DEWS	**DRY EYE: DIAGNOSTIC TEST TEMPLATE**	
RAPPORTEUR	Mark B. Abelson and George W. Ousler III	5th Nov 2004
TEST	Symptomatic Tear Film Break-Up Time (SBUT)	
TO DIAGNOSE	Tear Film Stability	
VERSION	1	
DESCRIPTION	The SBUT signals the timing of tear film beak-up (TFBUT) without the use of a diagnostic dye. Patient reported ocular awareness is correlated with the moment of tear film instability. This simple, non-invasive test may be performed in the office or at home to monitor TFBUT and the effect of agents on tear film stability.	Abelson et al. 2002
CONDUCT of TEST	1. Instruct patient to blink freely, then stare at a fixed target; 2. Start timer at moment of last complete blink; 3. Stop timer at moment of ocular awareness; 4. Calculate time between last complete blink and first moment of ocular awareness; 5. This is the SBUT.	Abelson et al. 2002
Web Video	Not available	
Materials:	Stopwatch or standard clock / wristwatch	
Variations	None	
Standardization	Time of day [√] Temperature [√] Humidity [√] Air speed [√] Illumination [√] • Patient instruction – proper identification of ocular awareness.	
Diagnostic value	This version : [X] Other version: [ ] SBUT < 5 seconds = dry eye; SBUT > 5 seconds = normals.	Abelson et. al 2002
Repeatability	Intra-observer agreement. [NA] Inter-observer agreement. [NA]	
Sensitivity	**(true positives)** [NA]	
Specificity	**(100 – false positives)** [NA]	
Test problems	Proper patient participation is critical. It is difficult to measure SBUT in patients who cannot report ocular awareness or discomfort.	
Test solutions	None	
FORWARD Look		
Glossary	SBUT = Symptomatic Tear Film Break-Up Time	

References

Abelson M, Ousler G, Nally L. Alternate reference values for tear film break-up time in normal and dry eye populations. *Adv Exp Med Biol* 2002; 506 (Part B):1121-1125.

Abelson M, Ousler G, Emory T. Dry eye syndrome: diagnosis, clinical trials, and pharmaceutical treatment – 'improving clinical trials'. *Adv Exp Med Biol* 2002; 506 (Part B):1079-86.

Nally L, Ousler G, Abelson M. Ocular discomfort and tear film break-up time in dry eye patients: A correlation. *Invest Ophthalmol Vis Sci* 2000;41:4:1436.