

INCOMPLETE BLINKING QUIZ

1. The lipid layer is one of the layers of the
 - A) Conjunctiva
 - B) Cornea
 - C) Meibomian gland
 - D) Tear film
2. All of the following factors increases the quantity of blinking except
 - A) Increased mental effort
 - B) Reduced illumination
 - C) Reduced visual task
 - D) None of the preceeding options
3. The integrity of the lipid layer is enhanced through
 - A) Incomplete blinking
 - B) Forceful blinking
 - C) Complete blinking
 - D) All of the above
4. Functional Blinking could be defined as blinking that produces all of the following except
 - A) Observable fluid flow beneath the lens
 - B) Optimum lens movement and positioning
 - C) A dehydrated lens surface
 - D) Natural appearance of the wearer
5. A non-invasive tear break-up-times (BUTs) of 6-8secs on a patient wearing a hydrogel lens suggests that inter-blink intervals need to beto maintain lens surface wetness
 - A) Less than 8-10secs
 - B) Less than 6-8secs
 - C) Greater than 8-10secs
 - D) Greater than 6-8secs
6. An average blink rate for adult human subjects is
 - A) 10-22 blinks/min
 - B) 15-35blinks/min
 - C) 8-12blinks/min
 - D) 22-30blinks/min
7. Pumping of stale tears containing carbon IV Oxide out of the tears in a hydrogel lens wearer occurs through
 - A) The Tear pumping mechanism
 - B) Diffusion and osmosis
 - C) The squeezing action of the upperlid
 - D) Forceful blinking

8. One of these is not true of adequate blinking in a hydrogel lens wearer
- A) Better oxygen and carbon IV oxide exchange increases comfort
 - B) The probability of extending the useful life of the lens is decreased as a result of decreased coating tendencies of the lens surface
 - C) Drying of the lens is prevented
 - D) Accumulation of sloughed off epithelial cells and mucin are discouraged
9. An Optician encourages the contact lens wearer to practice blinking exercises for one of the following reasons:
- A) To enhance tear film thickness
 - B) For better lubrication of the tear film
 - C) A & B
 - D) B only
10. Forceful blinking can increase the thickness of the lipid layer when
- A) There is adequate secretion from the meibomian gland
 - B) The meibomian gland orifices are not blocked
 - C) There is adequate reservoir in the meibomian gland
 - D) All of the above