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DIAGNOSIS OF

DRY EYE



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Dry eye is a commonly encountered condition in ophthalmic practice. It's a condition in which your eyes fail to produce adequate tears or it may evaporate too fast from the eye due to tear film instability.

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In order to diagnose it correctly, one must check for all the main aspects:

- **Comprehensive Eye Examination:**

Start evaluation with an eye exam including a complete medical or ocular history. Once history is obtained, go for slit lamp examination for anterior segment and conduct certain tests to determine quality/ quantity of tears to confirm the diagnosis of Dry Eye.



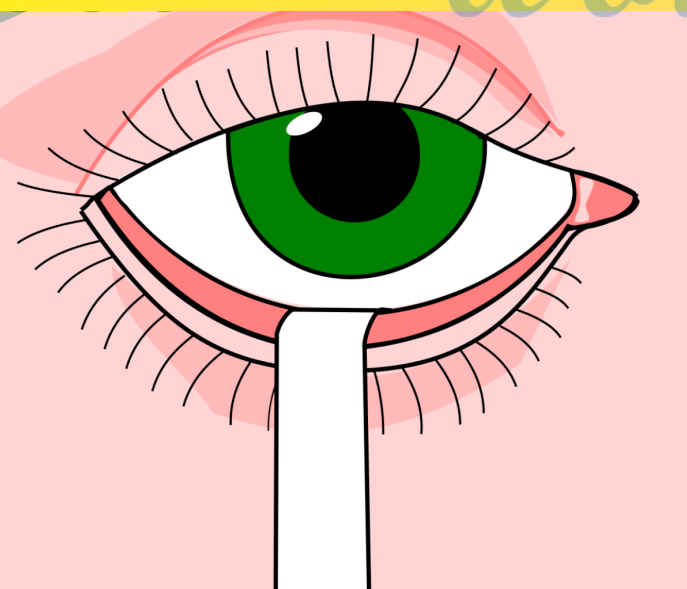
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- **Tear Breakup Time (TBUT):**

This is the standard diagnostic procedure to determine the quality of tears film. After installation of fluorescence, ask the patient to blink and record the number of seconds once the first dry spot appears in the tear. TBUT of less than 5 seconds is an indicator of Dry Eye.

- **Schirmer test:**

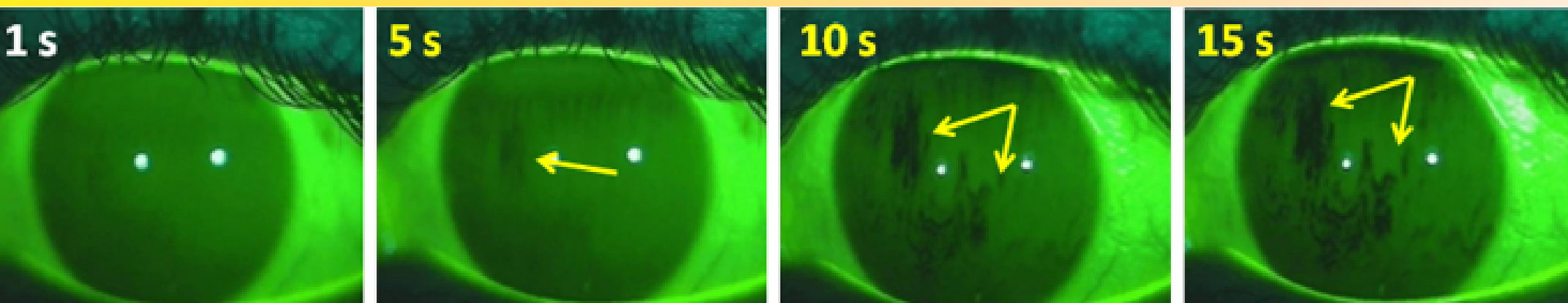
Most widely used test to determine tear film quantity is the Schirmer test, by putting a schirmer strip into conjunctiva for 5 minutes to let the strip wet. Value of less than 5mm indicates dry Eye.



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- **Ocular Surface Staining:**

Fluorescein is useful in assessing integrity of the corneal and conjunctival epithelium. The normal epithelium does not stain; however, when the mucous layer is absent as in dry eyes, the dye penetrates and stains the epithelium. Other dyes like rose bengal or lissamine green can also be used.



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- **Tear Osmolarity Test:**

This test measures the composition of tears. In dry eyes, there will be less water in your eyes.

There are a number of treatment options for dry eye depending on the level of severity. However If left untreated, may lead to certain complications and ultimately vision loss.

Normal

Mild

Moderate

Severe

300

320

340

mOsm/L

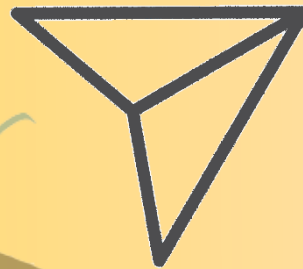




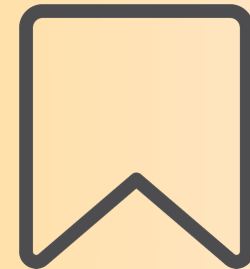
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