



# Clinic operations based on patient preferences and medical indications

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## Background

- Chronic mild dry eye disease is a very common condition.
- Dry eye can lead to significant effects on quality of life.
- Exert significant health care resources.
- Preservative free artificial tear (PFAT) is a form of treatment.
- Do not cause epitheliopathy when used for long term.
- But are relatively expensive.



An example of preservative free artificial tears

## Aim

- Evaluate need for preservative free medications in stable dry eye patients.
- Ascertain patient attitudes and practice in chronic dry eye patients in tertiary-referral center in Singapore.

## Methods

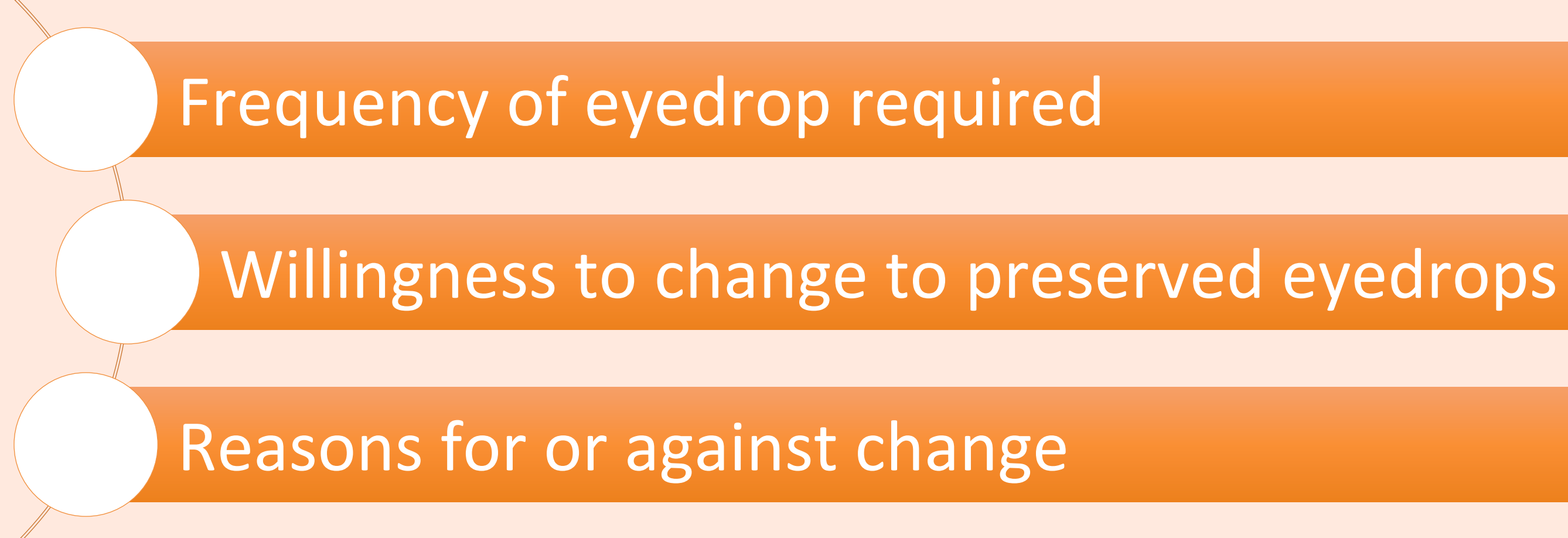
- Survey of consecutive patients in Singapore National Eye Center
- Specialized dry eye clinic
- Patients had chronic dry eyes with

9 months follow-up

+

Using PFAT

- Questions asked included



## Results

- 102 participants were recruited over a 5 month period
- Participants were aged  $63.8 \pm 12.7$  years, 78 (76%) women and majority Chinese. (Table I)
- All patients had idiopathic dry eye except one with Bell's palsy.
- Median frequency of PFAT used was 3 times a day. Eleven patients (10.8%) used eyedrops <1x daily whereas 12 patients (11.8%) >6x daily. (Figure I)
- After assessment, 77 (73% [95%CI 64.5-81.5]) patients were eligible to change to preserved lubricants.
- Of which, 54 (70.1%) agreed.
- Most common cited reason for not changing is personal preference. (Figure II)

## Conclusion

- In stable dry eye patients, PFAT are mostly not medically indicated (73%).
- However, significant proportion of patients are unwilling to change to preserved lubricants.
- Better patient education could potentially reduce these instances.
- Until then, healthcare planners should allow for increased use of PFAT beyond those medically indicated.

## Tables and Figures

Participant demographics	Number (N=102)	Percentage (%)
Age (mean= $63.8 \pm 12.7$ )		
<30	1	1.0
30-50	11	10.8
51-70	59	57.8
>70	31	30.4
Gender		
Female	78	76.5
Male	24	23.5
Race		
Chinese	93	91.1
Indian	4	3.9
Malay	4	3.9
Others	1	1.0

Table I: Participant Demographics

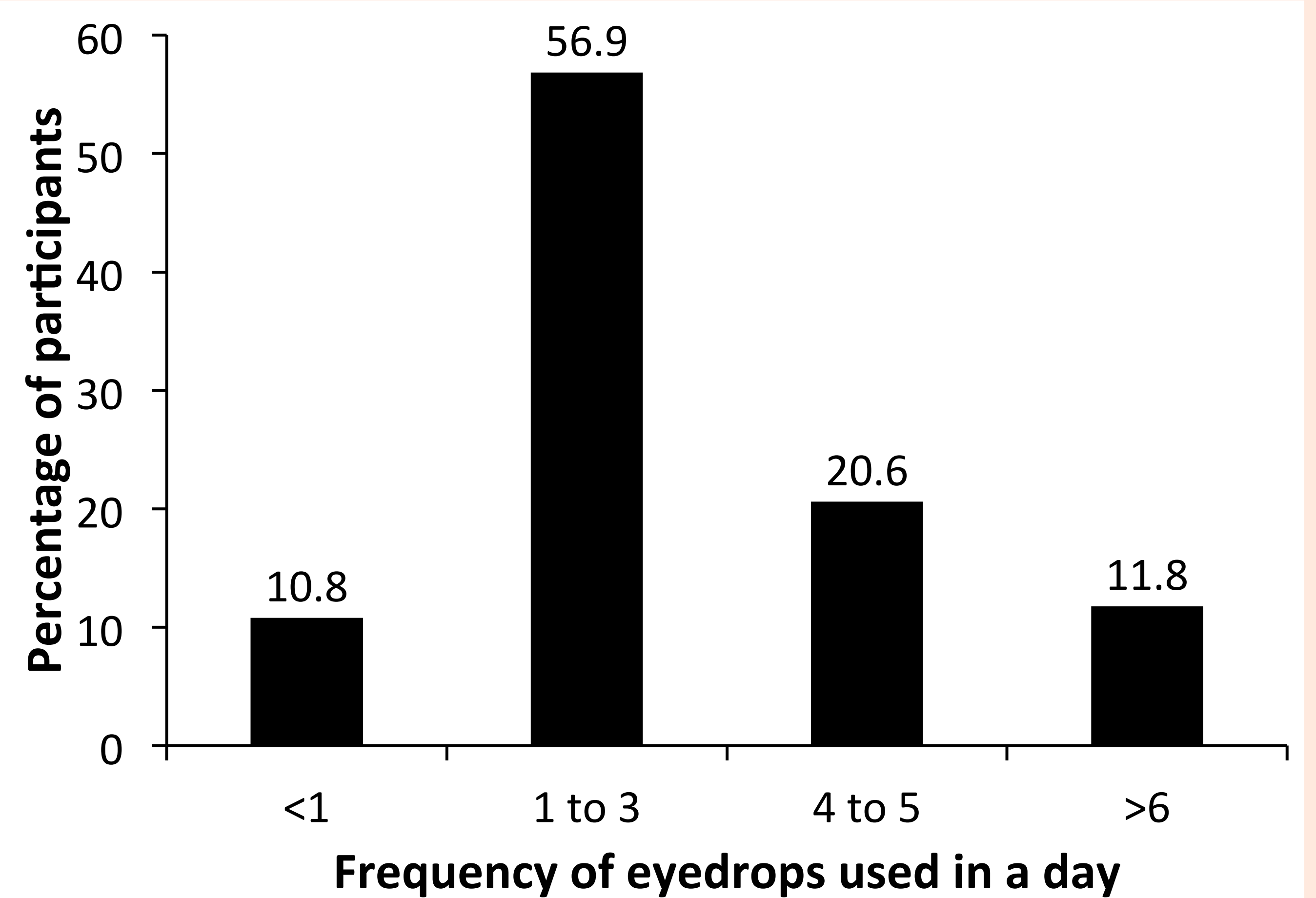


Figure I: Frequency of eyedrops used by patients in a day. N=102

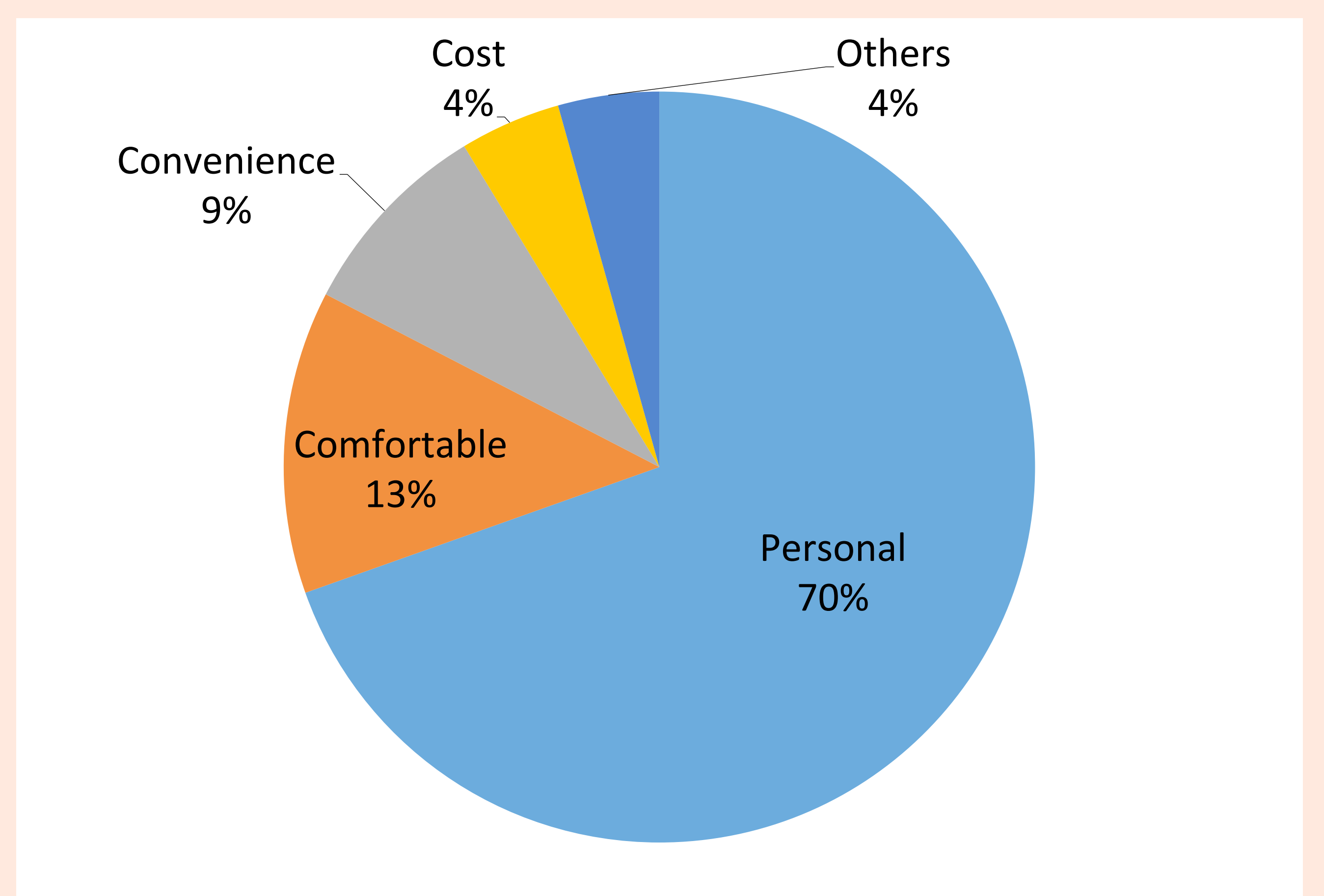


Figure II: Reasons for not wanting to change to preserved lubricants. N=47