

ABSTRACT: ORAL PRESENTATION

Determining perceived stress among inward patients in National Eye Hospital in Sri Lanka during the COVID-19 pandemic

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Introduction: National Eye Hospital is the main referral centre for catering eye services in Sri Lanka. Stress is a “destructive physical, emotional response caused by discrepancy among apparent demands and apparent resources and abilities of people to accomplish those”.

Objective: To determine the perceived stress among inward patients at the National eye hospital in Sri Lanka during the COVID-19 pandemic.

Methodology: A descriptive cross-sectional study was performed for inward patients (N=427) of the National Eye hospital from the 1st of December 2021 to the 31st of December 2021. The interviewer-administered questionnaire including the Perceived Stress Scale (PSS-10), was used to assess stress (5-point Likert scale 0 (never) 4 (very often); total score of 0 to 40). The tool was validated in Sri Lanka. Logistic regression analysis was performed to assess the association (5% significant level).

Results: The response rate was 80%. The majority were females (56.9%), Majority were more than 55 years (60%). 82% were married. 69% had moderate stress and 5.6% had severe stress. 90% of the population has had long term illness. 21% were infected with COVID-19 infection. 20% of the surgeries were postponed due to COVID-19 itself. 63% were admitted due to cataract surgery. Postponement of the surgery due to the COVID-19 pandemic was significantly associated with the perceived stress than those without postponement with binary logistic regression ($p<0.001$).

Conclusion and recommendation: Inward patients who were admitted to the National Eye hospital experienced perceived stress during the pandemic. Appropriate psychological interventions are needed to promote the mental well-being of those who have perceived stress.

Keywords: National Eye Hospital, Perceived stress, Inward patients

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Presentation at 29th Annual Scientific Sessions -The College of Medical Administrators of Sri Lanka on 26th November 2022

Competing Interests: Authors have declared that no competing interests exist.