

**GLAUCOMA PREVALENCE, AWARENESS, AND PRACTICES AMONG ADULTS AGED  
ABOVE 35 YEARS IN HOMABAY TOWN SUB-COUNTY.**

**BY**

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## DECLARATION

### 1. THE STUDENT

I, Jectone Owoko Oduor do hereby declare that this thesis is my original work and has not been submitted for the award of a degree or diploma in any other University or college.

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11/10/2024

Signature..... Date.....

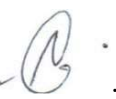
### 2. THE SUPERVISORS

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May Almighty God bless you abundantly.

### **DECLARATION OF PLAGIARISM**

I, Jectone Owoko Oduor, solemnly declare that the research work entitled "Glaucoma Prevalence, Awareness, and Practices Among Adults Aged Above 35 Years in Homabay Town Sub-County" is entirely my own work and has not been previously submitted for any academic qualification at any other institution. I assure that all sources of information and ideas incorporated in this study have been duly acknowledged and referenced.

I fully comprehend the significance of upholding academic integrity and hereby affirm that I have not partaken in any form of plagiarism, whether it be the unauthorized use of others' work without proper citation or the presentation of such work as my own.

## **DEDICATION**

This work is dedicated to my last-born son; Dickson Omany Owoko, who suffered an eye ailment when 10 years old.

## ABSTRACT

Glaucoma, a leading cause of irreversible blindness worldwide, is characterized by elevated intraocular pressure (IOP), which damages the optic nerve, impacting both peripheral and central vision. Despite its severity, there is limited information on the prevalence, awareness, and health practices related to glaucoma, particularly within Homa Bay Town Sub-County, Kenya. This study aimed to (1) determine the prevalence of glaucoma, (2) assess awareness levels and associated socio-demographic factors, and (3) examine glaucoma-related practices among adults aged 35 years and above. Anchored in the Health Belief Model, which emphasizes the importance of perceived susceptibility, severity, benefits, and barriers to preventive health actions, this study offers a framework for understanding glaucoma management behaviours in the community. A cross-sectional study design, combining quantitative and qualitative methods, was employed with a sample of 384 participants selected from a population of 117,439 adults using multi-stage probability sampling. Glaucoma status was objectively assessed through clinical ophthalmic examinations, including intraocular pressure and optic nerve evaluations, performed by trained professionals. Data were collected using pretested, semi-structured questionnaires for quantitative responses, while qualitative data were obtained through key informant interviews (KII) with healthcare providers. Quantitative data were analyzed using SPSS v29 at a 95% confidence level, and chi-square tests were applied to assess associations between key variables. Qualitative data were thematically analyzed and presented as narrative summaries. Results revealed a glaucoma prevalence rate of 6.3% among participants, with awareness of glaucoma similarly low at 6.3%. Awareness was significantly associated with gender ( $\chi^2 = 12.90$ ,  $p = 0.003$ ) and marital status ( $\chi^2 = 22.34$ ,  $p < 0.0001$ ). Key practices included limited screening uptake, sporadic treatment adherence, and preventive actions, indicating significant gaps in both knowledge and access to care. These findings underscore the influence of socio-demographic and socioeconomic factors on glaucoma awareness and practices. In conclusion, this study highlights the urgent need for targeted public health interventions to enhance glaucoma awareness, improve access to screening and treatment, and inform policy development in Homa Bay Town Sub-County. The insights derived are intended to guide healthcare providers, policymakers, and scholars in addressing glaucoma-related blindness, particularly in underserved regions.

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