

Dry Eye Questionnaire Guide

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Section 1 is simply demographic and basic history although there are environmental modifications that can be suggested based on section 1 data. For example:

- Take breaks during extended computer time
- Computer monitor should be placed at or below eye level
- Discontinue ceiling fan or decrease the speed
- Consider a humidifier instead of a fan
- Try to increase sleep time
- Smoking cessation programs
- Decrease caffeine intake to 4 or less beverages per day
- Discussion related to contact lens wearing time, type of lens etc.

Increase water intake if patient notes less than 3 glasses per day (not proven but may decrease intake of caffeine for example)

If patient notes less than 2 servings of fish per week, consider a discussion on essential fatty acid (Omega-3) supplements

Section 2 – Medications

One of the most common side effects related to drug interactions is dry eye.

Certain medications can be discontinued or changed, others can simply be addressed. Antihistamines should be discontinued, premarin (estrogen only hormone replacement therapy) can be switched to a combination therapy by their OB-GYN). Patients can be educated on certain medications such as diuretics, which cannot be altered but help the patient understand the contribution to their condition.

Even long term eye-drop therapy can lead to ocular surface disease problems such as in glaucoma patients.

Page 2: - Symptoms

Dark gray boxes are more significant and likely indicative of inflammation. Patients who check off the dark gray boxes will usually require concomitant treatment with a corticosteroid such as loteprednol and cyclosporine. Many advocate starting the corticosteroid first for 2 weeks in cases with numerous dark gray boxes checked and then begin the Restasis after that. Either way concomitant anti-inflammatory therapies are needed in those more significant symptoms. A patient on good artificial tears who checks off a dark gray box will require targeted medications (Lotemax + Restasis)

Previous surgery can also cause temporary dry eye, it is placed in that location to break up the questionnaire

Systemic diseases are all significant and the systemic disease must be well controlled in order for the ocular surface to be healthy. The box colors have no significance in this section.

Other Questions:

These questions are related to lid disease such as anterior or posterior blepharitis (MGD). If a patient checks 3 or 4 boxes, it is likely that lid disease is the major culprit and will need to be treated.

Artificial Tear Use:

First it is important to note the brand as there are various artificial tears on the market and some vasoconstrictors are often mistaken as artificial tears to patients

Second if the patient checks the dark gray boxes as the artificial tears giving them less than an hour of relief or they are having to use it 4 or more times per day, then this is indicative that palliative artificial tear use is insufficient and medications that target the disease are warranted.