lens modalities. The average daysof over-wear beyond MRRF were 20 days, 33 days, and 35 days for daily disposable, two- week, and monthly lenses respectively. Age, sex, and refractive error did not have any significant impact on noncompliance with MRRF.[11] Compliance on the part of ECP has also been evaluated in terms of how closely the ECP adhered to the MRRF when recommending lens replacement to the patient. In a separate clinical survey study, the US and Canada showed that the prescribed replacement frequency was longer than the MRRF most commonly for two-week lenses.[9] Noncompliance with CL replacement remains a major issue, with rates even higher than in general health. Previous studies have shown that there are consequences of noncompliance, such as financial costs, medical concerns, and potential sight-threatening conditions like microbial keratitis.[5] Following CL care and maintenance instructions is recognized as the most important factor in ensuring safe and pleasant lens usage. An increasedbacterial load has been linked to CL usage, which has the potential to compromise corneal health. Compliance levels have consistently shown to be subpar, with a range of 33 to 91%.[1] Patient perceptions about compliance are also important to consider, as many CL wearers do not recognize their behavior as noncompliant and are unaware, they are putting themselves at risk. Effective strategies to heighten patient compliance are needed. [12,13]

Improved patient compliance with CL wear involves education, attitudes change, and understanding the benefits of compliant behavior. MacMonnies suggests that due to stable compliance rates and high prevalence of deliberate noncompliance, more measures are needed. Patients often struggle to retain information during initial visits, and high

anxiety can cause poor attention and memory impairment.[11] Spreading CL wear and care education over multiple visits and a syllabus outlining doctor and patient expectations can help increase compliance. Patient satisfaction, meeting expectations, and positive interaction are crucial foroptimal outcomes. Accurate assessment is key to mitigate the risk of complications resulting from poor compliance.[14] The ECP plays a crucial role in formulating appropriate educationand ensuring patient satisfaction. Innovative tactics to educate patients and improve attitudes,perceptions, and behaviors are essential.

Current status

Study shows a significant issue with CL wearers' non-compliance with recommended replacement schedules, leading to potential unfavorable outcomes. Daily disposable lens wearers tend to be more compliant than those using monthly or two-week lenses. Despite advances in CLs technology, many demographic groups still face challenges in adherence.[15] ECP should prioritize patient education and training, potentially transferring noncompliant patients to daily disposable lenses to enhance compliance and mitigate overwear hazards.[16] Lifestyle choices and delayed or inadequate information delivery can contribute to dropouts. Despite advances in CLs technology, many practitioners still hold onto outdated beliefs about the potential benefits of CL. Biweekly disposable wearers are more compliant, and discrepancies between the knowledge of ECP and CL wearers' understanding are also commonreasons for non-compliance.[13]

Key findings from literature review

The average amount of non-compliance with CL replacement schedules is 1.5 times for dailydisposable lenses and 2.6 times for 2-week replacement lenses compared to the manufacturer's suggestion.[17] A higher risk of corneal infiltrative events is linked to noncompliance withMRRF; of all CL types, daily disposable lenses had the lowest rate of these occurrences.[17] The two main causes of CL dropout, which are end-of-day pain and dryness, have not altered despite the widespread use of often replaced silicone hydrogel materials.[17] **I**n North America, 50% of patients continue to use two-week replacement lenses, while 10% of patients continue to use daily disposable lenses after one day. A major issue is patients who do not usetheir CL as prescribed.[17]

There have also been concerns highlighted about CL care compliance; refilling the lens box and scrubbing one's hands before wearing lenses showed the least compliance.[18] Some traitsare strongly linked to lower levels of compliance with CL care behaviors. These traits include male gender, smoking, having worn CL for a longer period of time, using cosmetic CL, replacing CL annually, and purchasing CL from pharmacies or beauty stores.[18]

The results showed that CL wearers' varied behaviors significantly influenced compliance rates, indicating that non-compliance is unlikely to be caused by patient demographics or lensreplacement techniques.[19] Despite the high rates of non-compliance that have been documented, the frequency of significant outcomes associated with CL use is rather low and has been stable for more than 20 years.[20]

Inappropriate use of present-day care solutions combined with high levels of lens casedegradation that led to substantial biofilm growth may raise the risk of lens-related problems.[20] Research on not being compliant with CL wear revealed that a 'compliance enhancement approach' had a noteworthy impact on compliance levels. This implies that focused interventions might be useful in enhancing adherence to prescribed CL usage and maintenance protocols.[14]

Methodology

Study design

In Mumbai, India, from January 2022 to November 2022, cross-sectional research includingboth practitioners and CLs wearers was carried out. The study sought to address users' attitudes, practitioners' perspectives, and the effects of non-compliance on ocular health. Because of this architecture, a full knowledge of the problem was possible through the collecting of a wide range of data from multiple sources. The design of the study used techniques for gathering both qualitative and quantitative data. Structured questionnaires were utilized to collect quantitative data, while in-depth ocular evaluations of non-compliant participants yielded qualitative data.The study problems were thoroughly explored thanks to the mixed-methods methodology.

Table 1: The Study Plan

Aim: Reasons of non-compliance to replacement schedule of contact lenses and itseffect on ocular health and contact lens parameters		
	Phase 1	Phase 2
Includes:	Objective 1 and Objective 2	Objective 3
Study Design:	Observational Descriptive study	Longitudinal Cohort Study
Variables	Nominal and Scale	Numeric Continuous variable
Sampling	Consecutive	Consecutive
Statistical Plan	- Questionnaire validation: Focusgroup discussion	- Normality test - Reliability: Internal

	- Content validity and Face validity - Pilot testing - Reliability: Internal Consistency – Cronbach Alpha	Consistency – Cronbach Alpha
Statistical Analysis	Chi-square test of significance Spearman's order correlation	Single group paired t-test Pearson's correlation

Research question

Phase 1

• Assess both ECP and CL wearers point of view on the CL wear and care regarding manufacturers recommended replacement frequency (MRRF) in metropolitan denselypopulated city like Mumbai.

Phase 2

• Evaluating CL non-compliance to manufactures recommended replacement frequency's (MRRF), effects on ocular health and change on CL parameters postover-use.

Data collection

Structured questionnaires were given to ECPs and CL wearers in order to gather data.Additionally, clinical assessments were carried out to determine how noncompliance affectedeye health. Sections on demographic data, compliance habits, non-compliance causes, and perceived hurdles to adherence were all included in the surveys. The purpose of the surveys was to gather detailed data on the individuals, such as age, gender,employment status, length of time wearing CL, kind of lenses used, and frequency of replacements. A comprehensive assessment of the ocular surface, stability of the tear film, andidentification of any indications of non-compliance-related problems were all part of the clinical examinations.

To achieve the objective, the research was divided in to two phases. The first phase of the research included two questionnaire-based tools developed via literature review and focused group discussion, used to evaluate ECP perception and CL wearers outlook towards the MRRF of CL and their point of view on reasons of non-compliance to CL and suggestion for improvingthe same. The second phase was evaluating the ocular status of the eye including best corrected visual acuity, contrast sensitivity, corneal curvature, corneal thickness, and dry eye evaluationafter over-use of CL, over the MRRF and collecting the CL at their last visit evaluating CL forintegrity using Auto Lensometer, Digital Caliper, anterior segment OCT, and slit lamp. Data is compared to manufacturers' measurements to determine significant differences between manufacturer parameter and overused CL parameters.

Study population

ECP from a range of therapeutic settings, such as private offices, hospitals, and optical retail outlets, made up the practitioner group. Individuals with varying age groups, socioeconomic backgrounds, and degrees of CLs experience comprised the CL wearer group.

A thorough understanding of the variables causing non-compliance and its effects on ocular health was made possible by the study population's diversity. The study's inclusion of practitioners and wearers allowed for the collection of diverse viewpoints as well as the identification of typical difficulties and obstacles to compliance.

Table 2: Participant characteristics.

		Objective 1- ECP	Objective 2 – CL wearer	Objective 3 – Non-compliant CL wearers
InclusionCriteria	Demographic characteristics	Age – More than 18 years old Gender – All gender.	Age – More than 18 years old Gender – All gender	Age – More than 18 years old Gender – All gender
	Clinical characteristics	CL Practice forover 2 years.	Best corrected Visual acuity: 0.0 logMAR Irrespective of refractive error.	Best corrected Visual acuity: 0.0 logMAR Irrespective o frefractive error
	Geographic	Clinics or	Lotus Eye	Lotus Eye Hospital,

	characteristics	Hospital, College and optical in and around Mumbai.	Hospital, Mumbai	Mumbai
	Other characteristics	Holding at least Bachelors of Optometry Degree.	CL wearer wearing disposable soft contact lenses	CL wearer non-compliant to bi- weekly disposablecontact lens
ExclusionCriteria	Subset of population that will notbe studied	ECP with less than two years of experience with CL clinicalpractice or having a diploma in optometry or anyother educational qualification were excluded.	CL wearers who had/have undergone any eye surgery, with anythe study eliminated participants with binocular vision abnormalities, strabismus, amblyopia and anisometropia (greater than 2D), ocular disease, ocular surgery, and neurological deficiencies.	CL wearer compliant to MRRF. CL wearers who had/have undergone any eye surgery, the study will not include participants with anisometropia (greater than 2D),strabismus, neurological impairments, binocular vision abnormalities and ocular disease, ocular surgery, or amblyopia.

Data analysis

Software for statistical analysis was used. Utilizing descriptive statistics, the compliance behaviors and demographic data were compiled. Logistic regression and chi-square tests are two examples of inferential statistics that were used to find significant non-compliancepredictors.

The purpose of the analysis was to find trends and connections between ocular health outcomes,compliance behaviors, and demographic characteristics. Utilizing the data, a thorough knowledge of the variables' driving non-compliance was developed, and specific treatments toincrease adherence were suggested. A thematic approach was used to find recurring themes and insights in the qualitative data fromthe interviews. This method allowed for a greater comprehension of the viewpoints and experiences of practitioners and wearers of CL.

Results

Objective 1

1. Practitioner's perceptionDemographics

Participants were almost equal in male and female with more than half of ECP falling in the age group of 31- 40yrs. Almost 60% of the ECP participated in the study worked in hospital orclinic background. Three quarter of ECP practiced CL since over 5years.

2. Recommendations

Approximate 65% prefer monthly disposable modality, with brand preference mostly divided equally amongst Bausch and Lomb and Acuvue J&J and with over 60% preferring to buy at least 6months of CL pairs at a time. On evaluation of place of purchase 2/3rd of the CL wearerprefers buying CL online or elsewhere other than the ECP. Online purchase was found to have a statistically significant effect with positive association on CL non-compliance to MRRF. Practitioners highlighted the importance of choosing a replacement schedule based on patient lifestyle, affordability, and the risk of complications. They also emphasized the need for patient education and regular follow-ups to ensure compliance.

3. Factors associated on recommendations

Practitioners emphasized the significance of selecting a replacement schedule that takes the patient's lifestyle, financial situation, and likelihood of difficulties into account. To guarantee compliance, they also underlined the importance of patient education and routine follow-ups. The significance of tailored advice based on each patient's unique needs was also highlighted by practitioners. They emphasized how encouraging compliance and lowering the risk of problems may be achieved by comprehensive patient education and continuous assistance.

4. Compliance and steps taken for improving compliance

2/3rd of CL wearers according to ECP are non-compliant to MRRF. most of the ECP gave information regarding discarding of CL and schedule regular follow up, however only 1/4th prefer sending reminders for the same. On statistical analysis schedule regular follow up and reminder for the same showed positive association but negative significance on chi - square test for CL non-compliance to MRRF. According to ECP 90% of non-compliant CL wearers experience CL related complications which is statistically significant with positive associationon evaluation.

5. Reasons of non-compliance

Reasons of non-compliance to MRRF according to ECP is forget the actual day of replacement,followed by no problem in continuing followed by save money followed by forget to reorder and lack of time.

6. Suggestion for improvement of CL non-compliance

ECP strongly agree on telephonic, or SMS reminder followed by written information and followed by more follow ups. 85% of ECP believes restricting CL practice to ECP is very important for non-compliance to CL wear.

Objective 2

1. CL wearersDemographics

Participants were almost equally divided in terms of gender, approximate 50% of the CL wearers fall in between 30-39yrs age group. 84% of the CL wearers participated used CL for over 5years, with 70% using CL for over 10hrs/day.

2. Recommendations

Preference of monthly disposable modality over other modalities was observed with no specificbrand preference with over 60% preferring to buy CL for at least 6 months at a time. Buying at a time for longer period was showing to have a significant impact with positive correlation to CL non-compliance. 3/4th of CL wearers prefers buying CL from places other than their ECPwhich was statistically significant with positive correlation.

3. Compliance and steps taken for improving compliance

2/3rd of CL wearers was non-compliant to MRRF. 3/4th of the wearers slept or took a nap withCL and 10% visited their ECP for follow up as recommended. On statistical analysis on both attributes were found to be statistically significant with positive association to CL non- compliance to MRRF. According to CL wearer only 1/4th of them that is only 25% experience CL complication due to non-compliance to MRRF which is not statistically significant but show positive association on spearman's order correlation.

4. Reasons of non-compliance

According to CL wearer, 1st was do not feel any harm in continuing followed by forget actualday followed by forget to reorder followed by save money and lack of time. However, on statistical analysis all the reason were statistically significant with positive association to CL non-compliance to MRRF. Other reason for non-compliance to MRRF according to CL wearers was ECP said its okay to over wear CL, approximates 65% of CL wearer participatedagreed to this, which was found to be statistically significant with positive association to CL non-compliance to MRRF.

5. Suggestion for improvement of CL non-compliance

CL wearer strongly agreed to telephonic, or SMS reminder followed by follow up over written information. On data analysis for CL wearer statistical significance with positive association was found in telephonic or SMS reminder only.

Objective 3

1. Impact of ocular parameters and its effect of CL parameters.Demographic and baseline parameters

Non-compliant CL wearers participating in the study were mostly males falling in the age group of 20 – 29years with an experience of less than over 1 year. The participants included inthe study were on an average mild myope with average K of 44D, corneal thickness of 525 with a near normal tear film assessment on IDRA before CL wear. Almost all participants hada best corrected visual acuity of 20/20 on LogMar visual acuity chart. Contrast sensitivity teston pelli-robson with an average score of 2.0. Average stereopsis was 40 seconds of arc measured using stereo test circles on titmus fly test.

2. Descriptive analysis

No difference was found between visual acuity, refraction, contrast sensitivity and stereopsiscomparing post with pre data measurements. Corneal curvature measured on Zeiss Pentacamshowed mild steepness comparing post data with pre data. Corneal thickness measured on Zeissanterior OCT and Zeiss PentaCam noted a marginally increase comparing pre and post data. Slit lamp examination done for anterior segment evaluation with Efron grading scale revealed of mild symptoms of grade 1 conjunctival redness in 54.76%, Limbal redness in 57.14%, blepharitis in 14.28%, Meibomian gland dysfunction in 16.67%, Corneal oedema in 64.28%, Papillary Conjunctivitis in 19.04%, Corneal infiltrates in 2.38% and Corneal Distortion in52.38%. Tear film evaluation revealed reduction in lipid layer thickness via interferometry and NIBUT, reduction in eye blink and tear prism height and increase in lower and uppermeibomian gland dysfunction.

3. Statistical analysis

Statistical analysis by evaluating test of significance and association for changes in ocularparameter measured in

the study, before CL wear and after overuse of CL wear on follow up. For some pairs, the t-test does not show any paired differences value and p value because thevalues are same at both Pre and Post Level. However, pairs which have small differences are tested. Corneal curvature measurement with Pentacam shows mild steepness with positive correlation but not statistically significant on paired t-test however, corneal thickness measurement with Pentacam and Ant OCT has statistically significant difference with positivecorrelation.

Slit lamp evaluation shows statistically significant difference in conjunctival redness, limbal redness, signs of blepharitis and meibomian gland dysfunction but negative correlation on Pearson's correlation. Statistically significant difference in corneal edema, papillary conjunctivitis and corneal distortion on slit lamp but negative correlation on Pearson's correlation. Dry eye evaluation using IDRA shows statistically significant difference in interferometry, eye blink, NIBUT, upper and lower meibomian gland count but negativecorrelation for the same. However, no significance was found in tear prism height but positivecorrelation on Pearson's correlation was found on analysis.

Outcome

- Significant effect on corneal thickness, limbal and corneal redness, signs of blepharitis,meibomian gland dysfunction, papillary conjunctivitis, interferometry, NIBUT, meibomian gland dysfunction and eye blink rate .
- No significant change in visual acuity, contrast sensitivity, stereopsis and corneal curvature.
- It is concluded that there is a significant difference between Pre-Level and Post Level scores on parameters of the Both Eye. That is, the intervention done between Pre-Leveland Post Level has significant impact with positive association to CL wearer non- compliance to MRRF.

Contact lens parameter

CL analysis showing a statical significant change between Lens wettability and Lens edge as compared to 1st time CL wear with a negative correlation. On evaluation of CL parameters postoveruse of CL there was no significant change in CL power, CL thickness and CL diameter on paired t-test, however a positive correlation on pearson's correlation was found. On slit lampevaluation there was no deposits found on CL surface.

Discussion

Educational strategies

Improving compliance requires both educational resources and effective communication. Practitioners must offer thorough instruction on the dangers of non-compliance as well as the advantages of following suggested schedules. Information retention and comprehension in patients can be improved with the use of digital reminders, booklets, and visual aids. Real-timeassistance and information can also be given via interactive technologies like internet resourcesand mobile apps. It is important to customise educational programmes to meet the unique requirements and preferences of various patient populations. For instance, whereas older patients might prefer paper information and in-person consultations, younger wearers might benefit from digital reminders and interactive applications.

Follow up practices

Frequent follow-ups can assist in quickly identifying and resolving non-compliance. In order to evaluate lens usage and adherence, practitioners should arrange routine check-ups. This willprovide them the chance to address any concerns and reinforce instructional instructions. Practitioners can evaluate ocular health during follow-up visits and alter the kind of lens or replacement schedule as needed. Establishing a solid patient-practitioner connection through frequent follow-ups also promotes open communication and trust. By encouraging patients to be more open about their difficulties and compliance practices, practitioners may offer more focused help.

Importance of education

It is essential to stress the dangers of non-compliance as well as the advantages of adherence. Common misunderstandings should be addressed in education, along with the possible long- term effects of non-compliance, such as serious infections and blindness. Giving patients case studies and examples from real life might help them see how severe the problem is. Practical advice and approaches for sustaining compliance must be a major component of educational initiatives. For instance, giving patients instructions on how to clean and store theirlenses properly as well as how to include lens care into their everyday routines.

Addressing barriers

Enhancing adherence can be achieved by customising instruction to target personal obstacles like expense and forgetfulness. To assist get beyond these obstacles, for instance, reminder systems and affordable alternatives can be put in place. In addition, practitioners can provide doable suggestions for incorporating lens cleaning into morning and nightly routines or setting alarms to remind you to take care of your lenses. Removing obstacles necessitates a comprehensive strategy that takes into account the particular difficulties that every patient faces. This might be giving out financial aid, allowing flexible payment schedules, or collaborating with neighbourhood organisations to give services and support.

Correlation with complications

The study emphasises the clear link between poor ocular health outcomes and non-compliance. Wearers who do not

comply are far more likely to experience issues including conjunctivitis, ulcers, and corneal infiltrates, which, if left untreated, can cause permanent vision loss. Additionally, the study discovered that non-compliant users had increased tear film instabilityand ocular surface irritation.

Proactive measures

To avoid serious consequences, early management and routine monitoring are essential. During follow-up visits, practitioners should do comprehensive assessments, closely monitoring for indications of non-compliance and early warning signals of problems. These illnesses can be stopped from getting worse with early identification and treatment. Practitioners should also inform patients about the value of routine eye exams and the prompt action necessary to preserve eye health.

Implications for Public health policy

The study's conclusions have a big impact on public health policy. Comprehensive public health initiatives are required to address the high percentage of non-compliance and the health concerns that go along with it. This entails creating public awareness campaigns, expanding the availability of reasonably priced CL, and incorporating eye health education into the curricula of educational institutions. Governments and healthcare institutions have to think about enacting laws that support routine eye exams and offer low-income people financial aid. Partnerships between non-profits, educational institutions, and healthcare professionals can also aid in the dissemination of resources and information to support ocular health and compliance. Reducing the differences in urban and rural populations' access to eye care services should be a primary goal of public health programmes. This might entail setting up mobile eye clinics, offering telemedicine services, and educating community health workers on the fundamentals of eye care and conducting vision examinations.

Conclusion

1st objective on ECP perception – highlights the requirement for ECP to increase reminder andfollow up concluding the importance of ECP in CL practice. Highlights the side effects of online or over the counter purchase of CLs with no guidance or instructions. ECP need to voicetheir concern on increase in CL non-compliance may be due to incomplete patient education if not dispensed by appropriate medical personnel. Restriction of CL dispensing at the time of sell to ECP or ophthalmologist who are certified to manage CL complications is proven to bevery important for overall ocular health of CL wearer.

2nd objective on CL wearer - points at existence of CL non-compliance with reasons like no harm in continuing and ECP said it okay pointing to the gap in ECP instructions and CL wearerunderstanding drawing attention to the need of repeated guidance and follow up with thoroughasymptomatic ocular evaluation.

3rd objective documents a statistically significant changes in ocular parameters post overuse of CL wear with a few positive correlations. Concluding importance of ECP for implementing compliance in CL wear to MRRF to avoid dropouts and vision threatening complications in the long run.

Enhancing adherence to CLs replacement regimens necessitates a multimodal strategy that includes clinicians, patient education, and individual barrier resolution. In addition to highlighting the necessity of efficient measures to lower non-compliance and the health concerns it entails, the study offers insightful information about the factors determining compliance. Using comprehensive instructional tactics, consistent follow-ups, and customized treatments, healthcare professionals may substantially improve CLs wearers' ocular health outcomes and compliance rates. The study also emphasizes how crucial public health regulations are to encouraging ocular health and compliance. In order to remove obstacles to compliance and guarantee that people have access to reasonably priced CL and eye care services, governments and healthcare organizations should collaborate to create and execute initiatives. By working together, we can lessen the burden of issues related to ocular health andenhance the quality of life for CLs users. The study's conclusions highlight the necessity of further investigation and creativity in the development of CLs care and design. Technological and material advancements can help make lenses more inexpensive, comfortable, and easy to maintain, which lowers the likelihood of non-compliance and the problems that go along with it.

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