

EVALUATION OF THE VISION RELATED QUALITY OF LIFE FOLLOWING VISION THERAPY FOR CONVERGENCE INSUFFICIENCY.

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Abstract

Introduction

Convergence Insufficiency (CI) is a common binocular vision disorder characterized by difficulty in maintaining proper eye alignment during near tasks. Patients with CI often experience symptoms such as eye strain, headaches, blurred vision, double vision and difficulty reading for long periods. These symptoms can negatively affect daily activities, academic performance, work efficiency and overall quality of life. Vision Therapy (VT) is a structured and individualized treatment method used to improve binocular vision function, visual comfort, and visual efficiency. This study was conducted to evaluate the effectiveness of vision therapy in improving the vision-related quality of life of patients diagnosed with convergence insufficiency.

Objective

To assess the effectiveness of vision therapy improving the quality of life in patients with convergence insufficiency.

Methodology

A total of sixty-five patients diagnosed with convergence insufficiency through Orthoptic Assessment were included in this study. Clinical evaluations were performed before and after vision therapy using standardized assessment methods. Near Point of Convergence (NPC) and symptom severity were measured and recorded using a structured checklist. Participants underwent office-based vision therapy sessions along with home reinforcement exercises. The collected data were analyzed to compare the clinical and subjective improvements following therapy.

Result

The study demonstrated significant improvement in both clinical signs and patient-reported symptoms after vision therapy. Participants showed better near point of convergence and reduced symptoms such as eye strain, headaches, blurred vision, and reading difficulties. Symptom scores consistently decreased following therapy, indicating improved visual comfort and enhanced performance in near visual tasks. Overall, patients reported a noticeable improvement in their daily visual functioning and quality of life.

Conclusion

Vision therapy was found to be an effective treatment method for patients with convergence insufficiency. The therapy significantly improved clinical measures of convergence as well as patients' vision-related quality of life. Reduced symptoms and enhanced visual comfort highlight the importance of vision therapy in the management of binocular vision disorders. Therefore, vision therapy can be recommended as a beneficial therapeutic approach for individuals suffering from convergence insufficiency.

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