

為「視光學系」催生

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視力問題是我國今日衛生保健的重要課題之一，單就學生近視罹患率觀之，幼稚園約3%，國小約27.5%，國中約61.6%，高中約76.3%（註），至於大學則超過80%是毋庸置疑的。另一方面，年齡超過40~45歲的人口群，幾乎人手一副老花眼鏡，而這些人幾乎占了我國人口數的四分之一。可見，當今台灣地區的民衆絕大多數有配戴眼鏡的需求。然而，我們的「眼鏡族」究竟有多少人是經由合格的驗光師配戴的？

依我國醫學教育的現制看來，唯有醫學系畢業，專攻眼科的醫師才是具有此項知識的人才。然而，在過半數以上的人口群都需要眼鏡的台灣社會裡，我們怎能期待這些有限的專科醫師完全擔負起 vision primary care 的工作呢？況且，事實上這些眼科醫師們對於眼科疾患的診治當更感興趣，也更是他們的職責所在。鑑於此，我們目前似乎亟需養成一批高素質的驗光配鏡專才，站在第一線為全民的視力保健而努力。至於培養此等專才的場所，自然非醫學校莫屬。

在國外，有些大學有專門培養視光師(optometry specialist)的院系，以美國休士頓大學(University of Houston)為例，它們設有視光學院(college of optometry)，授予 Dr. of Optometry degree(O. D.)的學位，Council on Education of the American Optometric Association 承認其學位資格，准予開業。其修業條件是大學四年畢業後進入 O. D. Program，再接受四年的教育。從其提出的建議先修課程(Pre-optometry suggested

program)，我們深覺醫學院的公衛、保健、醫技，甚至藥學系的學生都是 O. D. Program 很理想的 candidates，因此可以鼓勵同學畢業後前去研修。眼科方面的專業人才，在歐美各國分為三種，眼科醫師 Ophthalmologist、視光師 Optometrist 及光學技術員 Optician，其定義及職掌詳見附一；北美現有視光學院十八所，如附二。

但若為我們國家視光學方面人才的紮根與當今社會的需求著想，在國內醫學院自行培育這類人才應是當務之急。不過，本人以前後長達八年的 O. D. Program 並不適於國內施行，一方面恐學生因修業年限太長而無意研讀，另一方面恐遭現行學制下培養出來的眼科醫師們非議。倘能另外增設 Optometry Department 修習四年後授予視光學學位，(同時未來國家應在專門職業技術檢定考試裡增加「視光師」一項，與醫師、牙醫師和藥師一樣，必須通過考試者方能執業)，似乎較符合國內的需求。由於國內有龐大的「眼鏡人口群」，而目前尚無培養高素質驗光人才的場所，本人以為台北醫學院向教育部申請增設此系乃順理成章之事。又，如果設系困難，則本人以為暫時納入公衛系內，或將來之公共衛生學院內，亦可另設一組。因視力保健是公共衛生工作的重要項目之一，劃歸公衛系下並不牽強，同時可以滿足社會的需求並增加本系學生一項專精技能，使其在基層公共衛生的觸角更為深廣。

當然，一個新的構想若將對現存的利益團體有所影響，必有一番爭嚷，面對目前到處林立的眼鏡行，如何化阻力為助力，將是本計劃

能否順利實施關鍵所在。本人以為，只要主事者(衛生及教育主管單位)能夠支持這個構想，在行政與法令方面加以配合(例如：限制驗光人員的資格，這可採逐年提昇素質的作法實施；首先開訓練班將現制下的從業人員加以訓練，並以技能檢定考試保證其素質；而我們逐年訓練出來的專才則在資格上應高於前述人員(如藥師與藥劑生之別)，並應同時肩負守護國人靈魂之窗的第一線工作(如發出早期眼疾之

警訊，指導正確的視力保健方法等)。以漸近的方式提昇國內的配鏡水準，並強化視力保健基層工作，此一構想定能順利推展。相信社會是朝進步的方向走的，在良幣逐劣幣的的潮流下，我們的學生的出路定不成問題，而國人的靈魂之窗也才能獲得真正的保障。

註：中華民國台灣地區公共衛生概況，七十七年十二月，行政院衛生署編印。

Topic: Establishment of a Specialized Optometric Department, a 4-year B. S. Program, in a Medical Institute — A Concrete Way to Promote Primary Vision Care in Taiwan

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ABSTRACT

The myopia incidence rate is extremely high in Taiwan, 3% for kindergarden, 27.5% for elementary, 61.6% for junior high, 76.3% for high school, and 80-85% for college students. Plus the far-sighted of the elder, it is estimated half of our population wear glasses. But there are not too many glasses which are prescribed and arranged by a qualified optometrist. Therefore, unfitness and eye suffering happen very often. This drawback originates from the fact that we don't have the adequate optometric training program in our medical education system.

In a well organized medical society, vision care is carried out by three professionals, i. e. ophthalmologist, optometrist, and optician. An optometrist prescribes, fits, and supplies eyeglasses and contact lenses. Because of the primary vision care service, an optometrist refers suspicious eye ailment patients to an ophthalmologist. In the Northern America, there are 18 institutes providing optometry study, whereas, none in Taiwan.

Solution for the above, the establishment of a 4-year B. S. degree optometric training program in a medical institute will be the earnest.

Prospect for the future:

1. Once the first Optometric Dept. is established in Taipei Medical College, a lot of other medical school will follow soon.
2. Gradually, our society will have more qualified optometrists to prescribe, fit glasses, and contact lenses and to provide the primary vision care service in public health.
3. Both providing inservice training for the less or un-qualified glasses shop personnels and up-grading their quality can be expected.
4. Better eye care for the public in Taiwan can be ensured.

附一：眼科醫、視光師、光學技術員之定義

Specialists

Ophthalmologist. An ophthalmologist (oculist) is a doctor of medicine, who is licensed to practice all branches of medicine, and specializes in the examination of the eye and its related structures and in the prevention, diagnosis, and medical and surgical treatment of eye defects and diseases. An ophthalmologist also prescribes whatever medication and correction is required, including eyeglasses and contact lenses.

Education and training qualify an ophthalmologist to relate findings observed in an examination of the eye to those diseases in other parts and systems of the body, which may have an effect on the eye. Almost every medical doctor of this type has passed American Board examinations and is qualified as an expert in this field.

Optometrist. An optometrist has the education, training, and licensure necessary to examine eyes for abnormal visual problems not due to disease. Since an optometrist is not a physician, this specialist cannot prescribe drugs, but can prescribe, fit, and supply eyeglasses and contact lenses. During an optometric examination, if there is suspicion of a defect or disease requiring medical or surgical treatment, the patient should be referred to an appropriate medical source for treatment.

Optician. An optician is a person who manufactures eyeglasses at the request of an ophthalmologist or an optometrist. Most states license opticians only after a period of training and require them to follow standards for measuring frames and grinding lenses for eyeglasses. In addition, some opticians fit contact lenses following the prescription of an ophthalmologist or optometrist.

附二 美加現有視光學院 18 所

AMERICAN OPTOMETRIC ASSOCIATION COUNCIL ON OPTOMETRIC EDUCATION

List of Accredited or Conditionally Accredited Professional Optometric Degree Programs

August, 1988

University of Alabama at Birmingham
School of Optometry/The Medical Center

UAB Station
Birmingham, Alabama 35294
Bradford W. Wild, O. D. Ph. D., Dean

University of California, Berkeley
School of Optometry
Minor Hall
Berkeley, California 94720

Jay Enoch, O. D., Ph. D., Acting Dean

Ferris State University
College of Optometry
Big Rapids, Michigan 49307
Michael P. Keating, Ph. D., Acting Dean

University of Houston
College of Optometry
Houston, Texas 77204-6052

Merton C. Flom, O. D., Ph. D., Dean

Illinois College of Optometry

3241 South Michigan Avenue

Chicago, Illinois 60616

Boyed B. Banwell, O. D. President

Indiana University

School of Optometry

800 East Atwater

Bloomington, Indiana 47405

Jack W. Bennett, O. D., Dean

Inter American University of Puerto Rico

School of Optometry

P. O. Box 1293

Hato Rey, Puerto Rico 00919

Arthur J. Afanador, O. D., Ph. D.,

Dean

University of Missouri-St. Louis

School of Optometry

8001 Natural Bridge Road

St. Louis, Missouri 63121

Jerry L. Christensen, O.D., Ph.D.,

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