

Myopia



Description

Myopia (short sightedness) is a common refractive error in which light is converged and focused in front of the retina (rather than on the retina) resulting in blurred vision. It is a focusing concern caused by an eye that is overpowered (too much refractive optical power for the eye length).

Myopia can occur because the eyeball grows too long during childhood (elongated) causing the eye and its contents to become thin and stretched or because the refracting surfaces of the lens or cornea are too strong.

Myopic individuals may see near (up close) objects clearly, but distance vision is blurred. Depending on the severity, myopia may be described as mild, moderate or high.

Implications

Myopia causes decreased visual acuity and blurred distance vision. Squinting to view distant objects is common.

Myopia may occur due to genetics; however, it can be made worse by environmental issues such as prolonged near work, screen use and minimal use of vision for distance viewing. There may be a continual progression of reduced visual acuity.

Moderate and high myopia (severe) are sometimes associated with concerns such as dislocation of the lens, loss of central vision, and other disorders such as retinal detachment, glaucoma and cataracts. If myopia is very high, ophthalmic physicians will provide advice to reduce the risk of retinal detachment.

The condition can most often be corrected with prescription glasses or contact lenses. Refractive surgery is an option for some individuals.

Students with myopia may achieve clearer near vision by removing or looking over the top of their single vision glasses that are designed to correct distance vision challenges.

Accessing the curriculum

Enlarge print size on whiteboards and blackboards.

Provide seating toward the front of the class to ensure the student has the best possible view of the teaching focus.

Avoid reflective surfaces and provide good lighting.

Use additional verbal descriptions to support instruction and understanding.

Encourage the student to move closer to distant objects to view.

If near work is blurry when wearing distance glasses, encourage removal of glasses or viewing over the top of correction for close tasks (reading, drawing).

Modify physical activities and provide detailed verbal instructions of all actions, skills and game rules (where necessary). Provision of verbal cues in throwing and catching activities may assist.

Click to see an [Interactive Eye Diagram](#) (web link)

As this document contains generic information, please consult with the Vision Education Program in regard to individual educational needs.

References

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For further information

Phone: 08 9402 6409

Email: sensory@education.wa.edu.au

Web: www.ssens.wa.edu.au