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Dry Eye Management at SOVS – Trials and Tribulations of the First Year

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Dry Eye is currently undertreated in New Zealand

- A chronic disease that is increasing in prevalence and severity
- More patients of all ages are presenting with symptoms
- Young patients are spending an increased use of time on their devices
- Older patients want a better quality of life, to enjoy their hobbies & social activities

Our awareness has increased, our patient demand has increased, and we now have a world-wide accepted framework to diagnose and manage Dry Eye with TFOS DEWS II





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Dry Eye Specialty Clinic at SOVS – since March 2019

- Our clinic is fully booked due to increasing demand, thus we have now expanded the number of sessions
- Patients have fully appreciated the comprehensive service and always tell us how grateful they are to finally receive treatment
- We appreciate your referrals!




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Dry Eye Specialty Clinic at SOVS – since March 2019

- We have Part V students that receive hands-on comprehensive training and will be competent when they graduate to diagnose & manage Dry Eye Disease
- We offer the full range of treatment options and present these to the patient in a step wise management plan

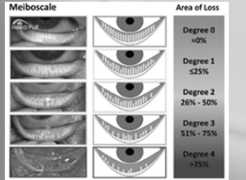


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TFOS DEWS II Diagnostic Criteria

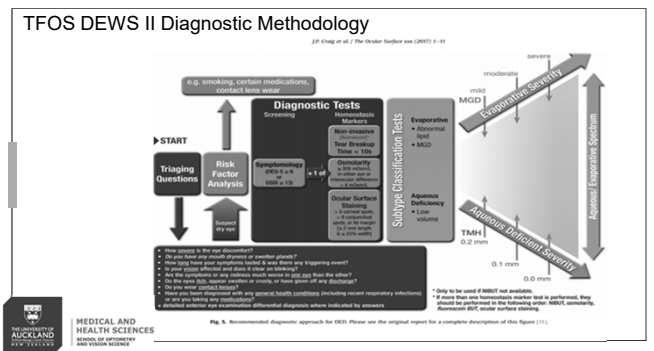


- The accepted criteria used to diagnose dry eye and the testing is performed beginning with the least invasive
- A digital record form has been specifically designed to follow this testing order and includes reference charts and grading
- A 90-minute initial appointment includes a full history regarding symptoms, evaluation of signs, and additional subclassification tests



TFOS DEWS II Diagnostic Methodology

J.P. Craig et al. / The Ocular Surface vol 20(2) 7-31



START

Triaging Questions

Risk Factor Analysis

Diagnostic Tests

Symptomatology (OSDI-2, VAS, etc.)

Ocular Surface Disease Severity

Subtype Classification Lists

Evaporative Dryness Severity

Ocular Surface Disease Severity

TFOS DEWS II

TFOS DEWS II Diagnostic Methodology

Dry Eye= Symptoms + Signs

Normal Mild Moderate Severe
300 300 340

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TFOS DEWS II Diagnostic Criteria

- Using Lipiview II, Oculus Keratograph 5M
- Staining with NaFl and Lissamine Green – pick up earlier signs and lid wiper epithelopathy
- Diagnose DED, subclassify as evaporative or aqueous deficient (or both) and grade the severity from mild to severe

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TFOS DEWS II Management Plan

- Individualized Treatment plan presented to the patient – based on their specific history and clinical findings, every patient is different
- Step wise treatment offered – start off with patient education and environmental modifications
- Plan is re-evaluated at the next appointment
- Importance of booking the patient an appointment before they leave – see if its working! Wonderful to see & hear about success stories and improvement to their lifestyle

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Patient Education and Demonstration

- About Dry Eye Disease, chronicity of the disease, environmental factors that can be simply modified, importance of diet & omega 3
- Demonstrate techniques of drop instillation, lid cleansing, warm compresses, eyelid massage, and blinking exercises
- Written treatment plan given to each patient
- If patients are educated (explanation/photos/videos), they have a greater understanding and are more likely to use their initiative and spend the time required in order to have success

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Treatments offered

- BlephEx** – deep cleaning of lid margin with rotating foam head
- Debridement** – remove the keratinization to increase the number of functional glands
- Blephasteam** – steam goggles worn for 10min followed by meibomian gland expression
- Optimel gel** – dampens down the inflammation and bacteria
- Azithromycin** – works to alter the meibum composition

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Treatments offered

- IPL** – Series of 4 treatments needed, performing gland expression afterwards, see progressive improvement
- Lipiflow** – heats from the inside, expression done at the same time, single 12-minute treatment

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In Summary

- Constantly evolving as new research emerges
- Still need more research into all areas, including data on the long-term success of various treatments
- Fulfilling specialty - see direct benefits to patients who have suffered for so long
- Start simple
- Educate yourself: online videos, research articles, workshops, conferences
- Huge demand, its worth the investment & time!



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