

# 臺中市國小近視衛教講座 教師版 認識近視風險

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臺中市驗光師公會

# 近視的定義與類型

## 什麼是近視？

近視是一種導致遠距離視力模糊的屈光不正。它是 40 歲以下人群視力受損的最常見原因。近視通常始於兒童時期，但可能持續惡化至成年早期。這被稱為近視發展。

幾乎一半 [患有進行性近視的兒童](#) 在 15 歲時達到穩定的度數。大約四分之三的兒童在 18 歲時達到穩定，幾乎所有兒童在 24 歲時達到穩定。然而，如果沒有適當的治療，近視會迅速發展為高度近視。高度近視會導致成年後出現危及視力的併發症。

患有近視的人數正在以驚人的速度增長。2000年，全球約有25%的人口患有近視。研究表明，到2050年，全球大約一半的人口將患有近視。

# WHAT IS MYOPIA?



ALL ABOUT VISION

## What your child sees

Myopia is measured in numbers called **diopters**. For nearsighted people, these measurements have a minus sign (-) before the number.



**Typical**



**Low**  
-0.50 - 2.75 D<sup>1</sup>



**Moderate**  
-3.0 - 5.75 D<sup>1</sup>



**High**  
-6 or > D<sup>1</sup>



近視模擬測試

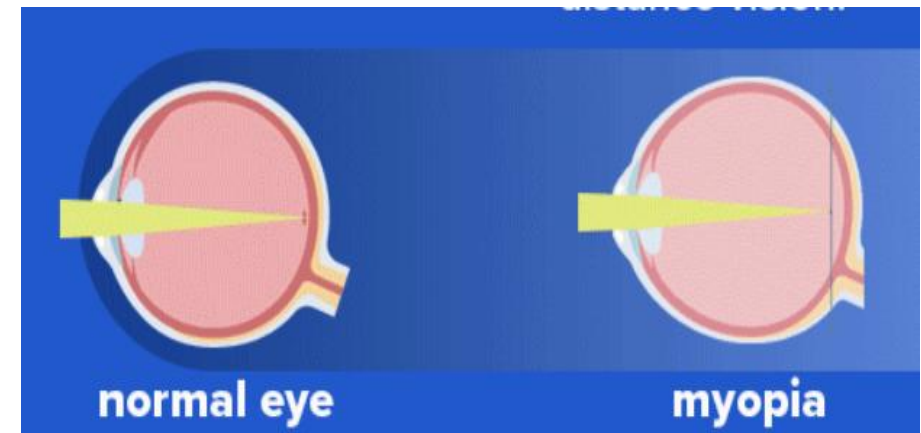
# 近視的成因

遺傳因素

父母有近視，子女風險增加

環境因素

過度近距離用眼、戶外活動不足





# 近視可能引發的併發症

提醒：近視不只是戴眼鏡而已~

青光眼

視網膜剝離

黃斑部病變

|                | Risk of Developing Myopia-Related Complications |                    |                                 |                   |            |
|---------------------------------------------------------------------------------------------------|-------------------------------------------------|--------------------|---------------------------------|-------------------|------------|
|                                                                                                   | Myopic Macular Degeneration                     | Retinal Detachment | Cataracts Posterior Subcapsular | Cataracts Nuclear | Glaucoma   |
| <br>Any myopia | 102.11X risk                                    | 3.45X risk         | 2.09X risk                      | 2.51X risk        | 1.95X risk |
| Low myopia (up to -2.75D)                                                                         | 13.57X risk                                     | 3.15X risk         | 1.56X risk                      | 1.79X risk        | 1.59X risk |
| Moderate myopia                                                                                   | 72.74X risk                                     | 8.74X risk         | 2.55X risk                      | 2.39X risk        | 2.92X risk |

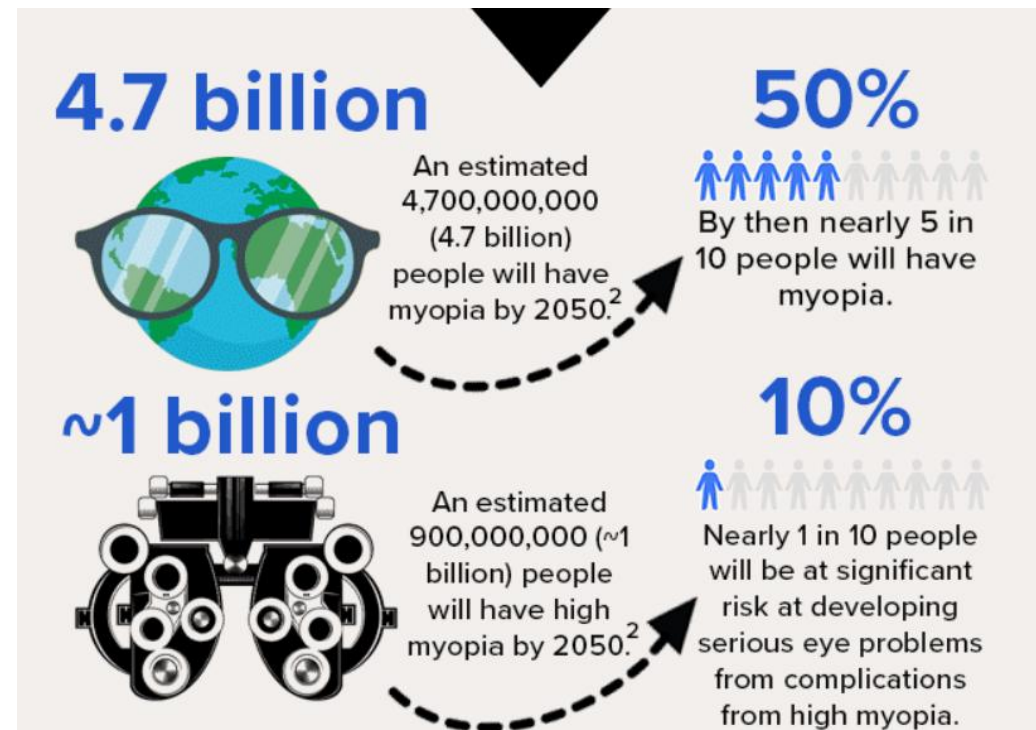
[新聞連結](#)

# 近視發展趨勢與現況數據

台灣兒童近視率持續上升

WHO預估2050年全球一半人口將近視

高度近視人口急速增加





# 教師是孩子視力守門人

第一線觀察與協助

# 教師常見近視徵兆

看不清楚黑板

眯眼、頻繁眨眼

喜歡靠近書本或螢幕

頭部歪斜看物品



# 教師可做的初步協助

通報家長

建議就醫檢查

提供視力記錄與回饋

# 教室視覺友善設計

良好照明

黑板字體大小調整

投影螢幕/電子白板解析度是否清晰

提醒學生用眼休息

# 正確的閱讀距離與閱讀姿勢



適當的閱讀距離  
(> 手臂長)

膝蓋放鬆  
彎曲約90度



2 背部打直

3 好的支撐後背  
維持脊椎自然  
姿勢

5 腳著地，提供  
較佳的血液循環





提醒各位同學：

若學校桌椅為**可調式課桌椅**，請依照自己的身高進行調整  
若是**固定式木製桌椅**，則應選擇與身高相符的高度

勢。

這樣才能幫助大家保持正確的閱讀距離與良好的閱讀姿  
臺中市驗光師公會



# 教師與家長溝通技巧

說明孩子視力觀察結果

分享衛教資訊

建立合作與信任

# 良好用眼行為是關鍵

## 日常生活影響深遠

# 黃金視覺習慣

20-20-20法則 每20分鐘看遠20呎20秒

閱讀距離30-40公分

正確坐姿與照明



# 增加戶外活動時間

每天至少2小時戶外活動

自然光有助眼睛健康



# 限制螢幕使用時間

## 適齡建議

幼兒：避免長時間螢幕

小學生：每日不超過1小時

## 建議安排「螢幕休息時間」



# 居家視覺環境調整

書桌照明足夠且柔和

書桌整潔、無干擾物

座椅高度合適，雙腳可平放





## How to slow myopia down

When it comes to myopia, **every single diopter is important**. You can help slow your child's myopia with:

### Lifestyle changes



More outdoor exposure (2 hours or more/day) + taking vision breaks when doing near work can delay the onset of myopia.

### Myopia control glasses



Special glasses customized for myopia control have proven to slow down the rate of myopia progression.

### Special contact lenses



Compared to normal contacts, multifocal and ortho-k contacts have special features that help slow myopia.

### Atropine eye drops



Medicated drops that will help slow myopia progression.

# What should YOU KNOW if your child is NEARSIGHTED

Click to view infographic



## 家長是視力保健的關鍵

### 日常與醫療雙重守護

# 家長影響力

父母行為影響孩子用眼習慣

身教重於言教

促進親子關係/減少兒少憂鬱

# 定期視力檢查與治療選擇

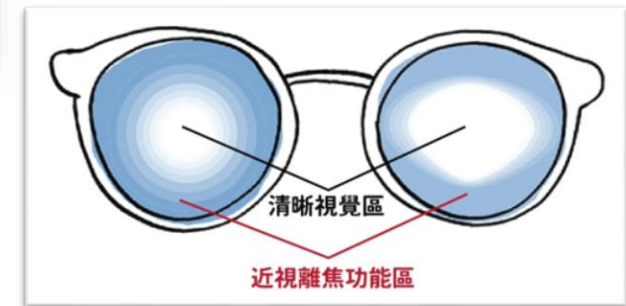
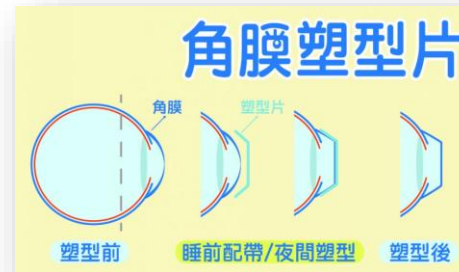
每6個月至1年檢查一次視力

常見控制方式

阿托品眼藥水

角膜塑型片

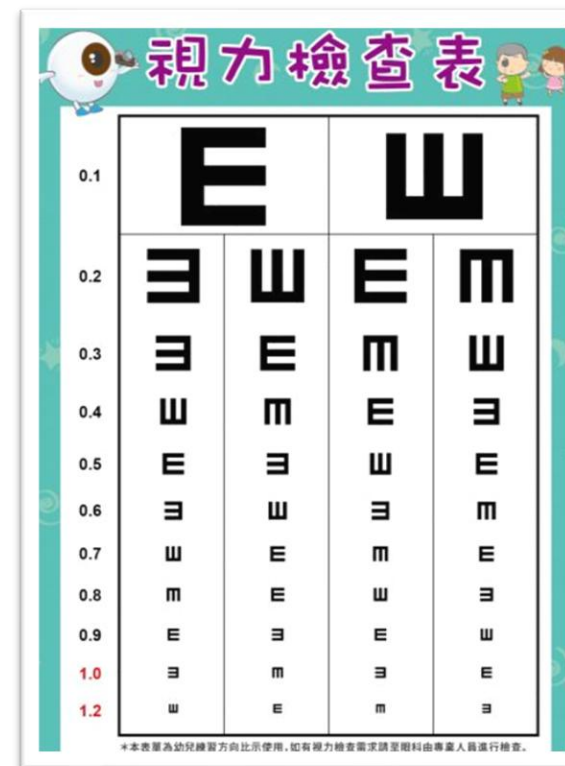
控制近視(周邊離焦)眼鏡



# 配合學校共同監控

參與學校健康篩檢

配合教師通報與追蹤



## What you can do today

Scheduling an eye exam is **the most important thing you can do** for your child's eyesight. This is the first step toward myopia diagnosis, correction and control.



The American  
Optometric  
Association  
recommends:<sup>4</sup>



Birth - age 2

One eye exam  
between 6 and  
12 months of  
age\*



Ages 3 - 5

At least one  
eye exam  
between ages  
3 and 5\*



Ages 6 - 17

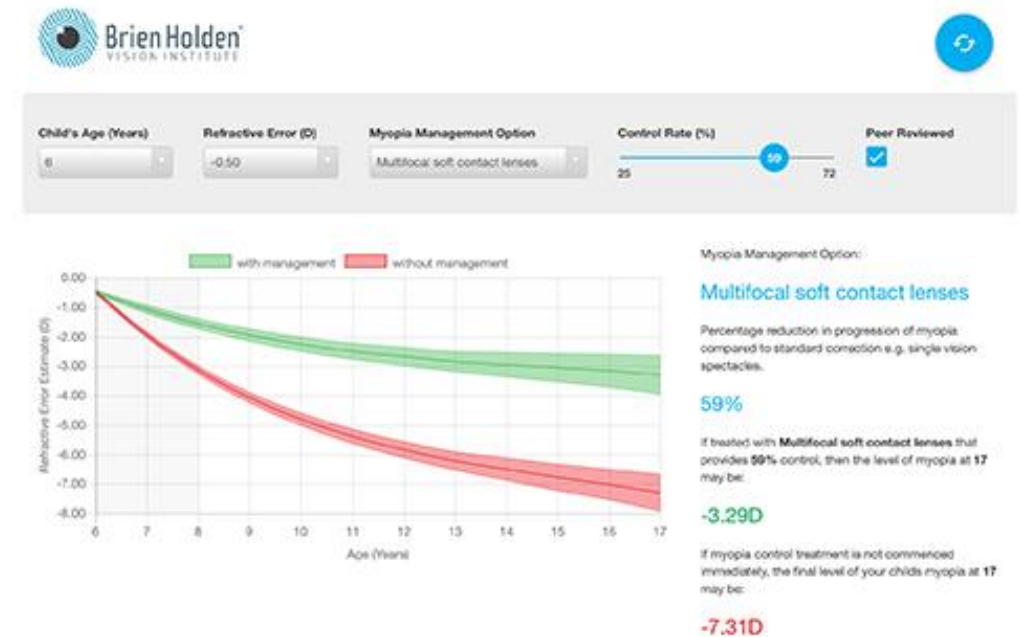
One eye exam  
before first  
grade starts,  
then once a  
year after that\*

Remember, an eye exam is different from the **vision screening** kids get at school. If your child hasn't seen an eye doctor in a while, it might be time for a check-up.



# 結語與行動呼籲

- ▶ 今日的預防行動，造就孩子明日的光明未來！
- ▶ 家長是孩子視力的第一防線
- ▶ 提供近視衛教講座相關諮詢



[Brien Holden](#) 實驗室資料

## 2. What Are My Options?



These categories are based on total treatment effects compared across multiple studies.

The best treatment for your child will depend on their eyes, suitability and other individual factors.



Be aware that your myopia control option may involve off-label use.



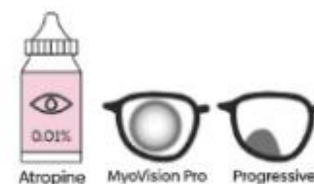
**Best**

Slow myopia progression  
by at least half



**Next-best**

Slow myopia progression  
by about a third



**Less effective**

Minimal effects on slowing  
myopia progression



**Not effective**

No effect on slowing  
myopia progression



Full-time wear matters for maximum treatment. Children using atropine eye drops still need spectacles or contact lenses to see clearly.



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[Scan to learn more](#)

資料來源  
<https://www.myopiaprofile.com/articles/which-myopia-control-treatment-works-best>

# 視覺問題解決，需要各方團隊合作！





A group of children are playing in a grassy park. In the center, a boy with dark hair and a white t-shirt has his mouth wide open in a shout or cheer, with his right arm raised high. To his left, another boy in a light green shirt is also seen from the side with his arm raised. In the foreground, the back of a girl's head with blonde hair in pigtails is visible, wearing a red shirt. To the right, another boy in a white shirt is looking towards the center. The background is filled with lush green trees under bright sunlight. The image is framed by decorative geometric shapes in the corners: a yellow diamond pattern in the top-left, a blue pattern in the top-left corner, and a teal pattern in the top-right.

最重要的事，**預防**重於治療



**臺中市政府教育局**



**臺中市驗光師公會**

**與各位老師一同EYE教育  
一同守護孩童視力健康**



# 臺中市校園護眼檢核表



「邀請各位老師動動手指頭，花幾分鐘檢視一下  
班級護眼狀況，一起守護孩子的視力健康！」



# 臺中市校園護眼檢核表



各位老師也可以將檢核表下載回去，方便在班級自行檢視與參考。

裡面有詳細的「臺中市校園護眼檢核表」，讓您隨時對照，幫助孩子養成良好的用眼習慣喔！