

出國報告（出國類別：國際會議）

參與 2017 年世界冬季特殊奧林匹克運動會暨運動員健康計畫會議

服務機關：臺北榮民總醫院 眼科部

姓名職稱：鄭惠禎 醫師

派赴國家：奧地利

出國期間：民國 106 年 3 月 16 日至民國 106 年 3 月 26 日

報告日期：民國 106 年 4 月 17 日

摘要

世界冬季特殊奧林匹克運動會暨運動員健康計畫會議旨在推動全球身心障礙人士有良好的運動促進環境及提升生活品質，運動員健康計畫會議包含七大類別；足部專家，物理治療，耳科，健康促進，眼科，牙科，運動物理及運動心理。此次有幸能獲中華民國智障者體育運動協會推薦及通過國際特殊奧林匹克運動會審核，代表台灣參加健康計畫會議。在此次會議中，各國會議代表齊聚一堂，接受特殊奧林匹克運動會運動員健康計畫教育及訓練課程，並就全球不同區域分組進行討論，並實地協助針對運動員的相關教育及篩檢。

關鍵字；特殊奧林匹克運動會，運動員健康計畫會議，眼科

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本文

一、目的

世界冬季特殊奧林匹克運動會暨運動員健康計畫會議旨在推動全球身心障礙人士有良好的運動促進環境及提升生活品質，運動員健康計畫會議包含七大類別；足部專家，物理治療，耳科，健康促進，眼科，牙科，運動物理及運動心理。此次有幸能獲中華民國智障者體育運動協會及中華台北特奧會推薦，並通過國際特殊奧林匹克運動會審核，代表台灣參加健康計畫會議。在此次會議中，各國會議代表將齊聚一堂，接受特殊奧林匹克運動會運動員健康計畫教育及訓練課程，並實地協助針對運動員的相關教育及篩檢。

二、過程

抵達奧地利後，首先花數日的時間接受特殊奧林匹克運動會暨運動員健康計畫之教育及訓練課程；特殊奧林匹克運動會迄今已邁入第 49 個年頭。故事起緣於西元 1962 年，Eunice Kennedy Shriver 女士在自家後院為智力障礙(intellectual disability, ID)的小朋友舉辦了一個夏令營，希望藉由體育活動幫助智力障礙的小朋友找到他們“可以做的事”，而不是讓他們侷限於他們做不到的事情上面。這一次的夏令營大大地幫助許多智力障礙小朋友找回信心及樂趣，此後幾年 Shriver 女士繼續致力於智力障礙人士的體育活動，並上書 Kennedy 總統希望政府能正視智力障礙人士的需求。終於在 1968 年，第一屆的國際特殊奧林匹克運動會於美國芝加哥舉辦，並成為除了奧林匹克運動會本會外，唯一授權使用“奧林匹克”名稱的正式賽事。此後，特殊奧林匹克運動會遍及全球，提供智力障礙朋友 30 餘種的體育活動訓練和競賽機會，每年約有 94000 場賽事在全球各地舉辦，囊括了 169 個國家，470 萬位運動員及超過 100 萬位志工共襄盛舉。

而從 1995 年開始，經由國際獅子會及眾多贊助公司的幫忙下，特殊奧林匹克運動會暨運動員健康計畫於焉展開。身處台灣的我們也許有點難以想像，但是對於許多落後國家的運動員，這樣的健康篩檢可能是他們第一次接受健康及醫療諮詢。智力障礙的朋友，由於本身較難以表達和溝通，以及本身的疾病特性，往往有較高的比率的伴隨疾病，較多的不健康因子(如肥胖，不活動)，以及較高比率的操受暴力對待，意外傷害和早發性死亡。經由健康促進，可以幫忙智力障礙朋友活得更健康，更有尊嚴。經過幾年的發展後，特殊奧林匹克運動會暨運動員健康計畫目前包含了足部專家，物理治療，耳科，健康促進，眼科，牙科，運動物理及運動心理等不同的專業領域。每年的國際賽事都會邀請全球各地的相關專家擔任志工，為運動員們進行固定項目的健康檢查和諮詢。但是，即便是附加在這樣的國際賽事，能夠幫助到的智力障礙朋友其實也只佔了總數的不到 2%，因此，大會廣邀各國會議代表，其實也是希望經由我們這些種子教師(稱為 clinical director)，將這樣的精神與活動帶回自己國內，讓更多的智

力障礙朋友受惠。

介紹完基本概述後，便依各組分別帶開進行更深入的講解。本人是眼科醫師，故參加的是 opening eye program。“Special Olympics-Lions Clubs International Opening Eyes” (SOLCIOE) Vision Health Program 的目的在經由改善視力，眼部健康等來改善參與特殊奧林匹克運動會智力障礙朋友的生活品質。從最早的驗光，配鏡和保護性眼鏡，opening eye program 迄今已發展出一套完整的檢查流程。由於智力障礙朋友在溝通上可能比較困難，或是身體伴有其他異常導致難以檢查，約有 1/3 的病人可能在一般診所無法完成檢查，而這其中的 1/3 可能伴有重大眼疾；65% 的智力障礙朋友在過去三年內並未接受眼科檢查，26.7% 視力低於 20/40，在過去幾年的篩檢中，約有 37% 的運動員需要新的眼鏡處方，足見眼科篩檢對這個族群的重要性。而目前篩檢的項目包含了：病史詢問，視力檢測，眼位檢測，顏色覺，驗光，外眼部及眼底檢測，眼壓測量，配鏡，總結教育等。另外，Special Olympics-Lions Clubs International Opening Eyes” (SOLCIOE) Vision Health Program 亦提供經費供區域運動會時舉辦 Opening Eyes 使用，希望可以將這些活動擴展到世界上的每一個角落，提升智力障礙運動員的生活品質。



本次 Opening Eyes 會議代表

完成了數日的基本訓練後，便開始了為期六天的世界冬季特殊奧林匹克運動會暨運動員健康計畫活動。在這個期間，我們實際參與了整個活動的場地建置與健康篩檢，每日約需篩檢上百名來自世界各地的運動員。由於眼科檢查項目非常多，除了本次的眼科會議代表外，尚仰賴許多當地的獅子會義工，以及從世界各地前來的眼科醫師或驗光師志工，才有可能完成這項任務。看到這麼多志工無償地為這個活動付出，也令我內心著實感動。



比賽場館之一

穿插在活動中間，會議代表們會被召集起來進行間中會議，了解各組狀況，並就不同區域進行分組討論，活動和教案演練。在東北亞組中，有中國代表 4 名，香港代表 3 名，外蒙古代表一名，韓國代表一名及台灣代表一名。各國代表分享各自國家的醫療狀況，也互相留下聯絡方式供未來合作之用。而在最後健康計劃活動結束時，大會亦頒予各國會議代表“clinical director”證書，期許大家回國後能繼續把 Special Olympics 的精神發揚光大。

在此次 2017 冬季世界特殊奧林匹克運動會中，台灣健兒總共獲得了 16 面金牌，11 面銀牌及 12 面銅牌(包括極速滑冰，花式滑冰，雪鞋及地板曲棍球)。回國後，本人亦隨中華代表隊於民國 106 年 3 月 27 日早上至總統府觀見蔡總統，總統並對此次競賽成績及眾人的努力給予肯定。



三、心得

在這次會議中，遇到了來自世界各地的專業代表；亞洲包括了日本，中國，外蒙古，香港，尼泊爾，印尼等，更有許多歐洲，美國及非洲的代表。從會議代表的比例我們便可以發現，中國和香港在一塊深耕已久，台灣則是在近幾年急起直追。而這樣一個活動，絕非一己之力可以成就，必須仰賴各界的支持，眾多志工的無私奉獻才有可能完成。回國後，本人也和中華特奧會保持聯繫，了解在台灣方面近幾年也已將健康計劃逐步融入區域賽事中，嘉惠台灣的運動員。也希望往後能夠爭取到更多會議代表名額，讓更多醫療專業人員能了解這一項有意義的活動，進而響應國際並提升台灣當地的健康計劃盛事。

四、建議事項

感謝中華民國智障者體育運動協會及中華台北特奧會推薦，以及臺北榮民總醫院的大力支持，讓本人有機會代表台灣參加世界冬季特殊奧林匹克運動會暨運動員健康計畫會議。參與這樣的國際盛事能夠讓大家更加認識台灣，也更加認識我們的醫院。希望往後政府和醫院也能大力支持，讓台灣在這樣的盛事中不缺席。

附錄

1. 邀請函及議程表
2. Opening Eyes 檢查表格
3. 2017 世界冬季特殊奧林匹克運動會暨運動員健康計畫 Opening Eyes Program 場地配置表
4. Opening Eyes Program 人員分配表



附錄一

Dear Healthy Athletes Clinical Director Trainee:

It is with great pleasure that Special Olympics, Inc. (SOI) invites you to participate in its Healthy Athletes Train-the-Trainer program, **March 16, 2017 to March 22, 2017 in Graz, Austria during the Special Olympics World Games Austria 2017.** You have been individually selected to participate in this program by fellow health professionals already participating in Special Olympics Healthy Athletes and/or by your national Special Olympics Program. Health professionals from around the world will attend this training program, which is designed to provide education and hands-on experience necessary for the Healthy Athletes team to conduct screenings in conjunction with their local Special Olympics Programs. After completion of the training you will become an SOI trained local Clinical Director.

Healthy Athletes consists of seven health disciplines: Fit Feet (podiatry), FUNfitness (physical therapy), Healthy Hearing (audiology), Health Promotion (healthy lifestyle assessment and education), Opening Eyes (optometry), Special Smiles (dental), and MedFest (sports physical); as well as a pilot discipline: Strong Minds (sports psychology). During the training you will learn about SOI and the evolution of Healthy Athletes, as well as receive detailed information that will help you conduct a discipline specific screening for your local Special Olympics Program. There will be opportunities to meet and network with other health professionals in and among disciplines. Didactic presentations and hands-on interaction with the athletes will provide valuable experience for working with persons with intellectual disabilities. Collectively, the program promises to be both professionally and educationally enriching as well as fun!

The schedule is as follows:

March 16:	Trainee arrival date (<i>trainees may arrive any time March 16 before 6pm Austria time</i>)
March 17-18:	Professional Education/Orientation & Opening Ceremonies
March 19-21:	Screening Clinics with Special Olympics athletes
March 22:	Trainee departure date

SPECIAL OLYMPICS WILL PAY FOR ROUND-TRIP AIRFARE TO Graz, Austria, ACCOMMODATIONS – Shared room with one other trainee, TRANSPORTATION, AND MOST MEALS THROUGHOUT THE OFFICIAL TRAINING SCHEDULE. You will be financially responsible for the following items – transportation to your departure airport, any flight deviations from the above schedule, any meals not covered by Special Olympics, gifts, alcohol, and any activities not included in the Healthy Athletes Train the Trainer program. **Single room accommodations are not available.**

Note, there are two elements to the registration process; (1) registration through SOI, since we will be arranging and paying for your accommodations, and (2) digital (passport style) photo of yourself.

Timelines of your registration is critical for the necessary approvals by SOI, Healthy Athletes and the 2017 Austria Games Organizing Committee.



Special Olympics World Games Austria 2017 Healthy Athletes Invitation Letter

1. By **November 4, 2016**, please email Bjoern Koehler at bkoehler@specialolympics.org to RSVP (yes or no) on this invitation and please complete the this registration form in its entirety **Special Olympics World Games Austria 2017 Grantee Information**. The 2017 Games Organizing Committee requires full registration by this date. Along with this form, please also attach a digital (passport style) photo of yourself and email to Bjoern Koehler at bkoehler@specialolympics.org. SOI will follow up with confirmation and details regarding accommodation, credentialing, and other travel planning information prior to your travel date.
2. If you require a separate visa invitation letter, please let us know, and also inform us on the specific information we need to include in your letter.

It is our sincere hope that you will agree to participate in this wonderful event. We assure you that your participation will be gratifying both professionally and personally and will make a profound difference in the level and quality of care for people with intellectual disabilities worldwide.

Please know that acceptance of this invitation is viewed as a commitment by you to make every effort to continue the Healthy Athletes program and facilitate its growth. **Clinical Directors are expected to implement and coordinate discipline-specific health screenings for Special Olympics athletes at HA venues during local, regional or National Games; typically this is one to two times a year for a minimum of a three year commitment.** We assure you that your participation as a Clinical Director will be gratifying and will make a profound difference in the level of care for people with intellectual disabilities.

We look forward to your prompt response.

Sincerely,

Darcie Mersereau
Vice President, Health Programs
Special Olympics Inc.

附錄二

First Name	Last Name	HAS ID _____
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Date	<input type="radio"/> Male	<input type="radio"/> Female	DoB	Age (years)	<input type="radio"/> Not sure
Event	Location		<input type="radio"/> Athlete <input type="radio"/> Unified partner	Sport	
Delegation			SO Program		
Cell phone # (optional)			Number is <input type="radio"/> Athlete's <input type="radio"/> Parent's / Guardian's		

History

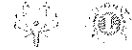
When was your last eye exam?

- Less than 1 year
- 1-3 years
- More than 3 years
- Never
- Unknown

Do you experience any of the following

- Difficulty seeing: Far Near
- Headaches
- Sensitivity to light
- Double vision: Far Near

Special Olympics
Lions Clubs International
Opening Eyes™



Do you wear corrective lenses (glasses or contacts)?

- Standard Rx Sports Rx Contact lenses
- Full time Near only Far only No Yes Soft Hard

Please check what is worn during screening:

- Without Glasses With Glasses With contact lenses

Current prescription

	Sphere	Cylinder	Axis	Add
Right Eye				
Left Eye				

Visual Acuity

FAR **Right Eye** 20 / _____ Unable to test **Left Eye** 20 / _____ Unable to test

<input type="radio"/> Lea	<input type="radio"/> Walk up	<input type="radio"/> Light projection/Light perception	<input type="radio"/> Walk up	<input type="radio"/> Light projection/Light perception
		<input type="radio"/> No light perception		<input type="radio"/> No light perception
Other: _____		Other: _____		

NEAR **Both Eyes** 20 / _____ Unable to test

<input type="radio"/> Lea	<input type="radio"/> Light projection/Light perception	<input type="radio"/> No light perception	Other: _____
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Cover Test

- FAR orthophoria PHORIA range 02-99 TROPE range 02-99
- esophoria exophoria hyperopia esotropia exotropia hyperopia hyper/esophoria hyper/exophoria
- Constant Intermittent

Latent Nystagmus

- NEAR orthophoria PHORIA range 02-99 TROPE range 02-99
- esophoria exophoria hyperopia esotropia exotropia hyperopia hyper/esophoria hyper/exophoria
- Constant Intermittent

Color Vision

Unable to test Trial 1 ___ / 9 If less than 8/9 Trial 2 ___ / 9 **Stereopsis** Unable to test ___ / 6

Autorefraction

	Sphere	Cylinder	Axis
Right Eye			
Left Eye			

Eye Health External

- Right Eye** Normal Lid anomaly Pterigium/pinguecula Blepharitis Corneal anomaly Conjunctivitis Iris anomaly Ptosis
- Left Eye** Normal Lid anomaly Pterigium/pinguecula Blepharitis Corneal anomaly Conjunctivitis Iris anomaly Ptosis

Abnormality: _____

Internal

- Right Eye** Normal Cataracts Retinal anomaly Coloboma Optic Nerve anomaly Glaucoma suspect
- Left Eye** Normal Cataracts Retinal anomaly Coloboma Optic Nerve anomaly Glaucoma suspect

Abnormality: _____

IOP

Right Eye _____ **Left Eye** _____ **Pupils** Normal Abnormal: _____

Unable to test Icare Noncontact Unable to test

RETINOSCOPY

REFRACTION

RIGHT EYE	20 / _____	20 / _____	Add
LEFT EYE	20 / _____	20 / _____	20 / _____

Recommendations:

- No new Rx No glasses recommended No change in glasses recommended **Sunglasses (plano)**

- New Rx Full time Rx Distance only Close work only

PD	Sphere	Cylinder	Axis	VA Distance	VA Near (OU)	ADD
Right eye				20 / _____	20 / _____	
Left eye				20 / _____		

- Sports goggles:** Plano Rx

Right eye	20 / _____
Left eye	20 / _____

Referral to:

- Optometrist Ophthalmologist Primary care physician Neurologist Other: _____

Additional comments:

