Effect of patients’ educational background on non-compliance behaviors in young adult contact lens wearers in Hong Kong

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Aim
To evaluate the compliance of young adult contact lens wearers with different levels of educational background in Hong Kong, and to solicit information on contact lens wear provided by eye care practitioners from wearers.

Method
A total of 153 subjects (47 males and 106 females) aged between 20 and 30 years old were interviewed. Among them, 45 and 108 subjects had secondary and tertiary educational levels respectively. The survey was conducted by interviewing pedestrians randomly off the street.

Results
Napping with lenses on, inadequate hand hygiene and failure to replace lenses and lens cases on time were the common non-compliant behaviors with over 40% of subjects failing to comply. No significant differences were found between groups for most of the behaviors, except that more subjects with secondary educational level slept with lenses on, topped up solutions and used flannels instead of tissues to dry hands. Instructions on cleaning and wearing time were often given by the practitioners but over 50% of the subjects did not recall given instructions on the need to build up wearing time, potential problems during adaptation and aftercare schedule.

Conclusion
Most non-compliant behaviors were not associated with the educational background of the wearers. Subjects with secondary educational background tended to be more non-compliant with sleeping with lenses on, topping up of solutions and using flannels to wipe their hands dry. Most wearers reported being given instructions on wearing time and cleaning procedures but the instruction about regular aftercare was least recalled.