**STRATEGIES**
- History taking questionnaires

**MODIFIABLE RISK FACTORS**
- Digital hygiene
- Maintain hydration
- Contact lens optimisation
- Adequate sleep

**IDENTIFICATION**
- **SIMPLE**
  - History taking questionnaires

- **MORE CHALLENGING**
  - Detecting incidental ocular surface disease
  - Iatrogenic considerations
  - MGD prophylaxis

**DIFFERENTIAL DIAGNOSIS**
- Triaging
- Manage vs. refer
- Environmental optimisation
- Hormonal balance

**PREVENTION**
- Detecting incidental ocular surface disease
- Iatrogenic considerations
- MGD prophylaxis