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**1-hr CE**

**Course Title:**

Beyond the Vial: New Treatment Options in Dry Eye Disease

**Speaker:** Janelle L. Davison, OD

**Financial Disclosures:**

I have no relevant financial relationship or commercial interest to disclose.

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**Course Description:**

Based on data from the National Health and Wellness Survey, approximately 16.4 million people have been diagnosed with dry eye disease in the United States, and current literature indicates that 86% of patients present with evaporative dry eye disease, secondary to meibomian gland dysfunction. Effective treatment options for dry eye disease and meibomian gland dysfunction have significantly advanced in the last decade to increase patient comfort and positive outcomes.

The purpose of this course is to educate optometrist on various treatment therapies beyond topical pharmaceutical drops to treatment patients with various types of dry eye disease.

**Learning Objectives:**

1. Learn about the various types of dry eye and common risk factors
2. Learn how to create a foundational approach to screen, diagnose and treat early dry eye disease.
3. Learn about the current topical treatments options available to treat dry eye disease.
4. Learn about four in-office advanced dry eye treatments for moderate to severe dry eye such as: Photobimodulation (Low Light Level Therapy), Photomodulation (Intense Pulse Light Therapy), Thermopulsation and Radiofrequency.
5. Learn about neurostimulation for dry eye treatment options.
6. Learn about membrane therapy to treat dry eye disease.
7. Learn about biologic drop therapy to treat dry eye disease.
8. Learn about treatment options for neurotrophic dry eye disease.
9. Learn what practice pitfalls to avoid when using advanced dry eye treatments in clinical practice.

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## Course Outline

### A. Types of dry eye diseases

- a. What is dry eye? Multifactorial
- b. Aqueous Deficiency
- c. Evaporative Deficiency
- d. Hybrid

### B. Risk factors for dry eye disease

- a. Decreased blink rate
  - i. Computer/device over usage
- b. Systemic Lupus
- c. Contact lens wear
- d. Age 55+
- e. Gender Female
- f. Environmental
  - i. Allergies

### C. Foundational approach to screening, diagnosing, and treating early dry eye diseases:

- a. Screen all patients every visit
  - i. Ocular Index Score
  - ii. SPEED questionnaire
- b. Advanced Diagnostic test
  - i. Vital dyes
    1. Tear break up time
  - ii. Meibography
  - iii. Tear Osmolarity
  - iv. MMP9 testing
  - v. Tear Meniscus Height
  - vi. Tear film interferometry
  - vii. Non-invasive tear break up time
- c. Recommend all medical patients preventatively reduce risk of dry eye disease-  
"Foundational treatment"
  - i. Lubricants
    1. Artificial tears
    2. Gels
  - ii. Warm compresses
  - iii. Lid hygiene
    1. Foams
      - a. Tea tree oil
    2. Wipes
      - a. Tea tree oil

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- 3. Sprays
  - a. HOL
- iv. Nutraceuticals
  - 1. Omega 3- EPA/DHA
  - 2. Omega GLA
- D. Current topical dry eye treatments:**
  - a. Cyclosporine
    - i. Generic cyclosporine
  - b. Lifitegrast
  - c. Steroids
- E. Four advanced in office treatments for moderate to severe dry eye disease:**
  - a. Photobimodulation (Low Light Level Therapy)
    - i. MOA
    - ii. Treatment indications
    - iii. Therapeutic benefits
  - b. Photomodulation (Intense Pulse Light Therapy)
    - i. MOA
    - ii. Treatment indications
    - iii. Therapeutic benefits
  - c. Thermopulsation
    - i. MOA
    - ii. Treatment indications
    - iii. Therapeutic benefits
  - d. Radiofrequency
    - i. MOA
    - ii. Treatment indications
    - iii. Therapeutic benefits
- F. Nasal Neurostimulation dry eye disease treatment options:**
  - a. iTear 100
  - b. Varenicline solution nasal spray 0.03mg
- G. Amniotic Membrane Therapy to treat dry eye disease:**
  - a. Types
    - i. Wet- Cryopreserved
    - ii. Dry-Dehydrated
- H. Biologic Drop therapy to treat dry eye disease**
  - a. Amniotic membrane eye drops
    - i. RegenerEyes
    - ii. StimulEyes
  - b. Autologous Serum
    - i. Vital Tears
- I. Treatment options for Neurotrophic Dry Eye Disease:**

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- a. Cenegermin opth solution .002%
- J. Practice Pitfalls to avoid when treating Dry Eye Disease:**
  - a. Patient access
    - i. Prior Authorizations
      1. Dedicated team member
      2. Cover my meds
      3. Private Pharmacy partnerships
    - ii. Cost
      1. Drug assistance programs
      2. Bundle Fees
  - b. Staff training
    - i. Dedicated office dry eye champion
    - ii. Work with pharmaceutical companies for staff training
      1. Lunch-N-Learn