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2. The LJN has the tripartite mission of:
 - (a) Promoting a culture of excellence in Nursing Research.
 - (b) Encouraging the exchange of profound and innovative ideas capable of generating creative practice in nursing research practise.
 - (c) Disseminating information on nursing related development that are not usually easily available to academics and practitioners.
3. The Journal will accordingly encourage the publication of the following categories of papers.
 - (a) Research papers that move away from orthodoxy and which really break new grounds in terms of methodology and findings.
 - (b) Essays and issues papers that contribute to reorienting received ideas, values and practices.
 - (c) Documents emanating from national and international conferences, as well as from largescale research work that emerging trends and thinking in nursing related development.
4. LJN is published biannually in any area of nursing interest or relevant to needs of academics and practitioners.

In this edition, nineteen (19) manuscripts scale through the eye of the needle of the Editor-in Chief. The title of the papers in this edition are: Assessment of client satisfaction with contraceptive services in public health care facilities in Zamfara State, Nigeria; Sociocultural and economic determinants of open defecation practices in Kano State, Nigeria; effect of simulation based training on midwives' skills in managing retained placenta with umbilical vein oxytocin injection in health facilities, Osun State, Nigeria; Nurses Level Of Preparedness In Management Of Patient With Viral Hemorrhagic Fever In Emergency Ward In University Of Ilorin Teaching Hospital, **Nigeria**; Nursing Education: A Sine Qua Non For Addressing The Healthcare Demands Of The 21st Century; Influence Of Nursing Training On Their Competency In Selecting Wound Dressing Materials At A Secondary Health Facility In Ilorin, Kwara State, Nigeria; Prevalence And Outcome Of Malaria Infection Among Children Below 11 Years In A Tertiary Healthcare Facility In Benin City From 2018-2020; Factors Influencing Prevalence Of Gender Based Violence Among Men And Women In Bagudo LGA Kebbi State, Nigeria; Knowledge Of Health Implications Of Rape And Associated Factors Among Male Undergraduates In Ahmadu Bello University Zaria, Nigeria; Quackery In Nursing, The Causes, Effects And Control Measures: The Nigeria Experience; Knowledge, attitude and practice of injection safety among nurses in Nigeria: a case study of University of Ilorin Teaching Hospital Ilorin, Kwara State, Nigeria; Awareness Of Computer Vision Syndrome Among Staff Of Information Communication And Technology Unit Of University Of Benin Teaching Hospital, Benin City, Edo State, Nigeria; Utilization Of Personal Protective Equipment Against Organic Dusts Among Poultry Farmers In Ona-Ara Local Government Area, Ibadan, Nigeria; Predictors Of Surgical Site Infection Amongst Post Operative Patients In Federal Medical Centre Lokoja, Nigeria; Evaluation Of The Involvement Of Nurses In Policies And Policy Formulation In Nigeria; Determinants of Stress and Coping Mechanisms among Nurses in Aminu Kano Teaching Hospital, Kano State, Nigeria; Influence Of Nursing Training On Their Competency In Selecting Wound Dressing Materials At A Secondary Health Facility In Ilorin, Kwara State, Nigeria; Adaptation To Stress And Academic Performance Of Students In Nursing Institutions In Oyo State, Nigeria; Medication Adherence And Quality Of Life Of Hypertensive Patients Attending Selected Hospitals In Port Harcourt, Rivers State, Nigeria; Perspectives Of Youth On The Legalization Of Abortion In North Central Nigeria.

EDITORIAL DESK

Welcome to LAUTECH Journal of Nursing!

LAUTECH Journal of Nursing focus on but not limited to research findings in the different areas of Nursing: Nursing Care, Nursing Education, Medical Surgical Nursing, Maternal and Child Health Nursing, Community Public Health Nursing, and Psychiatric/Mental Nursing. This journal is published to promote quality scholarly writing and hence instigating and generating vibrant discourse in the different areas of nursing. Apart from providing an outlet for publications of research findings, it offers opportunities for professionals and students to disseminate their views or position on topical issues and emerging theories within the scope of the journal. The Journal is peer reviewed by seasoned scholar. Eighty authors have contributed in one way or the other to the thirteenth edition of the journal.

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KNOWLEDGE AND PRACTICE OF OCULAR HEALTH AMONG POST BASIC NURSING STUDENTS OF UNIVERSITY OF BENIN TEACHING HOSPITAL, BENIN CITY, EDO STATE

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ABSTRACT

The eyes play an important role in mobility, function, and enjoyment of life; they perform the sole task of capturing light. For this reason, it is important to maintain good ocular health. This study was conducted to determine knowledge and practice of ocular health among post basic nursing students of University of Benin Teaching Hospital, Benin City, Edo State. This study used a descriptive survey design, Taro Yamane formula was used to determine the sample size, quota and simple random sampling techniques was used to select an 83-sample size from the target population. Data was obtained from the respondents with the use of self-constructed questionnaire, Cronbach's alpha reliability estimate was adopted for the study and the overall reliability measured 0.93. Data was coded and entered into the Statistical Package for Social Sciences (SPSS) version 23 for windows. Data analysis for the 3 subscales was done using frequencies and percentages, same was presented using tables and charts. Chi-Square statistic was used to test the null hypothesis at $p=0.05$. The demographic characteristics of this study indicates that the majority of the respondents are female (84.3%), RN (39.8%), Perioperative Nursing (34%), and had 6 – 10 years for experience (43.4%). This study also reveals that the respondent are highly knowledgeable about ocular health (80%) but the practice of ocular health is very Poor (34%) and perceived barriers to practice of ocular health among post basic nursing students include: Too much work load (59%), Cost of eye care is not affordable (97.6%), No eye problem in our family (74.7%), There is no need have an eye care appointment when I have no symptoms of eye problem (83.1%) while Long waits at the eye care unit is not significant (19.3%). Hypothesis tested reveals that there is a significant association between respondents' knowledge on ocular health and practice ($P=0.016$). Based on the findings, it is therefore recommended that modalities should be developed at administrative and institutional level to

ensure that these students on resumption to school undergo medical examination including ocular check-up to improve their health and detect any abnormality for prompt intervention.

Keywords: Ocular; knowledge; Practice; Perceived barriers

INTRODUCTION

The eyes are among the most sensitive organs of the body and are considered to be one of the most important sense organs. Despite this, taking good care of the eyes is often ignored, resulting in many people needing glasses or losing their sight. Even when scheduling preventive health appointments, eye examinations are often overlooked. Eye examination and vision assessment are vital to detect any condition that may cause impairment and blindness, signify serious systemic disease leading to problem with performance or threat to life. Through careful examination of the ocular system, from the lid to the fundus, early detection of abnormalities and prompt treatment of such abnormalities can save vision even life. According to Sox (2013), it is pertinent to assess general health and prevent future illness rather than to attend to symptoms.

In a study on periodic medical check-up, knowledge and practice in a community in South West Nigerian by Ilesanmi, Omotoso, Alele and Amenkhienan, (2015), only 6.9% of respondents had a visual check. In order to prevent illness and promote health, an individual needs to engage in periodic or routine medical checkup which is effective in reducing morbidity and mortality (Damiani, Ferdeco and Basso, 2012). Visual impairment has negative impact on health, socio-economic

and quality of life. The direct costs include treatment of diseases, care and adaptive aids and costs of medical services. Indirect costs due to vision impairment and blindness include loss of earnings, lost earnings for caregivers, equipment and home modification, rehabilitation and welfare payments. Conservative analysis, considering only the personal productivity loss, the annual global economic impact of unaccommodated low vision and blindness in 2000 was 42 billion US dollars (WHO, 2020). This global figure was expected to be 110 billion dollars by the year 2010. However, with the successful implementation of the Vision 2020 initiative, the overall global saving over 20 years was estimated at 223 US billion dollars.

The impact of visual impairment on functional activities such as the physical functions and activities of daily living is of great concern. An eye examination is a series of tests performed to assess vision and ability to focus on and discern objects. It also includes other tests and examinations pertaining to the eyes. Eye examinations are primarily performed by an ophthalmologist, ophthalmic nurses, optometrist, and an optician. Health care professionals often recommend that all people should have periodic and thorough eye examinations as part of routine primary care, especially since many eye diseases are asymptomatic. Eye examinations may detect potentially treatable blinding eye diseases, ocular manifestations of systemic disease, or signs of tumours or other anomalies of the eye. A full eye examination consists of an external examination, followed by specific tests for visual acuity, pupil function, extraocular muscle motility, visual fields, intraocular pressure and ophthalmoscopy through a dilated pupil. A minimal eye examination consists of tests for visual acuity, pupil function, and extraocular muscle motility, as well as direct ophthalmoscopy through an undilated pupil. Understanding why people do not utilize eye care services is important in order to remove these barriers if the goals of Vision 2020 of eliminating avoidable blindness across the world are to be met.

Though nurses may know the importance of regular eye examination research has shown that only few actually utilize it. According to Mohanty, Kabi, and Mohanty (2019), in a study on health problems of healthcare workers: a review, they opined that much has been studied and written about the wellbeing and quality of care of patients, but little attention has been focused on the wellbeing of the healthcare workers (including nurses). Healthcare workers generally are believed to be better informed in health-related matters compared to the general population. Unfortunately, studies have shown that health practitioners (including nurses) who are the backbone of the health system and the most knowledgeable in health-related matters do not practice or utilize the available health care services they advocate. Health workers are said to disregard the advice they give to patients when they become ill themselves. They also tend to place the patients first thereby sacrificing their own well-being for the sake of their patients (Babalola, 2011). Nurses form the majority of healthcare workers and their health is of vital importance if they will in turn offer quality care to clients and patients. They need good eyesight to read prescriptions, drug labels, give injections/medications and do proper documentation etc.

In a study by Khan, Souru, Vaghse, Yasir, and Khnadekar (2017) on vision screening and ocular health-seeking behavior of nurses, findings revealed a high rate of refractive errors among nurses working at a tertiary eye care hospital in Saudi Arabia. Moreover, many nurses did not maintain adequate ocular health-seeking behaviors, with many failing to undergo periodic vision testing—a practice that has negative implications for both nurse and patient care. A similar study by Ojong, Nsemo, and Aji (2018) on routine medical checkups found that only 6.2% of nurses pursued visual checkups. Ocular health is becoming increasingly significant in both the healthcare sector and society, as undetected and untreated ocular conditions can lead to vision loss and blindness. The role of vision in mobility, function, and

quality of life underscores the importance of maintaining good ocular health. During interactions with post-basic students, the researcher observed that the majority strained their eyes and held books at distances greater than 33 cm while reading, with some resorting to strapping flashlights on their heads to see clearly during academic work. When questioned about visual screening—a mandated component of their medical examination for the program of study—students responded negatively. Therefore, this study aims to ascertain the knowledge and practice of ocular health among Post Basic Nursing Students of the University of Benin Teaching Hospital.

Objectives of the study

1. To assess the level of knowledge of post basic nursing students on ocular health.
2. To determine ocular health practices of post basic nursing students in University of Benin Teaching Hospital, Benin City, Edo State.
3. To determine the perceived barriers to the practice of ocular health among post basic nursing students in University of Benin Teaching Hospital.
4. To determine the statistical association between post basic nursing student's knowledge and their practice of ocular health in the University of Benin Teaching Hospital, Benin City, Edo State.

Research questions

1. What is the level of knowledge of post basic nursing students on ocular health in the University of Benin Teaching Hospital, Benin City, Edo State?
2. What is the level of ocular health practices of post basic nursing students in University of Benin Teaching Hospital, Benin City, Edo State?
3. What are the perceived barriers to the practice of ocular health among post basic nursing students in University of Benin Teaching Hospital?

Research hypothesis

Ho: There is no statistically significant association between Post basic nursing student's knowledge and their practice of ocular health in the University of Benin Teaching Hospital, Benin City, Edo State.

METHODOLOGY

Design: The study adopted a Descriptive survey design was to assess knowledge and practice of ocular health among post basic nursing students of University Of Benin Teaching Hospital, Benin City, Edo State.

Setting: This study was carried out at the School of Post Basic Nursing Studies, University of Benin Teaching Hospital, Benin City (UBTH), Edo State, South-South Nigeria.

Population: The target population consisted of ninety-two (92) students in School of Post Basic Nursing Studies 2020/2021 set,

Inclusion Criteria was based on all post basic nursing students who were selected by random sampling and gave their informed consents were included in the study while all post basic nursing students who were not selected by random sampling and who did not give their consent were excluded from the study.

Sample Size Determination: Taro Yamane's (1969) formula was used to determine the sample size, as this formula is appropriate when the population is known (finite).

The formula is: $n = N/(1 + N(e)^2)$

Where:

- n = sample size
- N = Population size (92)
- e = Level of precision (0.025)

Calculation: $n = 92/(1 + 92(0.025)^2)$ $n = 83$

Sampling Technique: Quota sampling is the sampling method where the researcher divided the study population into strata and select the participant based on their specific demographics data such as age, educational qualification, and years of working experience. Simple random sampling techniques were used

to select the sample size in the study. And participants for the study was chosen by using the fish bowl method, that is, participants who picked Yes from the bowl was selected and used for the study. Therefore, quota sampling and simple random sampling technique were used to select 83 post basic nursing students of University of Benin Teaching Hospital.

Instrument: A structured questionnaire was designed in accordance with the study objectives to obtain data from respondents using the Knowledge and Practice of Ocular Health (KPOC) questionnaire. The questionnaire, constructed by the researcher, comprised four major sections:

Section A elicited information on demographic data of respondents;

Section B assessed post-basic nursing students' level of knowledge on ocular health;

Section C determined ocular health practices of the students; and

Section D gathered information on barriers to ocular health practices as perceived by post-basic nursing students.

The questionnaire format included multiple-choice questions for socio-demographic data, "Yes/No" responses for Sections B and C, and a 4-point Likert scale for Section D. Yes/No questions were used to assess post-basic nursing students' knowledge and their practice of ocular health. A 4-point Likert scale was used to identify the perceived barriers to ocular health practices.

The instrument was scored as follows: for sections B and C- Yes=1, No= 2; Section D- strongly agree = 4, agree = 3, disagree = 2, strongly disagree= 1. To ensure validity of the instrument, face validity was adopted for the study and all contributions by the supervisor were taken note of in the final draft of the instrument. Cronbach's alpha reliability estimate was adopted for the study because the method enabled the researcher to ascertain the internal consistency of the questionnaire. Eight copies of the questionnaire which constitutes 10% of the sample size was administered once

to post basic nursing students of the University of Port Harcourt Teaching Hospital, Port Harcourt, Rivers State. Test-retest was used for reliability and Cronbach's alpha Coefficient of reliability recorded 0.89, 0.95 and 0.96 for the knowledge, ocular practices and perceived barriers sub-scales respectively.

The overall reliability coefficient was 0.93. The researcher and a trained assistant administered the questionnaire after obtaining permission from each programme coordinator in the School of Post Basic Nursing Studies. The data collection process took one week to complete. All eighty-three (83) questionnaires were retrieved, representing a 100% retrieval rate. The questionnaires were anonymous to ensure respondent confidentiality. Data was coded and analyzed using the Statistical Package for Social Sciences (SPSS) version 23 for Windows. Analysis of the three subscales was conducted using frequencies and percentages, with results presented in tables and charts. The Chi-Square test was used to test the null hypothesis at $p=0.05$ level of significance.

Ethical consideration: A letter of introduction was obtained from the Coordinator of Ophthalmic Nursing Programme and ethical approval was obtained from the Health Research Ethics Committee of the hospital before commencement of the study. Informed consent was obtained from the respondents before administering the questionnaires and confidentiality was maintained.

RESULTS

Socio-demographic characteristics of the participants

According to the Table 1, the socio-demographic characteristics of this study indicates that majority 70(84.3%) were females, 33(39.8%) had RN qualification, 38(45.8%) attended 6 – 10 years of experience (43.4%) in the University of Benin Teaching Hospital (UBTH), Benin City, Edo State

Table 1: Participant’s socio-demographic characteristics (n = 83)

Variables	Response options	Frequency(N)	Percentage (%)
Gender	Male	13	15.7
	Female	70	84.3
	Total	83	100
Educational qualification	RN	33	39.8
	RN/RM	27	32.5
	BNSc	19	22.9
	Others	4	4.8
	Total	83	100
Nursing Programme	Ophthalmic Nursing	3	3.6
	Perioperative Nursing	28	34.0
	Accident and Emergency	26	31.3
	Paediatric Nursing	26	31.3
	Total	83	100
Years of working experience	1-5years	29	34.9
	6-10years	36	43.4
	11years and above	13	15.7
	15years and above	5	6.0
	Total	83	100

(Researcher’s field work, 2021)

Research question 1: What level of knowledge do post basic nursing students have on ocular health in the University of Benin Teaching Hospital (UBTH), Benin City, Edo State?

Table 2 shows that all participants (83, 100%) identified diabetic retinopathy as a diabetic complication that damages the blood vessels of the retina. Similarly, all respondents (83, 100%) recognized hypertensive retinopathy as retinal vascular damage resulting from hypertension complications. Additionally, all post-basic nursing students (83, 100%) at the University of Benin Teaching Hospital (UBTH), Benin City, Edo State, identified age, smoking, diet, and family history as risk factors

associated with hypertensive retinopathy. The final knowledge score for post-basic nursing students' ocular health awareness was calculated by summing participants' scores on all items in Section B. Scores ranged from a minimum of 10 to a maximum of 17. Participants scoring between 10 and 13 were categorized as having 'poor knowledge,' while those scoring between 14 and 17 were categorized as having 'good knowledge of ocular health.' Results showed that 71 participants (85.5%) demonstrated good knowledge of ocular health, while 12 participants (14.5%) showed poor knowledge, as represented in Figure 2. This study reveals that the respondents are highly knowledgeable about ocular health (80%).

Table 2: Post basic nursing students' knowledge on ocular health in UBTH (n = 83)

Statements	Yes	No
Cataract is opacity of the crystalline lens irrespective of the effect on vision.	76 (91.6%)	7 (8.4)
Glaucoma is a group of disease characterized by optic neuropathy with intraocular pressure being the only modifiable risk factor	81 (97.6%)	2 (2.4%)
Refractive error is a problem with focusing of light on the retina due to the shape of the cornea	61 (73.5%)	22 (26.5%)
Diabetic retinopathy is a diabetic complication that damages the blood vessels of the retina	83 (100.0%)	-
Hypertensive retinopathy is a retina vascular damage as a result of complication or hypertension.	83 (100.0%)	-
Risk factors associated with cataract include age, smoking, diet and one with family history of cataract	69 (83.1%)	14 (16.9%)
Risk factors associated with glaucoma include age, smoking, diet and family history.	76 (91.6%)	7 (8.4)
Risk factors associated with refractive error include age, smoking, diet and family history.	56 (67.5%)	27 (32.5)
Age, smoking, diet and family history. constitute risk factors to Diabetic Retinopathy	79 (95.2%)	4 (4.8)
Age, smoking, diet and family history are risk factors that are associated with Hypertensive Retinopathy	83 (100.0%)	-

(Researcher's field work, 2021)

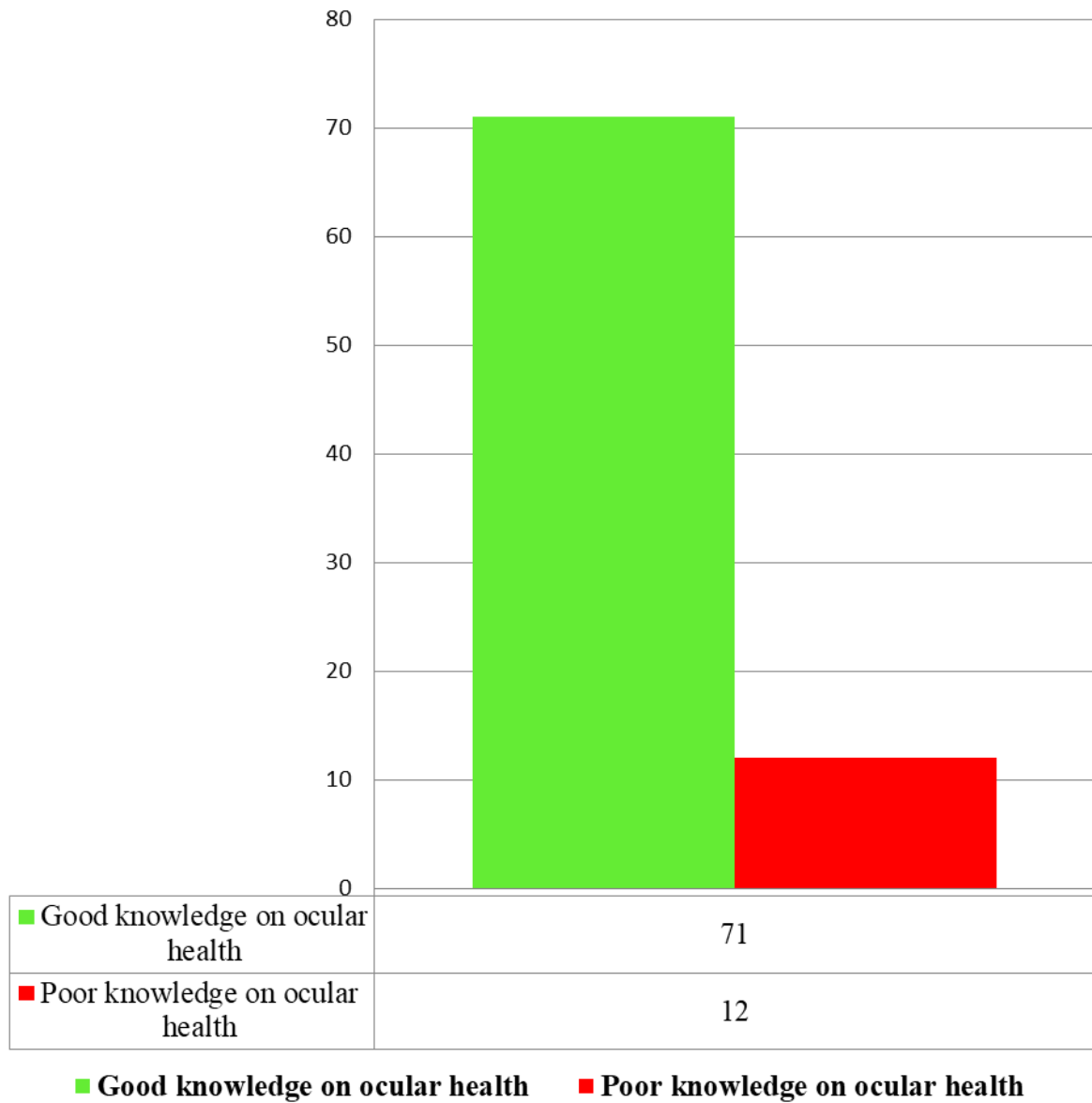


Fig.2: A 3 -D clustered column showing summary of Post basic nursing students' knowledge on ocular health in UBTH (n = 83)

Research question 2: What are the ocular health practices of post basic nursing students in University of Benin Teaching Hospital, Benin City?

Table 3 shows the 41% of respondents strongly agreed that they have checked their blood pressure in the last 3 months, 0 agreed, while 50.6% disagreed and 8.4% strongly disagreed. 27.7% of respondents strongly agreed that they have checked their blood glucose in the last 6 months, 3.6% agreed, while 59.0% disagreed and 9.6% strongly disagreed. 9.6% of respondents strongly agreed that they have

checked their Visual acuity in the last 2 years, 2.4% agreed, while 67.5% disagreed and 20.5% strongly disagreed. 22.9% of respondents strongly agreed that they have checked their Intraocular pressure in the last one year, 0% agreed, while 71.1.% disagreed and 6.0% strongly disagreed. 28.9% of respondents strongly agreed that they visit an ophthalmologist whenever they have eye problems, 33.7% agreed, while 0.% disagreed and 37.3% strongly disagreed. This study implies that the practice of ocular health is very Poor (34%) among respondents.

Table 3: Ocular health practices of post basic nursing students in UBTH (n=83)
(Researcher’s field work, 2021)

SN	Statements	Strongly Agree	Agree	Disagree	Strongly Disagree
1	I have checked my blood pressure in the last 3 months	34(41.0%)	-	42(50.6%)	7(8.4%)
2	I have checked my blood glucose in the last 6 months	23(27.7%)	3(3.6%)	49(59.0%)	8(9.6%)
3	I have checked my Visual acuity in the last 2 years	8(9.6%)	2(2.4)	56(67.5%)	17(20.5%)
4	I have checked my Intraocular pressure in the last one year	19(22.9%)	-	59(71.1%)	5(6.0%)
5	I always visit an ophthalmologist whenever I have eye problems.	24(28.9%)	28(33.7%)	-	31(37.3%)
		26.02	7.94	49.64	16.36

Research question 3: What are the perceived barriers to the practice of ocular health among post basic nursing students in University of Benin Teaching Hospital, Benin City?

Table 4 reveals that the perceived barriers to practice of ocular health among post basic

nursing students include: Too much work load (59%), Cost of eye care is not affordable (97.6%), No eye problem in our family (74.7%), There is no need have an eye care appointment when I have no symptoms of eye problem (83.1%) while Long waits at the eye care unit is not significant (19.3%).

Table 4: Perceived Barriers to The Practice Of Ocular Health Among Post Basic Nursing Students⁸

	Statements	Agree	Disagree	Significant
1	Too much work load	49(59.0%)	34(41%)	Sig
2	Cost of eye care is not affordable	81(97.6%)	2(2.4%)	Sig
3	No eye problem in our family.	62(74.7)	21(25.3%)	Sig
4	There is no need have an eye care appointment when I have no symptoms of eye problem	69(83.1%)	14(16.9%)	Sig
5	Long waits at the eye care unit	16(19.3%)	67(80.7%)	Not Sig

(Researcher’s field work, 2021)

Test of hypothesis

Contingency Chi-square (X^2) was used to test the null hypotheses at 0.05 level of significance.

H_{01} : The hypothesis stated that 'there is no statistically significant association between Post basic nursing student's knowledge and their practice of ocular health in the University of Benin Teaching Hospital, Benin City, Edo State'. Chi-square (X^2) was used to analyse the hypothesis at 0.05 level of significance.

The result in table 5 reveals that, the calculated X^2 value of 1.988a was less than the critical X^2 value of 3.84 at $P=0.05$ level of significance and 1 degree of freedom. Therefore, the null hypothesis was accepted. This means that surely, there is a statistically significant association between Post basic nursing student's knowledge and their practice of ocular health in UBTH, Benin City ($P=0.016$).

Table 5: Summary of Chi -Square analysis of the associ ation Post basic nursing student’s knowledge and their practice of ocular health in UBTH (n=83).

Post basic nursing student’s knowledge on ocular health	Ocular health practices		Total	X^2	P-level
	Practiced	Non-practice			
Good knowledge	16 (19.3%)	55 (66.3%)	71 (85.5%)	1.988 ^a	.016
Poor knowledge	5 (6.0%)	7 (8.4%)	12 (14.5%)		
Total	21 (27.0%)	21 (73.0%)	62 (74.7%)		

* Significant at ($P=.05$); $df= 1$; critical $X^2 = 3.84$

DISCUSSION OF THE FINDINGS

This study assessed the knowledge and practice of ocular health among students of post basic nursing studies in University of Benin Teaching Hospital, Benin City, Edo State. The demographic characteristics of this study indicates that the majority of the respondents are female, RN, Perioperative Nursin, and had 6 – 10 years for experience.

The findings of this study reveals that the respondent are highly knowledgable about ocular health. The findings were not inline with Tempororin *et. al.* (2012), who in their study revealed that majority of the respondents lacked knowledge on ocular health which may be attributed to their educational background. This study supported Adeoye, O. A., et al. (2020), who indicated that 65% of students possessed adequate knowledge about ocular health guidelines. This study is similar to Olorunfemi et al., (2020) who observed high level of knowledge from their respondent. The writers penned that the high level of knowledge exhibited by the Post basic nursing students in this study could be due to the fact that majority of them are highly educated and are exposed to Lectures in ophthalmology.

This study indicate that the practice of ocular health is very poor among respondents. The findings of this study support Azodo et al. (2015), and Khan et. al. (2017), who showed that health workers rating of ocular health practice was poor in their study. This study also correlates with Ojong et.al (2018), whose study showed that only about 2.6% of respondent had visual screening. This study is consistent with Odekunle, (2021) who noted that his respondents practice level of ocular health is very poor.

This study shows that the perceived barriers to practice of ocular health among post basic nursing students include: Too much work load, Cost of eye care is not affordable, No eye problem in our family, There is no need have an eye care appointment when I have no symptoms of eye problem. This study has similar result to Nwosu et al., (2019) &

Oladigbolu et al., (2020) who observed that barriers to the practice of ocular health are too much work load and the cost of eye care. The hypothesis result revealed that, there is a statistically significant association between Post basic nursing students' knowledge and their practice of ocular health in UBTH, Benin City.

IMPLICATIONS TO NURSING PROFESSION

From this study, it was observed that Post Basic Nursing Students of University of Benin Teaching Hospital are knowledgeable about ocular health but their practice is poor. This study has great implications to nursing profession, as nurses cannot effectively promote ocular health services if they do not practice what they advocate. Secondly, perceived barriers to practice of ocular health by nurses were too trivial.

SUMMARY

The research was on knowledge and practice of ocular health among post basic nursing students at University of Benin Teaching Hospital. Eye conditions among these students can be prevented if they attend regular eye check-up. The statement of the problem, objectives of the study, delimitation and review of literature were all relevant to the study.

All questionnaires given to participants were retrieved. This implies a 100% response rate. Data was analyzed using frequency counts, simple percentages and Chi-Square statistic was used to test the null hypothesis. From the figures and table above (%) of students are highly knowledgable about ocular health (80%). Findings are presented based on stated research questions. Students had poor practice of ocular health (34%). The students stated that waiting time, cost of eye care services among others were the perceived barriers to practice of ocular health. The study revealed that post basic students of University of Benin Teaching Hospital have good knowledge of ocular health

but their practice is poor. This may be due to lack of continuing education on the importance of ocular health and lack of enforcement on medical examination.

CONCLUSION

Students and nurses in general should be encouraged to undergo periodic vision testing in order to ensure adequate patient care as well as for their own benefit. Much has been written about the well-being and quality of patients in recent years but little attention has been focused on well-being of nurses, who provide comprehensive healthcare to patients. It has been found that students are more interested in academic work and feel that going for medical examination or routine check waste the time they would have used for studies and class work though they are aware of measures of ocular health.

RECOMMENDATIONS

The management should: organize regular seminars and mandatory annual medical examinations (eye screening) for health workers in all the departments in the hospital and schools to improve their knowledge and practice of routine ocular health and general health as a whole. Modalities should be developed at administrative and institutional level to ensure that these students on resumption to school undergo medical examination including ocular check-up to improve their health and detect any abnormality for prompt intervention.

The students: should avail themselves of the opportunity to check on their health (especially eye screening) for their own benefit, only students with good eye sight can benefit from academic work of this nature and subsequent patient care. Students should remember that they have paid for this service.

The tutors: post basic nursing tutors should do more than just teaching on ocular health. They should motivate the students to seek eye care services as learning is not achieved except there is application of knowledge.

The general public: Go for ocular check-up

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