

ASSESSING OCULAR HEALTH

PATIENT QUESTIONNAIRE

TO BE COMPLETED BY PATIENT

1. Have you experienced any of the following during the last week? (please circle)

| | All of the time | Most of the time | Half of the time | Some of the time | None of the time |
|-----------------------------|-----------------|------------------|------------------|------------------|------------------|
| a. Eyes that feel gritty? | 5 | 4 | 3 | 2 | 1 |
| b. Painful or sore eyes? | 5 | 4 | 3 | 2 | 1 |
| c. Blurred vision? | 5 | 4 | 3 | 2 | 1 |
| d. Episodes of watery eyes? | 5 | 4 | 3 | 2 | 1 |
| e. Redness of the eyes? | 5 | 4 | 3 | 2 | 1 |
| f. Eye fatigue? | 5 | 4 | 3 | 2 | 1 |

2. These habits can make eyes dry; do you do any of the following? (please circle)

| | All of the time | Most of the time | Half of the time | Some of the time | None of the time |
|---|-----------------|------------------|------------------|------------------|------------------|
| a. Don't rest eyes while using a computer, smart phone or tablet? | 5 | 4 | 3 | 2 | 1 |
| b. Use a computer for more than 6 hours a day? | 5 | 4 | 3 | 2 | 1 |
| c. Use digital screens in the dark? | 5 | 4 | 3 | 2 | 1 |
| d. Sleep in contact lenses? | 5 | 4 | 3 | 2 | 1 |
| e. I sleep in makeup? | 5 | 4 | 3 | 2 | 1 |

3. Have you experienced eye discomfort during the last week in any of the following situations? (please circle)

| | All of the time | Most of the time | Half of the time | Some of the time | None of the time |
|---|-----------------|------------------|------------------|------------------|------------------|
| a. In windy conditions? | 5 | 4 | 3 | 2 | 1 |
| b. In a dusty environment? | 5 | 4 | 3 | 2 | 1 |
| c. In air conditioned or heated places? | 5 | 4 | 3 | 2 | 1 |
| d. After driving? | 5 | 4 | 3 | 2 | 1 |
| e. While wearing contact lens? | 5 | 4 | 3 | 2 | 1 |

Total score:
(sum of question 1, 2 & 3)

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WHAT'S YOUR RISK?

Under 10

You don't seem to be at risk for Dry Eye, but remember the risk of developing the condition increases with age, as well as environmental triggers such as the weather, central heating and allergies increasing the risk. One of the best things you can do to prevent Dry Eye is getting regular eye exams and in the meantime try OcuSoft Plus to maintain your eye health by promoting good lid hygiene. Available in Boots (RRP £9.99)

More than 10: Mild Dry Eye

A score of **10 or more** suggests you may be at risk of having mild Dry Eye. The good news is that can be treated quickly and effectively on the high street. If you suffer from sore and uncomfortable eyes 2-3 times a week try Hycosan Fresh. The new remedy contains all natural ingredients including Euphrasia, a plant based extract that has reduces irritation associated with dry eyes and hydrating Sodium which will provide refreshing boost of moisture to keep your eyes healthy and hydrated. Available in Boots (RRP £8.95)

More than 28: Moderate Dry Eye

If you scored **28 or more** you may be suffering from a moderate case of Dry Eye. This can cause persistent discomfort and can lead to more serious problems. Wearing contact lens is one of the biggest culprits, but office environments or long periods spent outdoors can also cause discomfort. Try Hycosan for an effective solution with the super hydrating molecule Sodium Hyaluronate. Available in Boots (RRP £9.99)

More than 64: Severe Dry Eye

It looks like you could be suffering from, or at risk of developing, a severe case of Dry Eye. Take this completed questionnaire along to your eye specialist or GP for a consultation. In the meantime try Hycosan Extra, designed for more severe symptoms which can help soothe eyes and reduce irritation. Available in Boots (RRP £10.99)

For more information download the 'Scope Ophthalmics Top Tips' for 5 easy ways to prevent uncomfortable. Dry eyes.

You must not rely on this information as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of this information.

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