COMPUTER VISION SYNDROME STUDY 2

HEADACHE...EYE STRAIN...DOUBLE VISION

In today's society, the use of computer as a tool at workplaces, academic institutions, recreation facilities and homes has become very common. It is estimated that globally, about 45 to 70 million people spend hours staring into a video display terminal, popularly known as computer screen. Several studies, mainly in developed countries, have shown an association between computer use and visual health related symptoms (Computer Vision Syndrome, CVS) in both children and adults. In this report, a review of literature on CVS was undertaken to determine the prevalence of CVS and compare the prevalence between studies. The risk factors associated with the syndrome range from individual visual problems and poor ergonomics. The most common symptoms include headache, eye strain, double vision, dry eyes, eye fatigue and other symptoms of eye strain. The prevalence of the symptoms varied between studies. It is concluded that, as computer users are increasing rapidly, they are at risk of CVS. A better understanding of the pathophysiology underlying CVS is necessary to empower practitioners to accurately diagnose and treat patients with CVS; necessary precautions and care should be exercised to prevent serious impact of CVS on productivity and sustainable economic development of countries in Africa. In addition, special attention should be given to the young population including children and students in schools, colleges and universities.[16]

[16] Akinbinu TR, Mashalla YJ. Impact of computer technology on health: Computer Vision Syndrome (CVS). Medical Practice and Review. 2014;5(3):20-30.