

Title of Course - Myopia Control and Awareness

Course Code: NPIAS-VAC-003

Course objective: It will help in managements of Myopia, nutritional effects during childhood that causes myopia.

Syllabi of Course:

- 1. Introduction to Myopia** 6 Hrs.
 - Definition of Myopia
 - Classification of Myopia
 - Genetic and environmental factors
- 2. Prevalence of Myopia** 6 Hrs.
 - Prevalence of myopia and hyperopia in young adults
 - Comparison of prevalence in developing and developed Countries
- 3. Clinical Evaluation for Myopia** 6 Hrs.
 - Visual acuity assessment
 - Subjective and Objective refraction
 - Cycloplegic refraction
- 4. Risk Factor of Myopia** 6 Hrs.
 - Myopic maculopathy
 - Retinal detachment
 - Posterior subcapsular cataract
 - Open-angle glaucoma
- 5. Modalities for Myopia control** 6 Hrs.
 - Under correction of myopic refractive error
 - Bifocal and Progressive Addition Lenses spectacles.
 - Soft bifocal and multifocal contact lenses
 - Antimuscarinic agents (Atropine)
 - Orthokeratology


Suggested Reading:

Anderson, L. G. (1991). *The optometric control of myopia* (Doctoral dissertation, Pacific University).

Bullimore, M. A., Ritchey, E. R., Shah, S., Leveziel, N., Bourne, R. R., & Flitcroft, D. I. (2021). The risks and benefits of myopia control. *Ophthalmology*, 128(11), 1561-1579.


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