

## **AWARENESS OF GLAUCOMA IN AN ELITE COMMUNITY; A STUDY OF AHMADU BELLO UNIVERSITY, ZARIA**

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### **ABSTRACT**

**Objective:** This study aims to assess the level of awareness of glaucoma among members of a tertiary academic institution community in Northern Nigeria.

**Materials and Methods:** The study was conducted in a university community and it involved interview and descriptive cross-sectional analysis. Consenting participants who presented at the sick bay of the university health service were serially recruited in March, 2014. Semi-structured questionnaire was directly administered to obtain sociodemographic data and information about glaucoma awareness.

**Results:** The number of participants was 483(mean age  $21.0 \pm 20.0$  years; range 1-79 years). There were 262 males (54.2%). Students were the most common participants 218 (45.1%). Those who had heard of glaucoma were 226 (46.8%) with no statistically significant difference between males 124 (47.3%) and females 102 (46.2%) ( $P=0.966$ ). The most common source of information was radio (31.6%) followed by health facility (24.8%) and print media (19.2%). Predictors of glaucoma awareness with statistically significant values were level of education, family history of glaucoma and family history of blindness ( $P=0.000$  in all three).

**Conclusion:** This study shows a moderate level of awareness of glaucoma in a university community. Increased health education and eye care services will improve the level of awareness and prevent ocular morbidity and blindness from glaucoma.

**KEYWORDS:** Awareness, Glaucoma, University Community