

A COMPARISON OF SUBJECTIVE AND OBJECTIVE COMPLIANCE IN CONSERVATIVE MANAGEMENT OF GLAUCOMA

M. Kowal¹, A. Wszyńska¹, M. Rękas², T. Żarnowski¹

¹*Chair of Ophthalmology, Medical University, Poland*

²*Ophthalmology Department, Military Institute of Medicine, Poland*

Purpose: Self-reporting is the most popular method to evaluate compliance but it tends to overestimate results. Electronic monitoring devices are believed to be the most accurate tool to assess if patients are following doctors indications. The aim of the present study was to compare subjective and objective method of measuring compliance of topical hypotensive therapy in glaucoma patients. **Methods:** A total of 127 patients were interviewed with a questionnaire formulated on the basis of the publication: Tsai J.C. et al. "Compliance barriers in glaucoma: a systematic classification", *J. Glaucoma*. 2003, 12, 393-398. Objective compliance of 28 patients was additionally measured by the use of electronic device called Travatan Dosing Aid (Travalert, DA, Alcon Laboratories Inc.). Subjects were divided into 2 groups: 12 participants were informed of being monitored and 16 were not informed. Data were collected at 3 months. **Results:** Subjective noncompliance was defined as omitting at least 1 drop of medication per week. According to this definition 89,8% (n=114) patients reported themselves to be compliant. We define objective compliance as taking 75% of the prescribed doses. In informed group 75,0% (n=9) patients were compliant, in non informed group only 43,8% (n=9) patients were compliant. **Conclusions:** Real compliance is much lower than that declared by the patients. Glaucoma professionals must not base decisions in glaucoma management on patients' subjective estimation of compliance. **Financial Disclosure:** None.