This page is designed to help you to test your own understanding of the concepts covered in this issue, and to reflect on what you have learnt. We hope that you will also discuss the questions with your colleagues and other members of the eye care team, perhaps in a journal club. To complete the activities online – and get instant feedback – please visit www.cehjournal.org

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

Test your knowledge and understanding

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1. Ocular surface disease may affect the following:
   - Conjunctiva (a)
   - Tear film (b)
   - Iris (c)
   - Cornea (d)
   - Eyelid margins (e)

2. What is important in the treatment of blepharoconjunctivitis?
   - Systemic prednisolone
   - Tarsorrhaphy
   - Warm compresses to the eyelids
   - Topical atropine
   - Mechanical debridement of eyelash crusts

3. Dry eye syndrome:
   - Is more common with increasing age
   - Is improved by a hot, dry atmosphere
   - Can cause punctate epithelial erosions
   - Can be treated with artificial tears
   - May result in Mooren’s ulcer

4. Which of these statements are true?
   - Stevens-Johnson Syndrome may be associated with HIV positive status
   - Epiphora means a dry eye
   - Vernal keratoconjunctivitis is associated with keratoconus
   - Herpes zoster ophthalmicus may cause corneal anaesthesia
   - Alkali burns to the eye are usually more serious than acid burns

5. The following are useful diagnostic tests in ocular surface disease:
   - Direct opthalmoscopy
   - Slit lamp examination of the tear film
   - Fluorescein staining of the cornea
   - Testing for corneal sensation
   - Schirmer’s test

ANSWERS
1. a, b, d, and e
2. a, c, and d
3. a, b, and d
4. a, b, and c
5. a, b, c, d, and e

ANSWERS
Q1. Which of the following signs are visible? (tick all that apply)
   - Follicles (a)
   - Horner-Trantas dots (b)
   - Giant papillae (c)
   - Pannus (d)
   - Trachomatous inflammation (e)

Q2. Which of the following is the most likely diagnosis? (tick one)
   - Bacterial conjunctivitis (a)
   - Trachoma (b)
   - Kaposi’s sarcoma (c)
   - Vernal conjunctivitis (d)
   - Adenoviral conjunctivitis (e)

Q3. Which of the following may be used in treatment? (tick all that apply)
   - Topical prednisolone (a)
   - Topical antihistamines (b)
   - Topical mast cell inhibitors (c)
   - Topical acyclovir (d)
   - Topical neomycin (e)

ANSWERS
Q1. a, b, d, and e
Q2. d
Q3. a, b, and c

REFLECTIVE LEARNING
Visit www.cehjournal.org to complete the online ‘Time to reflect’ section.