

## Setting Up a Dry Eye Clinic

Josh Johnston, OD

Mark Schaeffer, OD

Whitney Hauser, OD

### Objectives:

- To provide information about meibomian gland disease including prevalence and the pathology of the condition
- To examine the impact of ocular surface on the patient population
- To discuss advanced diagnostic technologies and how they are integrated into practice
- To deliver a hands-on learning opportunity with advanced ocular surface diagnostics

### Course Outline:

- I. Lecture portion (30 minutes) to set-up
  - a. Background on meibomian gland disease (MGD)
    - i. Number of patients affected
      1. 30M symptomatic Americans
      2. 16M diagnosed cases
      3. 1.5M treated patients
      4. Unmet need
        - a. Opportunity to treat patients
        - b. Opportunity for practice development
    - ii. Disease course
      1. Aqueous deficient versus evaporative dry eye disease
        - a. Statistics
          - i. ADDE 14%, EDE 86%
          - ii. Systemic disease correlations

1. Autoimmune disease ADDE
2. Medications, dermatological conditions, systemic conditions, EDE

b. Diagnostic options

- i. Meibography
- ii. Osmolarity
- iii. MMP-9 testing
- iv. Aqueous testing
  1. Schirmer's testing
  2. Phenol red thread testing

c. Treatment options

- i. Thermal treatments
- ii. Intense pulse light
- iii. Ophthalmic medications
- iv. Neurostimulation

2.

iii. Why treatment is important

b. EQ discussion

i. Meibography

1. LipiScan
2. Comparison of LipiScan and LipiView 2
3. Lipid Layer Thickness assessment
4. Blink performance
5. Meibography
  - a. Keratograph 5M

b. Meibox

ii. Thermal treatment

1. iLux, LipiFlow, TearCare, MeiboFlo
2. Indications/contraindications
3. Patient selection
4. Technique

iii. Intense pulsed light (IPL)

1. Potential mechanisms of action
2. Techniques
3. Risks and benefits
4. Patient selection

II. Workshop portion (90 minutes)

a. Hands-on access to and instruction in the use of:

i. Meibography

1. LipiScan/LipiFlow

a. Attendees will receive hands-on instruction in image acquisition

i. How to capture the best quality images

1. Meibography

ii. How to capture lipid layer thickness

1. Normal parameters/values

iii. How to capture blink performance

1. Normal parameters/values

b. Patient instructions

i. Chin position

- ii. Forehead position
    - c. Patient positioning
      - i. Anatomical differences and how to overcome challenges
  - ii. IPL
    - 1. Lumenis Optima
      - a. Description of the pieces of the unit
        - i. Handset
        - ii. Cut-off filters
        - iii. Contact gel
        - iv. Protective eyewear
      - b. Patient preparation
        - i. Gel application
        - ii. Treatment zone
          - 1. Considerations for treatment areas based on underlying condition
            - a. Single/double pass
            - b. Full face
            - c. Lid versus adnexa
        - iii. Patient selection
        - iv. Safety considerations
  - iii. Thermal treatments
    - 1. iLux
      - a. In-office utilization
        - i. Patient selection

- ii. Patient positioning and preparation
  - iii. Patient instructions during treatment
  - iv. Post-procedure instructions
- b. Safety considerations