

## REFRACTIVE ERROR CORRECTION FOR COMPUTER USERS

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**P**resent days advancing technology needs vast use of computer in all spheres, puts impact on the sight of the

computer users, More likely the computer users develop various eye problems. However, the persons having refractive error suffer a lot during computer operation. To perform perfect work with computer it needs to have the best corrected visual acuity to avoid pain & strain in the eyes. For which it is sincerely adviseable for all the computer users with or

without any noticed problem to examine their eyes routinely to maintain the efficacy of their performance. The following corrections should be done for computer users as per requirement.

The young ones having refractive error should be corrected with proper lenses to avoid eye strain during computer use.

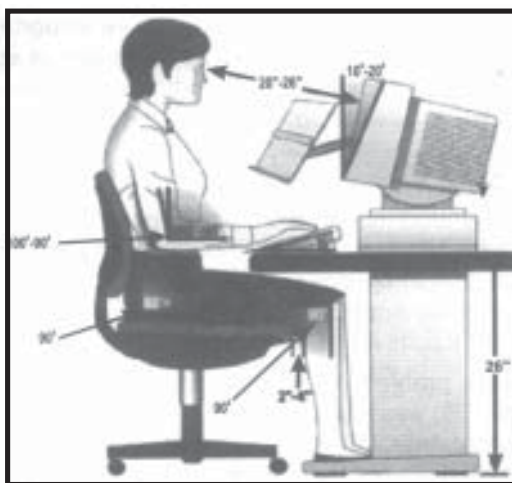
Amblyopic cases should be properly examined and best corrected lenses should be prescribed.

In cases like esotropia & exotropia the error of refraction should be corrected with prisms and care should be taken to maintain correct IPD.

The use of prism in binocular dysfunction is highly essential. Prescribing prism with regular spherical / cylindrical lenses can solve the problem of eye strain.

Lenses with antiglare coat are adviseable for

computer users to minimise the effect of glare & reflected light on the eyes.



The persons with presbyopic age group are the most sufferers among the computer users since gradual failure of accommodation of the eyes in that age creates difficulty in focussing key board to monitor & back rapidly. Presbyopic correction for normal reading is corrected at a distance of 20-30 cms. where as for computer users it is 20-26 inches.

Presbyopic correction can be done by different types of lenses such as bifocals, trifocal & multifocal lenses. Normally presbyopic correction by bifocals help in management of near works where as occupational progressive lenses provide more comfort and a non-line multifocal lenses can correct near, intermediate and distant zone having a larger intermediate zone than the later lenses providing utmost comfort to the computer users. Computer glasses should be prescribed by correcting the vision in the intermediate zone.

On the whole two separate glasses should be prescribed for presbyopic cases, one for normal near work and the other for computer use for better comfort. Multifocals such as occupational progressive, trifocal and bifocal lenses can be prescribed preferentially for the computer users to avoid difficulty in work and to get the advantage in all the viewing zones.□□