

Medicines Optimisation update – Dry eyes/sore tired eyes

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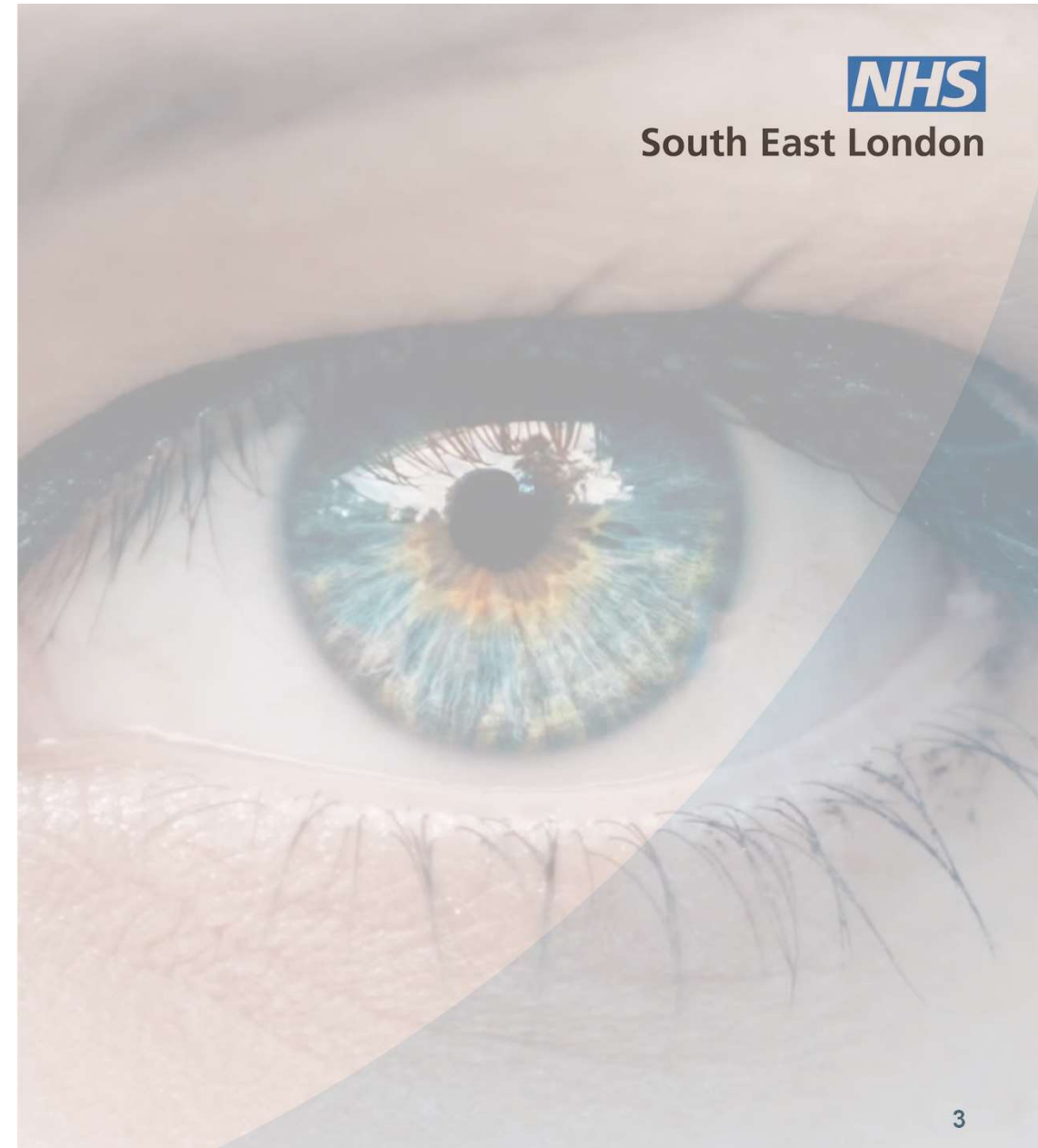
26 September 2024

Introduction

- Dry Eye Disease (DED) is a common condition that occurs when the eyes don't make enough tears, or the tears evaporate too quickly.
- Most cases of sore tired eyes resolve themselves.
- Mild to moderate cases of dry eye syndrome or sore tired eyes can be treated using self-care measures
- Lubricant eye treatments available OTC
- Prescription should not routinely be offered as mild to moderate dry eyes are suitable for self-care
- NEW [SEL Primary Care Prescribing Guide for Ocular lubricants for Adults](#)

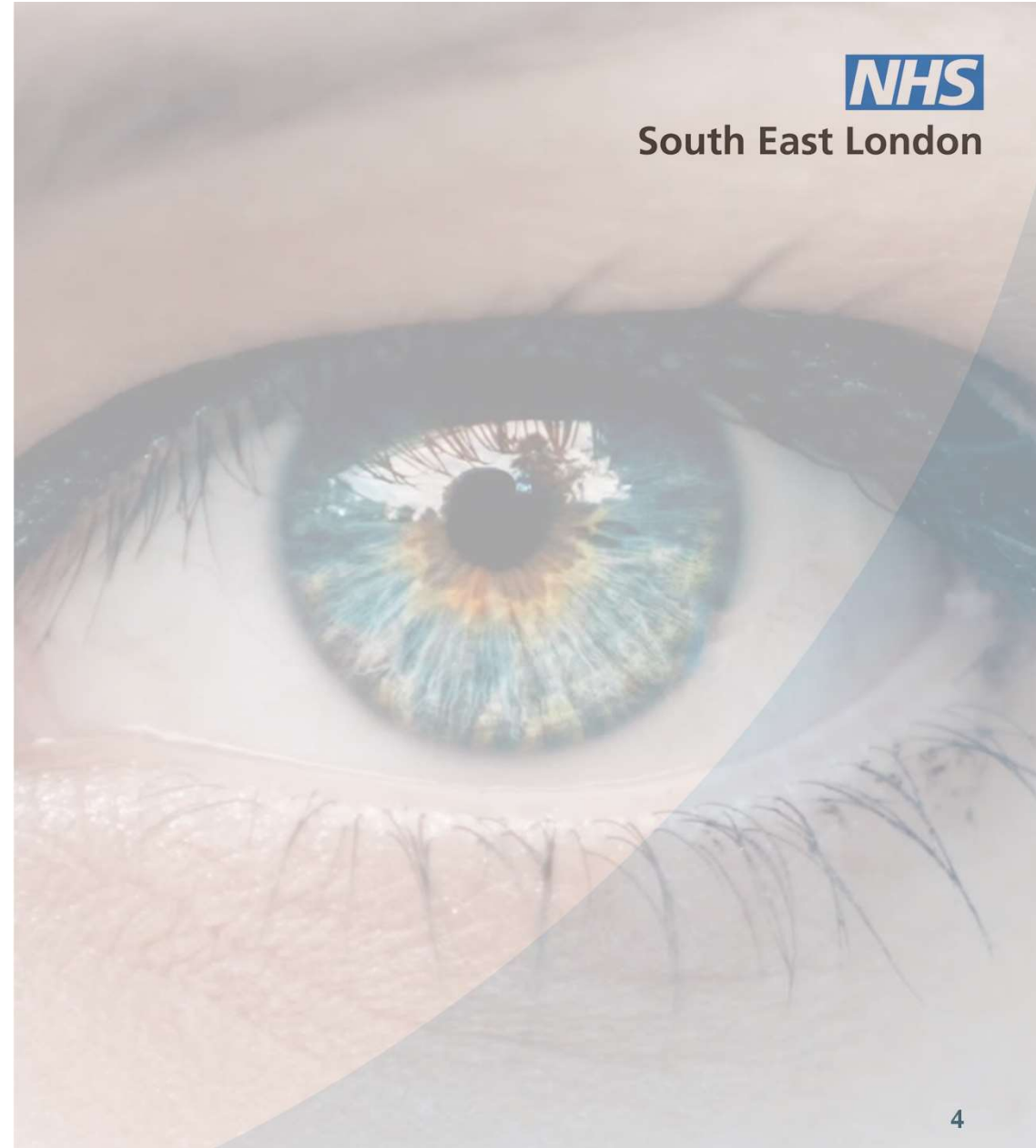
South East London Primary Care Prescribing Guide for Ocular Lubricants for Adults

- Recommends suitable eye lubricant classes for different stages of Dry Eye Disease (DED).
- Adopted from the [Pan-London Dry Eye Guide](#)
- Management of DED should be based on the severity.
- Severity of DED can be assessed using the [Ocular Surface Disease Index \(OSDI\)](#) or [Standard Patient Evaluation of Eye Dryness \(SPEED\)](#) questionnaires



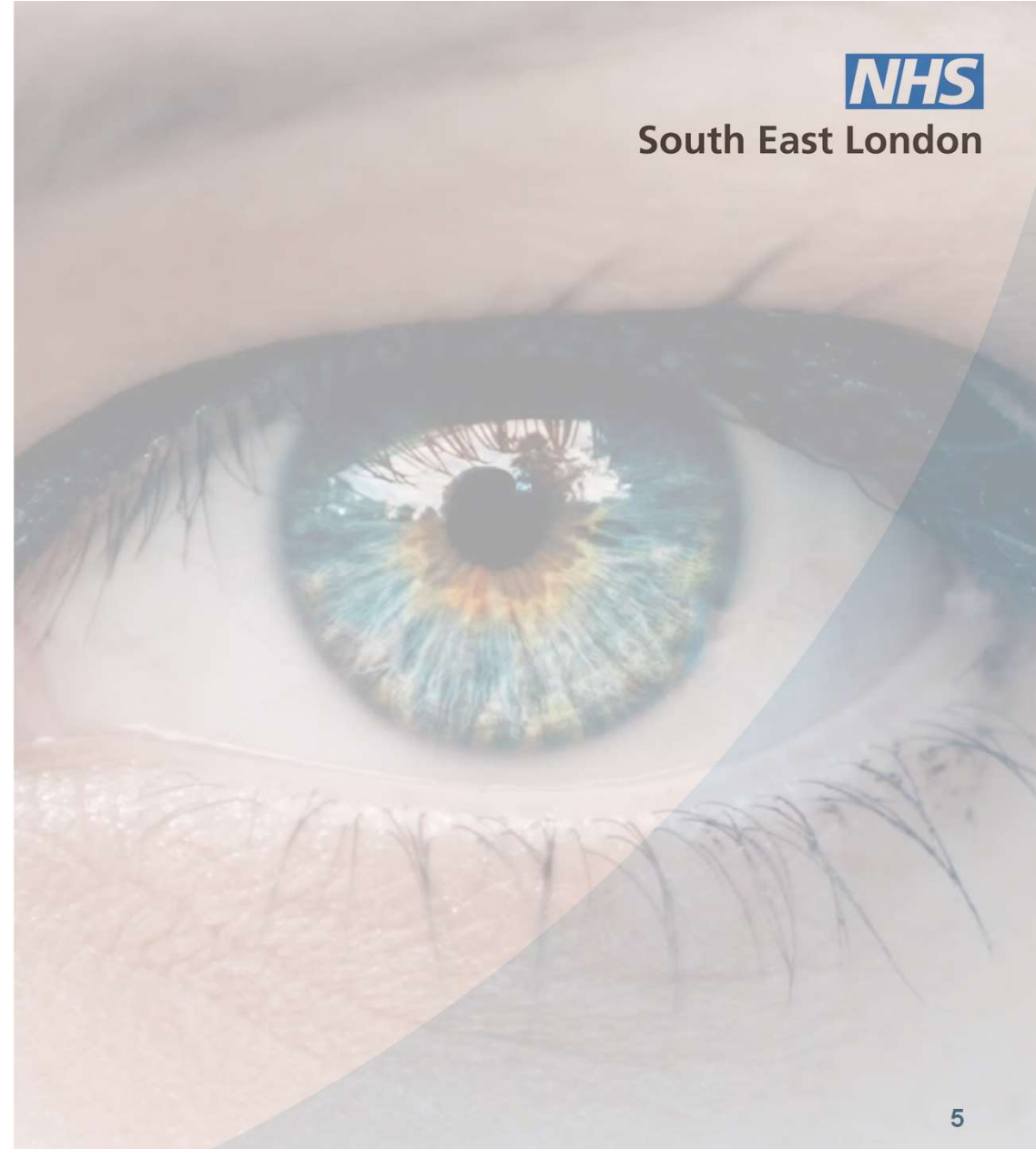
OSDI

- 0-12 representing normal
- 13-22 representing mild dry eye disease
- 23-32 representing moderate dry eye disease
- Greater than 33 representing severe dry eye disease



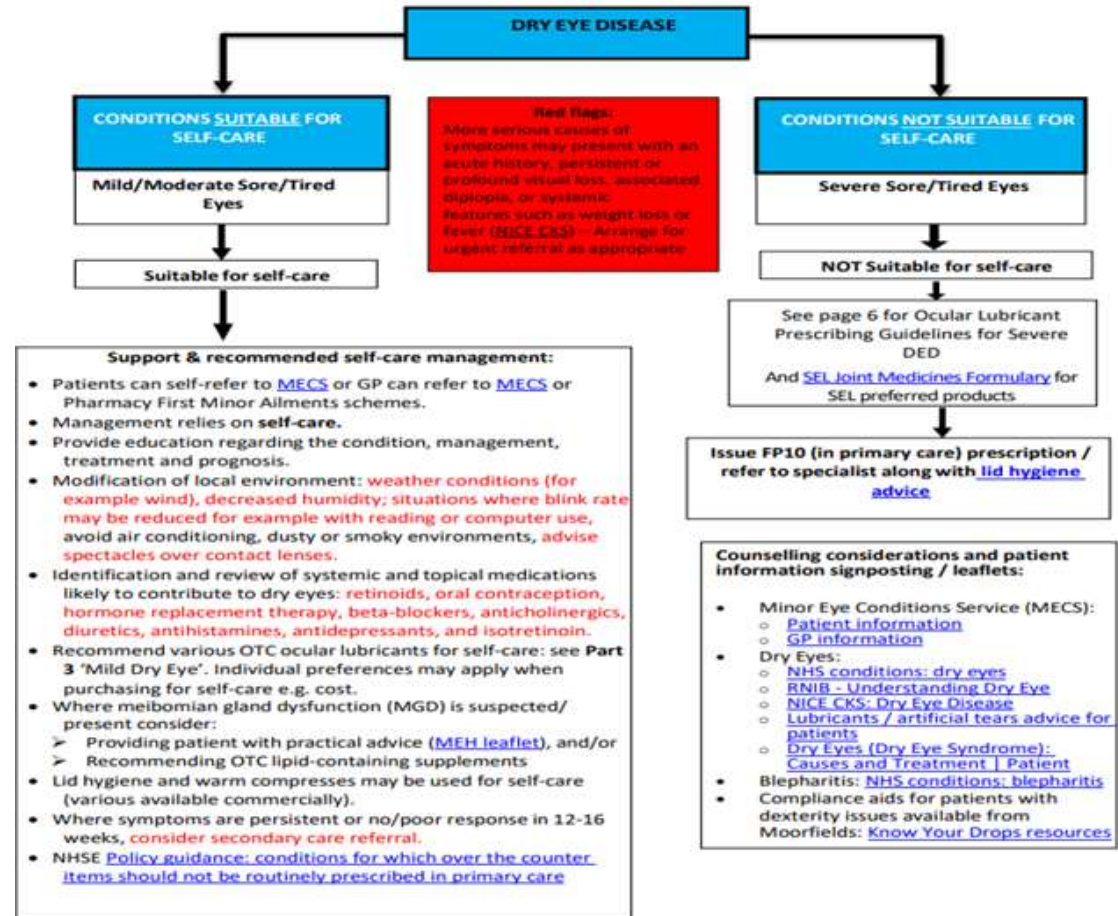
SPEED

- 0-4 you are experiencing MILD dry eye symptoms
- 5-7 you are experiencing MODERATE dry eye symptoms
- 8+ you are experiencing SEVERE dry eye symptom



Treatment Pathway

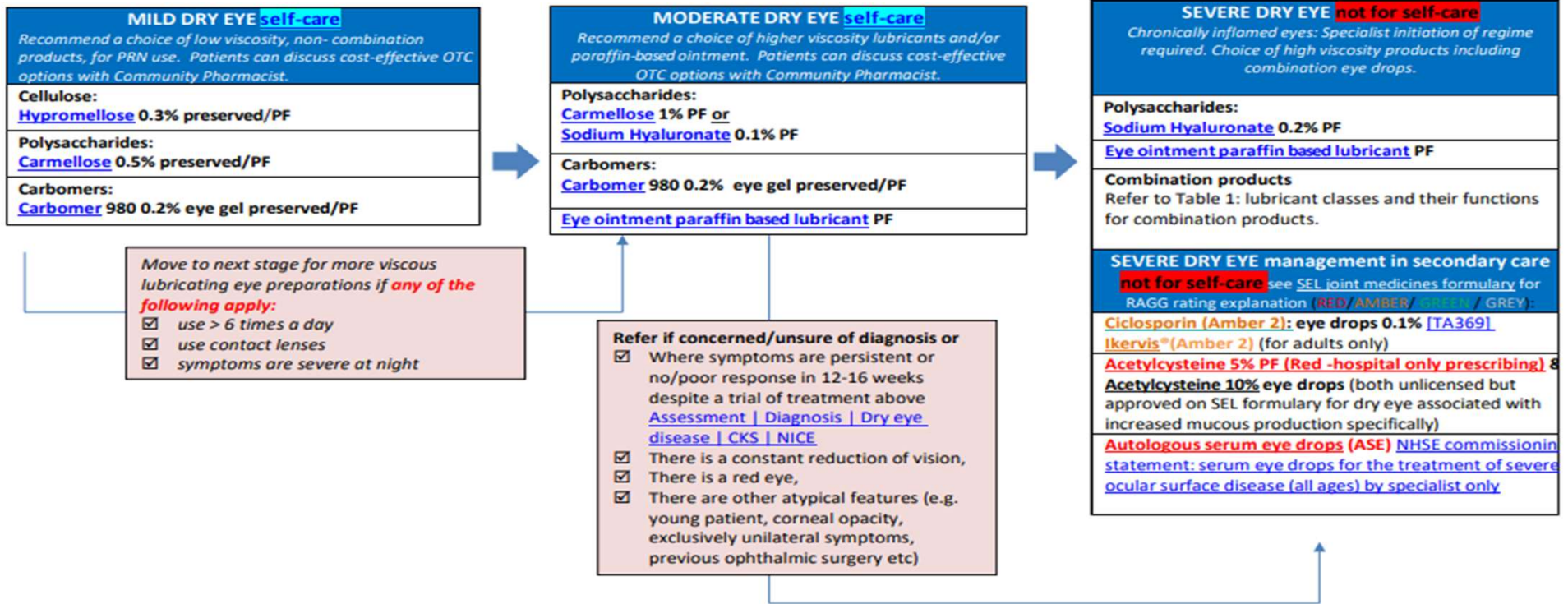
Part 2 – Treatment pathway for adults presenting with dry eye disease (DED)



Key points

- Mild/moderate DED suitable for self-care
 - Support and recommend self-care e.g. lid hygiene, OTC preparations, Pharmacy First Minor Ailments schemes, MECS
- Severe DED not suitable for self-care

SEL Recommendations for Prescribing Ocular Lubricants Based on Severity of DED



Cost effective brand options (Greenwich)

For mild and moderate dry eyes, patients should be advised to self-care by obtaining the products over the counter, however if clinicians need to prescribe an eye drop under exceptional circumstance, the most cost-effective products should be prescribed, some of the cost-effective brands are listed in the table below.

MILD dry eyes self-care		
BNF presentation	Most Cost-effective brand (Feb 2024) Drug Tariff NHSBSA	Equivalent/similar product but more expensive
Hypromellose 0.3% preserved/PF	Preservative containing/preserved AproMel eye drops 0.3% AacuLose Hypromellose eye drops 0.3% Preservative free Evolve Hypromellose 0.3% PF (90) AddTear® Hypromellose 0.3% (10ml eye drops provides approximately 200 drops)	Hypromellose 0.3% Tearlac 0.3% eye drops, Teardew 0.3% eye drops
Carmellose 0.5% preserved/PF	Preservative containing/preserved Aqualube Eye Drops 0.5% AaqEye Carmellose eye drops 0.5% Preservative free: Eyeaze® Carmellose eye drops 0.5% PF (90) VIZcellose 0.5% (90)	Optive Plus 0.5% eye drops Carmize 0.5% eye drops Ocu-Lube Carmellose eye drops 0.5% PF Celluvisc Carmellose 0.5% eye drops
Carbomer 0.2% eye gel preserved/PF	Preservative containing/preserved Clinitas Carbomer 0.2% gel Lumecare Carbomer 0.2% gel Preservative free Evolve Carbomer 980 PF (90)	Viscotears 2mg/g liquid gel Artelac Nighttime 0.2% Eye Gel Carbomer 0.2% eye gel Ocu-Lube Carbomer 0.2% Eye Gel PF

Cost effective brand options (Greenwich)

MODERATE dry eye self-care		
BNF Presentation	Most Cost-effective brand (Feb 2024)	Equivalent/similar product
Carmellose 1% PF	Eyeaze Carmellose Eye Drops 1% PF (90) ● VIZcellose Eye Drops 1% PF (90) ● Ophtho-lique® Forte eye drop 1% PF ●	Ocu-lube 1% eye drops Carmize eye drops 1% Tearvis eye drops 1%
Carbomers 0.2% eye gel preserved/PF	Preservative containing/preserved Clinitas Carbomer 0.2% gel Lumecare Carbomer 0.2% gel Preservative free Evolve Carbomer 980 PF (90) ●	Viscotears 2mg/g liquid gel Artelac Nighttime 0.2% Eye Gel Carbomer 0.2% eye gel Ocu-Lube Carbomer 0.2% Eye Gel PF
Eye ointment paraffin based lubricant PF	HydraMed night eye ointment PF (90) Xailin Night Ointment PF HYLO NIGHT® eye ointment PF (180) <i>(5g tube provides approximately 300 applications)</i>	Lacrilube eye ointment PF

Cost effective brand options (Greenwich)

SEVERE dry eye not for self care		
BNF Presentation	Most Cost-effective brand (Feb 2024)	Equivalent/similar product
Sodium Hyaluronate 0.2% PF	<p>Hy-Opti 0.1% eye drops PF (180) ●</p> <p>Hy-Opti 0.2% eye drops PF (180) ● (12ml eye drops provides minimum of 420 drops)</p> <p>Aeon Repair 0.15% eye drops PF (90) ●</p>	<p>Hycosan extra 0.2%</p> <p>Hycosan 0.1%</p> <p>Hylo-fresh 0.03%</p> <p>Hylo-tear 0.1%</p> <p>Hylo-forte 0.2%</p> <p>Hayabak 0.15%</p> <p>Optive fusion 0.1%</p>
Combination products	<p>Preservative containing/preserved</p> <p>Acetylcysteine 5% and hypromellose 0.3% (Ilube®)</p> <p>Systane® balance eye drops</p> <p>Systane® eye drops</p> <p>Preservative free</p> <p>Viscotears® Trehalose Duo eye drops PF (180) ● (10ml eye drops provides approximately 200 drops)</p> <p>Systane® eye drops unit dose</p>	<p>Thealoz duo eye drops</p> <p>VisuEvo</p>
Eye ointment paraffin based lubricant PF	<p>HydraMed night eye ointment PF (90)</p> <p>Xailin Night Ointment PF</p> <p>HYLO NIGHT® eye ointment PF (180) (5g tube provides approximately 300 applications)</p>	<p>Lacrilube eye ointment PF</p>

Key words:

PF – preservative free

(90) – can be used for 90 days after opening

(180) – can be used for 180 days after opening

● Suitable for use with contact lenses

FAQ for Prescribers

Frequently asked question for prescribers

1. Do the changes in prescribing of products available to buy over the counter, apply to everyone?

Please refer to [SEL Self Care FAQs for Prescribers Sept 22](#) for self-care: frequently asked questions about changes to prescribing of over the counter (OTC) medicines and products in South East London.

No routine exceptions have been identified for dry eyes/sore eyes products. This guidance applies to all patients, including those who would be exempt from paying prescription charges (e.g., children and pregnant women) for self-care of a minor/self-limiting condition.

2. What are self-care measures for dry eyes/sore tired eyes?

Dry eye syndrome, or dry eye disease, is a common condition that occurs when the eyes don't make enough tears, or the tears evaporate too quickly. Most cases of sore tired eyes resolve themselves.

Patients are more likely to get dry eyes if they:

- Over the age of 50.
- Wear contact lenses.
- Look at computer screens for a long time without a break.
- Spend time in air conditioned or heated environments.
- Are exposed to windy, cold, dry, or dusty environments.
- Smoke or drink alcohol.

Patients should be encouraged to manage both dry eyes and sore eyes by implementing self-care measures such as good eyelid hygiene and avoidance of environmental factors alongside pharmacological treatment.

[Dry eyes - NHS \(www.nhs.uk\)](#)

3. What can patients do if self-care measures do not help with dry eyes/sore tired eyes?

- Mild to moderate cases of dry eye syndrome or sore tired eyes can usually be treated using lubricant eye treatments that consist of a range of drops, gels and ointments that can easily be purchased over the counter. GP can refer to [MECS](#) or patients can also self-refer to [MECS](#) or Pharmacy First Minor Ailments schemes.

4. Are Community Pharmacies and Opticians aware of the guidance, as requests have been made by other clinicians asking the GP for a prescription.

There are circumstances where patients have developed hypersensitivity to the active substance or to any of the excipients. Community Pharmacists and Opticians will be aware of what these are and can advise accordingly and communicate to directly with the GP.

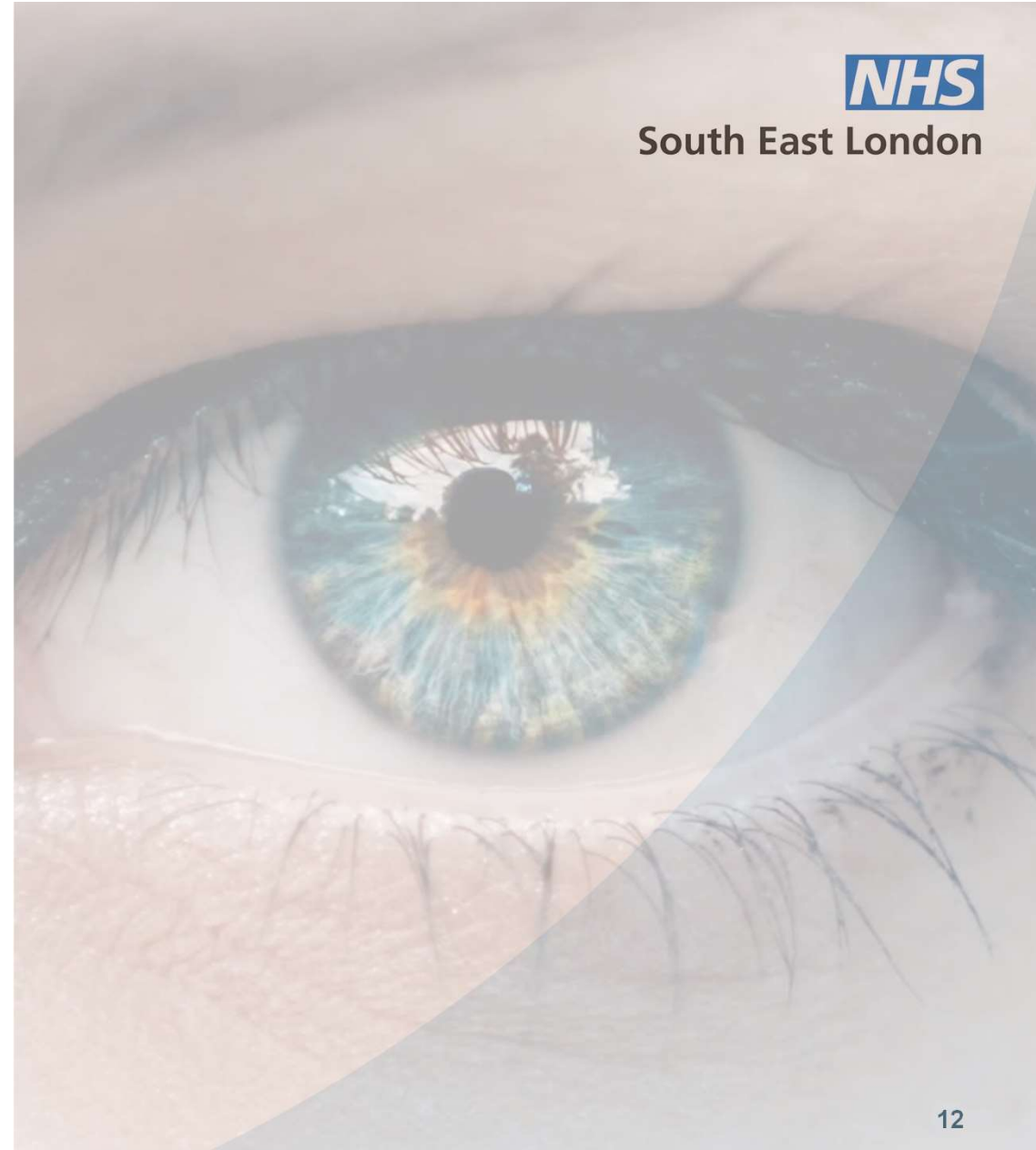
The SEL guidance will be shared with Local Pharmaceutical Committee (LPC) and Local Optical Committee (LOC).

5. Is there any exception where patients should continue to have their treatments prescribed?

This guidance is not applicable to patients diagnosed with severe dry eye disease or chronic dry eye disease.

Key Recommendations

- ✓ Familiarise yourself with the SEL Primary Care Prescribing Guide for Ocular Lubricants
- ✓ Mild to moderate DED can be managed using self-care measures
- ✓ Wide range of OTC products available – patients should be directed to discuss cost effective options with their Community Pharmacist
- ✓ Utilise Pharmacy First Service
- ✓ Patients can self-refer to MECS or GP can refer to MECS
- ✓ Severe DED is not suitable for self-care



Resources

- [SEL Primary Care Prescribing Guide for Ocular lubricants for Adults](#)
- [Eye-Lubricants-Cost-effective-brand-options-Greenwich.pdf \(selondonics.org\)](#)
- [SEL IMOC - NHS South East London \(selondonics.org\)](#)
- <https://www.selondonjointmedicinesformulary.nhs.uk/>
- [Ocular Surface Disease Index \(OSDI\)](#)
- [Standard Patient Evaluation of Eye Dryness \(SPEED\)](#)
- [Pan-London Dry Eye Guide](#)
- [PATIENT INFORMATION - MECS - Primary Ophthalmic Solutions \(sel-mecs.com\)](#)

**Thank you
Any Questions?**