

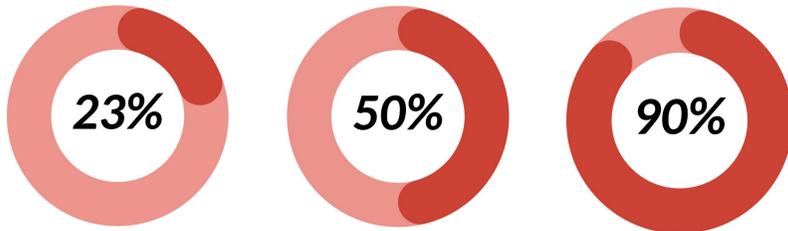
Awareness of Secondary Care in Roatán, Honduras: Glaucoma and Oral Hygiene

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Less than 40% of Hondurans have access to secondary health care

Secondary health care is provided by specialists and often relies on referrals from primary health care providers. Roatán, a Honduran island inhabited by 120,000 people, faces barriers to secondary healthcare because of its isolation, lack of resources, and low health literacy. On the island, Clínica Esperanza provides low-cost, non-emergent health care to communities, filling a critical gap in the health infrastructure.



of Roatán's population is served by Clínica Esperanza of people do not know they have glaucoma globally of Hondurans have dental caries

This research investigated awareness of secondary care in Roatán by exploring the following questions among Clínica Esperanza patients:

- To what extent are patients aware of glaucoma?
- How does the average eye pressure vary across communities?
- Is there a relationship between primary caregivers' and dependents' oral hygiene behaviors?

Assessing Awareness through Surveys

Glaucoma Educational Campaign

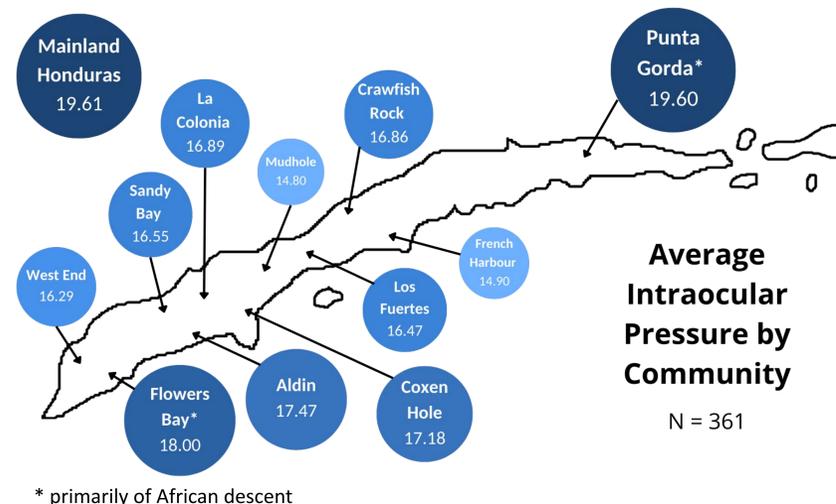
- Administered survey to collect demographics and glaucoma awareness
- Measured and recorded intraocular pressure (IOP)
- Educated all participants on the risk factors and prevalence of glaucoma
- Analyzed average IOP and relationship between awareness and education level

Oral Hygiene Behaviors

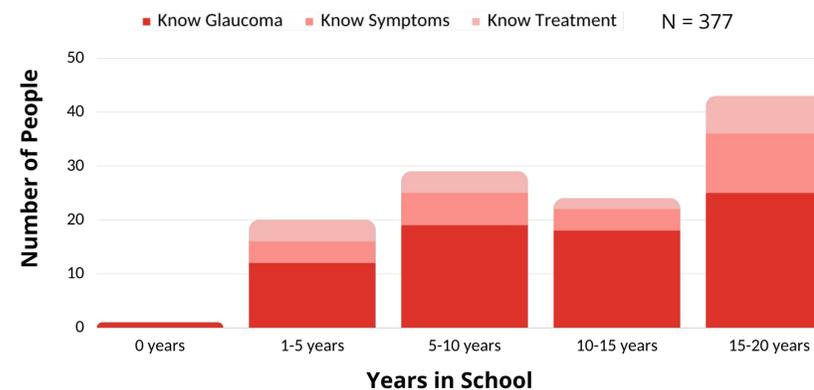
- Administered questionnaire about caries risk factors to collect dependents' and primary caregivers' oral hygiene habits, dietary habits, and demographic information
- Analyzed correlation between parents and their children's oral hygiene and dietary behaviors



Glaucoma and Oral Hygiene Analysis



Comparing Education Level and Glaucoma Awareness



Out of the 377 respondents, 19.9% knew what glaucoma was, 6.6% knew the symptoms, and 4.5% knew the treatment options. Of those who were previously aware of glaucoma, 33.3% knew of the symptoms and 22.7% also knew about treatment options.

Correlation Between Caregiver and Dependents' Dental Habits



of children shared their guardians' dietary and oral hygiene behaviors

N = 53

Key Findings: Gaps in Secondary Care



26% screened had high intraocular pressure at 20 mmhg or above



51% of adults had poor oral hygiene habits and dietary behaviors

Conclusions

- 80.1% of respondents did not know what glaucoma was, which is four times less than the United States
- Communities of African descent had higher average IOP
- Of the caregiver-child pairings, 70.8% had the same oral hygiene and dietary habits, demonstrating a direct correlation
- 80% of participants never receive dental care or only seek it when medically necessary
- If undetected, high IOP and poor oral hygiene can cause irreversible and preventable diseases
- Lack of awareness likely increases the burden of disease in Roatán



400 glaucoma screenings

700 visual acuity screenings

200 clinic referrals

Limitations:

- Communities were self-described and grouped later
- No validation of glaucoma awareness and dental question understanding among participants

Future Directions:

- Examine continuity of care
- Compare dental hygiene behavior and diagnoses



Integrate specialized health care screenings into primary care visits!

Train health care providers to perform basic screenings for vision and dental care to increase early detection.

Incorporate secondary care education into clinic consults!

Facilitate discussions between healthcare providers and patients on the importance of secondary care.