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1-hr CE

Course Title: The DEWS & Don'ts of Dry Eye Disease Management: Using Clinical Algorithms to Diagnosis, Treat and Manage Dry Eye Disease

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Course Description:

Research shows that 16.4 million people have been diagnosed with DED in the United States. Many patients suffering from dry eye disease are going undiagnosed and when they present with symptoms eye care providers underestimate their severity.

Most optometrist are aware of the risk and symptoms of dry eye disease. However, many have not determined how to use important dry eye clinical algorithms as a guide to create a sustainable dry eye protocol.

This course will help optometrist understand and breakdown important dry eye disease clinical algorithms to create a step-by-step dry eye protocol to effectively diagnosis, treat and manage dry eye disease.

Learning Objectives:

1. Learn the definition of clinical algorithms.
2. Learn about two important dry eye algorithms used to facilitate the diagnosis, treatment, and management of dry eye disease patients.
3. Learn about one important algorithm to use facilitate the diagnosis, treatment, and management for preoperative cataract and LASIK patients with dry eye.
4. Learn about technology available to assist in the diagnosis, treatment, and management of dry eye disease.
5. Learn how to set a sustainable dry eye disease treatment and management protocol using dry eye clinical algorithms.
6. Case review using clinical algorithms discussed to drive clinical treatment decisions.
7. Learn about what pitfalls to avoid when using algorithms for clinical decision making.

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Course Outline:

A. Definition of Clinical algorithms:

- a. What is the Definition of a clinical algorithm?
 - i. When were clinical algorithms first introduced into patient care?
- b. How to use in clinical practice
 - i. Improve patient outcomes.

B. Important dry eye algorithms used to facilitate the diagnosis, treatment, and management of dry eye disease:

- a. DEWS II Algorithm:
 - i. Definition of DEWS II
 - ii. When was this algorithm introduced into clinical practice?
 - iii. How to use algorithm to drive clinical decision making in Dry Eye Disease
 - iv. Goal of algorithm
- b. CEDARS Algorithm:
 - i. Definition of CEDARS
 - ii. When was this algorithm introduced into clinical practice?
 - iii. How to use algorithm to drive clinical decision making in Dry Eye Disease
 - iv. Goal of algorithm

C. Important algorithm to use facilitate the diagnosis, treatment, and management for preoperative cataract and LASIK patients:

- a. ASCRS Algorithm:
 - i. Definition of ASCRS
 - ii. When was this algorithm introduced into clinical practice?
 - iii. How to use algorithm to drive clinical decision making in Dry Eye Disease
 - iv. Goal of algorithm

D. Technology available to assist in the diagnosis, treatment, and management of dry eye disease:

- a. Advanced Diagnostic Testing and Technology:
 - i. Non-invasive tears break up time (NITBUT):
 1. What is normal?
 2. What is indicative of dry eye disease?
 3. Equipment available for testing.
 4. How does results drive clinical decision making?
 - ii. Tear Osmolarity:
 1. What is normal?
 2. What is indicative of dry eye disease?
 3. Equipment available for testing.
 4. How does results drive clinical decision making?

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- iii. MMP9 Testing:
 - 1. What is normal?
 - 2. What is indicative of dry eye disease?
 - 3. Equipment available for testing.
 - 4. How does results drive clinical decision making?

- iv. Meibography
 - 1. What is normal?
 - 2. What is indicative of dry eye disease?
 - 3. Equipment available for testing.
 - 4. How does results drive clinical decision making?

- v. Tear-film Interferometry
 - 1. What is normal?
 - 2. What is indicative of dry eye disease?
 - 3. Equipment available for testing.
 - 4. How does results drive clinical decision making?

E. Setting a sustainable dry eye disease treatment and management protocol using dry eye clinical algorithms:

- a. Screening patients:
 - i. Available questionnaires:
 - 1. OSDI
 - 2. SPEED
 - 3. Dry Eye-Related Quality-Of-Life Score (DEQS)
- b. Dry eye protocol:
 - i. Diagnosis
 - 1. Classification of disease severity
 - ii. Treatment
 - 1. Treatment protocol based on severity
 - iii. Management
 - 1. Long term care
 - 2. Follow up schedule

F. Case Review (3): Using discussed algorithms to drive decision making:

- a. Case 1
 - i. Preoperative cataract patient
- b. Case 2
 - i. Moderate to severe dry eye
- c. Case 3
 - i. Contact lens wear drop out secondary to early MGD

G. Clinical Pearls and Pitfalls:

- a. Pitfalls:
 - i. Don't Ignore patient compliant or underestimate symptom severity

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- ii. Don't fail to diagnose
- iii. Don't treat without a plan
- b. Pearls:
 - i. Invest in technology
 - ii. Listen
 - iii. Look
 - iv. Push
 - v. Activate