



**A glaucoma patient who progresses despite presumed good adherence might be using inadequate or insufficient technique when applying the anti-glaucomatous eye drops**

### ***The Science behind the Tip<sup>1,2</sup>***

It is well known that if poor technique is used when a drop is applied to the eye it does not reach its target. This can lead to disease progression despite seemingly adequate adherence.

It is important to instruct the patient properly on how to apply their eye drops. One study<sup>1</sup> showed that out of 204 visually impaired patients, 71% could apply their drops, but only 29% managed without touching the ocular surface and 1.4 drops were needed to apply the equivalent of one drop successfully.

### ***References***

- 1) Hennessy AL, Katz J, Covert D, Protzko C, Robin AL.: Videotaped Evaluation of Eyedrop Instillation in Glaucoma Patients with Visual Impairment or Moderate to Severe Visual Field Loss; *Ophthalmology*. 2010 Dec;117(12):2345-52
- 2) Davis SA, Carpenter DM, Blalock SJ, Budenz DL, Lee C, Muir KW, Robin AL, Sleath B; Glaucoma Patient Preferences for Video Education on Eye Drop Technique; *Optom Vis Sci*. 2019 May;96(5):325-330.