

DATE: 19 June 2015

TO: DR. DAVIS' TECHNICIANS

RE: INSTRUCTIONS FOR ADMINISTERING UNC DRY EYE
MANAGEMENT SCALE (DEMS)

The UNC Dry Eye Management Scale (DEMS) is a valid and reliable patient reported outcome that characterizes dry eye symptoms such as gritty, dry, foreign body, redness, tearing, and irritation. The UNC DEMS was designed for patients with dry eye disease and shall be used at EVERY patient visit. The purpose of the UNC DEMS is to inform providers and patients about dry eye disease status and treatment effectiveness.

Administer the UNC DEMS during the history component by giving verbal instructions (see below). Record the patient's response and write "DEMS = X" for the patient reported outcome in the history section of the medical record.

As you give the UNC DEMS document to the patient, ask the patient to read the instructions. Then, point to the examples and say:

"Using these examples (point to the symptoms described in the boxes), please select the one number that best represents your symptoms and their effect on your daily life over the last week."

VERY IMPORTANT:

IF the patient asks a question, tell the patient to read the instructions and answer the scale the best way s/he can. If you feel it necessary, repeat the above **question**. Do not improvise or add any other comments.

Thank you.
Rich Davis, MD