Boat Anchors, Devices or Toys? Pathways to Dry Eye Success — Quiz

1. What is one of the main differences in DEWS III compared to DEWS II?
    a. Interventional devices must be used at every opportunity regardless of patient symptoms
    b. Rx medications is the only first line treatment
    c. Every patient should be on steroids long-term
    d. Patient symptoms drive the treatment options and step-wise approach is no longer the template for treatment

2. What is one of the key paradigm shifts emphasized in DEWS III compared to DEWS II?
    a. Increased reliance on artificial tears
    b. Reduced importance of diagnostics
    c. Greater focus on interventional dry eye treatments
    d. Elimination of MGD as a dry eye contributor

3. Which of the following factors often turns a device into a "boat anchor" in an optometric office?
    a. Low cost
    b. High patient compliance
    c. Insufficient staff training and protocols for implementation
    d. Minimal consumables

4. What is a primary purpose of meibography in dry eye diagnostics?
    a. Evaluating tear osmolarity to show patients asymmetry
    b. Visualizing meibomian gland structure for medical photography and to show patients for education purposes
    c. Measuring corneal sensitivity
    d. Testing for inflammatory markers

5. What does IPL primarily target when treating dry eye disease?
    a. Hemoglobin and melanin
    b. Tear film instability
    c. Lipid layer irregularities
    d. Bacterial overgrowth

6. What Fitzpatrick skin types are typically included in FDA approvals for IPL use in DED?
    a. Types I–II
    b. Types I–IV
    c. Types III–VI
    d. Types I-VI

7. Which of the following is a contraindication for IPL treatment?
    a. Use of prescription eye drops
    b. Used artificial tears today
    c. Mild blepharitis
    d. Recent sun exposure with red/tan of of the skin

8. Photobiomodulation with LLLT primarily affects which cellular component?
    a. Ribosomes
    b. Nucleus
    c. Mitochondria
    d. Endoplasmic reticulum

9. Which light wavelength is typically associated with antibacterial properties in LLLT?
    a. Blue
    b. Red
    c. Green
    d. Blue

10. Dynamic muscle stimulation devices are designed to improve which aspect of ocular health?
    a. Tear osmolarity
    b. Corneal nerve regeneration
    c. Lid mechanics and blink function
    d. Conjunctival goblet cell density

11. What is a key consideration when using radiofrequency devices in optometry?
    a. The FDA has not approved RF for MGD and therefore you cannot advertise RF treatment of MGD but you can use it off-label
    b. The avoidance of meibography prior to treatment
    c. The replacement of LLLT therapy
    d. The elimination of the need for patient education

12. Is heat alone sufficient for effective meibum clearance?
    a. Yes, temperature melting is the only factor to clear a gland
    b. No, massage or expression is also required
    c. Only if applied daily
    d. Only for aqueous-deficient dry eye

13. Microblepharoexfoliation devices such as BlephEx and or in-office Zest treatments are primarily used to:
    a. Measure corneal sensitivity
    b. Remove biofilm and debris from lid margins
    c. Assess tear meniscus height
    d. Deliver LLLT treatments

14. What role does an esthesiometer play in dry eye evaluation?
    a. Measuring meibum viscosity
    b. Quantifying tear film thickness
    c. Diagnosing inflammatory markers
    d. Assessing corneal sensitivity

15. Which factor is critical for determining return on investment (ROI) for new dry eye devices?
    a. Device color
    b. Training and utilization efficiency
    c. Manufacturer location
    d. Patient ethnicity

16. Which condition might justify off-label IPL use for optometry?
    a. Chalazion
    b. Pinguecula
    c. Corneal ulcer
    d. Pterygium

17. Plugging options in dry eye management typically include:
    a. Silicone and metal implants
    b. Temporary and permanent plugs including silicone and hyaluronic acid
    c. Laser-based punctal closure
    d. Cryotherapy sealing

18. What principle underlies Intense Pulsed Light (IPL) therapy in dry eye disease?
    a. Attack inflammation at it's source: blood vessels
    b. Thermal stimulation of aqueous glands
    c. Radiofrequency penetration of eyelid tissue
    d. Direct bacterial eradication through UV exposure

19. Which clinical risk increases when performing IPL on non-FDA-approved skin types?
    a. Under-treatment
    b. Tear hyperosmolarity
    c. Incomplete gland clearance
    d. Pigmentary alteration or burns

20. Radiofrequency devices improve meibomian gland function by:
    a. Applying electromagnetic energy to liquefy meibum
    b. Mechanically compressing glands
    c. Cooling tissue to reduce inflammation
    d. Blocking tear drainage