

**Title**

MIYOVERSE: Myopia Management and Dispensing for All

**Duration:** 1 hour

**Technical level I** - Intended for novice and experienced opticians with a basic understanding of optics.

**Course description**

This course aims to provide opticians with a comprehensive understanding of myopia management and dispensing strategies for individuals of all ages. Participants will delve into the technical knowledge surrounding myopia, including its causes, risk factors, and ocular health implications. Beyond the commonly known myopia management for children aged 5-12, this course will explore myopia management solutions for adolescents, young adults, pre-presbyopia individuals, myopic presbyopia, and older adults. Engaging case studies and demonstrations will showcase the importance of myopia management in various contexts, such as sports, digital eye strain, and visual needs related to different age groups.

**Course Objectives**

- Opticians will gain insights into the role of dispensing in myopia management and learn the key considerations for fitting and educating patients
- Opticians will be equipped to implement effective myopia management strategies, ensuring improved visual health, enhanced visual performance, and increased patient satisfaction across all age groups.

**Course Outline**

- Introduction (5 mins)
  - Course objectives
- Understanding Myopia: A Review of Technical Knowledge (10 Mins)
  - Define myopia and its prevalence
  - Review the causes and risk factors associated with myopia
  - Discuss the progression of myopia and its impact on ocular health
- Myopia Management Beyond Childhood (20 Mins)
  - Dispelling the misconception: Myopia management is not limited to kids aged 5-12
  - Explore myopia management strategies for different age groups
    - Adolescents and teenagers
    - Young adults
    - Pre-presbyopia
    - Myopic presbyopia and older adults

- Case Studies and Engaging Demonstrations (20 Mins)
  - Showcase a case study highlighting myopia management for sports
    - Demonstration: The impact of specialized eyewear on visual performance in sports
  - Present a case study on myopia management for individuals with digital eye strain
    - Demonstration: Comparison of eyewear options for digital eye strain relief
  - Myopia Management for Various Visual Needs
    - Explore the benefits of myopia control in gaming enthusiasts
    - Address the role of myopia management in reducing progression and visual discomfort in pre-presbyopia individuals
    - Explain the significance of myopia management for myopic presbyopia and older adults including multiple pairs
- Conclusion and summary (5 mins)
  - Encourage the implementation of myopia management strategies in their practice
  - Highlight the significant impact opticians can make in reducing myopia progression and improving patients' visual health