The Encounter Glaucoma Treatment Decision Aids: The GDA trial

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Introduction

A decision aid facilitates patient engagement in the decision-making process in ophthalmic practice. In particular, patients with open-angle glaucoma will benefit from such an intervention as it enhances their knowledge, compliance, and satisfaction with the healthcare services. We aimed to develop and evaluate the efficacy of culturally oriented glaucoma decision aids (GDA) to improve compliance, awareness, and decision conflict scale of patients with open angle glaucoma at King Khaled Eye Specialist Hospital (KKESH).

Methodology

The Encounter glaucoma decision aid was developed based on the International Patient Decision Aid Standards (IPDAS) Collaboration criteria and then it was received by 145 patients with open angle glaucoma at King Khaled Eye Specialist Hospital. Evaluation was done by using a pre-validated and semi-structured questionnaire. We compared knowledge, compliance, and decision conflict scale at baseline before receiving encounter GDA and 3 months afterward.

Results

The average age of the participant is 56.82 years old. Most of the patients are male 67.6%. The mean duration since the participants were diagnosed with glaucoma is 9.39 years (Table1). After using GDA there was a statistically significant improvement in the level of knowledge and adherence to medications (P = 0.001). Moreover, the decision conflict scale decreased statistically significant after using GDA from 60.94 ± 21.60 to 19.18 ± 17.83 (Table 2)

Table 1:

Sample characteristics	N (%)
Age	**56.82 ± 7.66**
Gender	
Male	**98 (67.6%)**
Female	**47 (32.4%)**
Level of education	
Below high school	**70 (48.3%)**
High school	**30 (20.7%)**
Bachelor's degree or higher	**45 (31%)**
Duration of glaucoma	**9.39**

Table 2: Comparison of measured outcomes before and after GDA use

Outcome	Before GDA	After GDA	P-value
Level of knowledge	Poor: 58.6% Good: 41.4%	Poor: 14.5% Good: 85.5%	<0.001
Adherence to medication	Poor: 31.7% Medium: 26.9% Good: 41.4%	Poor: 16.6% Medium: 17.9% Good: 65.5%	
Decision conflict scale	60.94 ± 21.60	19.18 ± 17.83	

Conclusion

Using GDA cards as educational measure has a significant effect in improving patient's knowledge, satisfaction and adherence to medications.