



## ▶ CLASSact Dry eye disease

**CLASSact is a knowledge assessment and guided reflection activity based on CLASStime content.**

You will need to read the CLASStime article before undertaking CLASSact. If this topic is meaningful to you or your peer group, you may wish to suggest the associated CLASSmates activity for your next peer group meeting. All CLASSmates resources for this article can be found with the online version on [pharmacytoday.co.nz](http://pharmacytoday.co.nz) under CLASS.

**CLASSact objectives:**

- ▶ Improve understanding of dry eye disease and its management
- ▶ Reflect on how competence standards have been met in practice
- ▶ Consider how new knowledge can be implemented in practice
- ▶ Prepare for a peer group meeting on this topic

Completing this CLASSact worksheet may allow you to fulfil some or all of the following elements of your annual recertification requirements:

- ▶ Keeping up to date
- ▶ Written reflection

## Assess your knowledge

**After reading CLASStime, assess your knowledge of this topic by selecting the appropriate answer(s) for each multiple-choice question.** Correct answers can be found on page 6.

**1.** What is the most common cause of dry eye disease?

- A. Abnormalities of lid closure
- B. Damage to the ocular surface
- C. Excessive tear evaporation
- D. Reduced aqueous tear production

**2.** Which of the following statements regarding the symptoms and diagnosis of DED is correct?

- A. Patients often feel that they have foreign bodies in their eyes.
- B. Redness is typically concentrated at the six and 12 o'clock areas of the eyes.
- C. Symptoms often occur in one eye only.
- D. The most important consideration is the volume of tears produced.



3. Which of the following is an advantage of using a more viscous tear supplement?
- A. They are effective at reducing lid inflammation.
  - B. They cause less blurring of vision.
  - C. They contain no preservatives.
  - D. They last longer on the eye.
4. Tim comes to fill his prescription for a corticosteroid eye drop. What advice should you give him?
- A. Apply the drops before going to bed so blurry vision is less problematic.
  - B. The most serious adverse effect to be aware of is eye irritation.
  - C. They should be used for symptomatic relief only.
  - D. They are for short-term use only as they can have significant side effects.
- What knowledge gaps did you identify?
- What would you like to know more about, and where will you look for that information?



## Write your reflection

**The CLASStime article is a resource that can be used to assist you to write a reflection.**

Two sets of reflective prompts are provided, depending on whether you would like to focus your writing on a competency (below) or an experience (page 5) – complete one or both.

**1. Use knowledge gained from CLASStime to reflect on your practice against competency O1.2 – Provide healthcare, which includes the following behaviours:**

- ▶ **O1.2.1** – Demonstrates a patient-centred care approach to practice
- ▶ **O1.2.2** – Agrees the goal(s) of treatment with the patient, taking into consideration the patient's knowledge of their own condition and preferred course(s) of treatment
- ▶ **O1.2.4** – Assists individuals to make informed choices on the selection of appropriate non-prescription or complementary medicines, diagnostic aids or non-medicinal treatment options to meet their needs
- ▶ **O1.2.6** – Counsels patient on the effective use of diagnostic aids or healthcare products and self-help measures to assist management of symptoms/condition

**Use the following prompts to reflect on how you have demonstrated competency O1.2 in practice.**

Depending on where you are in your journey, select the prompt(s) most relevant to you.

- How have you used your knowledge of dry eye disease to improve health outcomes for patients?
- When providing holistic care to patients with DED, what assessments do you make?
- When do you refer patients with DED to another healthcare professional?
- How do you decide on the course of action most likely to benefit the patient?
- What information and education do you give to patients with DED to help them make informed decisions about treatment?
- What advice do you give to patients with DED regarding lifestyle and self-care measures?
- How do you help patients gain the most benefit from tear supplements for DED?
- How do you promote the safe and appropriate use of topical corticosteroids and oral antibiotics for DED?
- How do you pay attention to patient values, preferences and needs?
- What monitoring and evaluation do you provide for patients with DED?

- ▶ Reflect on these prompts, evaluating what you have done well and what you need to develop



► From your reflection, identify a goal for changing or improving your practice

► What action(s) will you take to achieve this goal? Prioritise these as needed

► Intended goal achievement date

► Date goal achieved



**2. Use knowledge gained from CLASStime to reflect on an experience.**

- ▶ Did reading CLASStime make you think of an interaction or experience with a patient with dry eye disease? Describe what happened, focusing on the positives and negatives of the situation

- ▶ Based on what you read in CLASStime, why do you think things went well/badly?



► Using your new knowledge, what else could you have done to improve the outcome?

► What action(s) will you take if you are faced with a similar situation again?

**Answers to knowledge assessment:**

1. C
2. A
3. D
4. D



► Use this space to continue your reflections or to add outcomes at a later date

**When you have finished this CLASSact worksheet, remember to upload this PDF to MyRecert ([myrecert.pharmacycouncil.org.nz](https://myrecert.pharmacycouncil.org.nz)) as evidence of meeting Pharmacy Council recertification requirements**

**If this topic is meaningful to you or your peer group, consider the associated CLASSmates activity for your next peer group meeting**