



Primary Eye Care: A Fundamental Component of Health

Karel Brien*

Department of Paediatrics, University of Toronto, Canada

INTRODUCTION

Primary Eye Care (PEC) is an essential aspect of public health, aimed at promoting eye health, preventing vision impairment, and ensuring access to basic eye services for all individuals. With the increasing prevalence of eye-related conditions globally, the significance of PEC cannot be overstated. This essay explores the components, importance, and challenges of primary eye care, highlighting its role in enhancing overall health and well-being.

DESCRIPTION

Primary eye care encompasses a range of services designed to meet the basic eye health needs of the community. Regular vision checks are crucial for early detection of refractive errors and other common eye problems. Vision screening can be conducted in schools, workplaces, and community centers, making it accessible to a larger population. Educating individuals about eye health is a vital part of PEC. This includes information on the effects of UV exposure, the importance of a balanced diet rich in vitamins A, C, and E, and lifestyle choices that can impact eye health, such as smoking cessation and managing screen time. PEC addresses minor eye conditions such as conjunctivitis, dry eyes, and minor injuries. Primary care providers are trained to diagnose and treat these issues, reducing the burden on specialized healthcare services. When serious conditions such as glaucoma, diabetic retinopathy, or cataracts are detected, primary eye care providers are equipped to refer patients to appropriate specialists. This ensures that individuals receive comprehensive care tailored to their needs. Initiatives aimed at raising awareness about the importance of regular eye check-ups and promoting eye health practices are vital for community participation and support [1-4]. The importance of primary eye care extends beyond individual health; it significantly impacts public health and socio-economic development. Vision impairment can hinder educational achievement, reduce productivity, and increase healthcare costs. By addressing eye health at the primary level, communities can reduce the prevalence of avoidable blindness

and visual impairment. Moreover, PEC plays a critical role in the early detection of systemic diseases. Many conditions, such as diabetes and hypertension, manifest in the eyes. By integrating eye care with general health services, PEC can facilitate timely interventions, improving health outcomes across various domains. Despite its importance, primary eye care faces several challenges. One major issue is the lack of trained personnel, especially in low-resource settings. Many primary care providers may not have the necessary training to perform comprehensive eye exams or manage common eye conditions. This gap in training can lead to under diagnosis or mismanagement of eye health issues. Additionally, there is often insufficient funding and resources allocated to PEC programs. Many communities lack basic infrastructure, equipment, and awareness campaigns, hindering access to necessary services. Furthermore, cultural beliefs and stigma surrounding eye health can prevent individuals from seeking care, leading to late diagnoses and more severe complications.

CONCLUSION

Primary eye care is a fundamental aspect of health that contributes to the overall well-being of individuals and communities. By providing essential services, educating the public, and facilitating access to specialized care, PEC can prevent vision impairment and enhance quality of life. Addressing the challenges that impede effective primary eye care delivery is crucial for ensuring that everyone, regardless of their socio-economic status, has access to the eye health services they need. Investing in PEC is not just an investment in eye health but a commitment to a healthier, more productive society.

ACKNOWLEDGEMENT

None.

CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

Received:	02-October-2024	Manuscript No:	IPQPC-24-21904
Editor assigned:	04-October-2024	PreQC No:	IPQPC-24-21904 (PQ)
Reviewed:	18-October-2024	QC No:	IPQPC-24-21904
Revised:	23-October-2024	Manuscript No:	IPQPC-24-21904(R)
Published:	30-October-2024	DOI:	10.36648/1479-1064.32.5.27

Corresponding author Karel Brien, Department of Paediatrics, University of Toronto, Canada, E-mail: brien54@yahoo.com

Citation Brien K (2024) Primary Eye Care: A Fundamental Component of Health. Qual Prim Care. 32:27.

Copyright © 2024 Brien K. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

REFERENCES

1. Weinberg EO, Shimpo M, Hurwitz S, Tominaga SI, Rouleau JL, et al. (2003) Identification of serum soluble ST2 receptor as a novel heart failure biomarker. *Circulation* 107(5): 721-726.
2. Christina LP, Luk KS, Chiang L, Chan CK, Kevin Ho, et al. (2021) Soluble suppression of tumorigenicity 2 (sST2) for predicting disease severity or mortality outcomes in cardiovascular diseases: A systematic review and meta-analysis. *Int J Cardiol Heart Vasc Oct* 37:100887.
3. Demyanets S, Kaun C, Kaider A, Speidl W, Prager M, et al. (2020) The pro-inflammatory marker soluble suppression of tumorigenicity-2 (ST2) is reduced especially in diabetic morbidly obese patients undergoing bariatric surgery. *Cardiovasc Diabetol* 19(1):26.
4. Teo A, Chia PY, Ramireddi GK, Khoo SKM, Yeo TW, et al. (2022) Clinical and prognostic relevance of sST2 in adults with dengue-associated cardiac impairment and severe dengue. *PLoS Negl Trop Dis* 16(10): e0010864.