

原作者及出處 (Original):

Hoppes CW, Morrell RL, Woelfel LW, Whitney SL.

Pediatr Phys Ther. 2019 Oct;31(4):E20-E25. doi: 10.1097/PEP.0000000000000652.

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題目 (Title):

爾蘭症候群兒童之暈眩問題:辨別視覺與前庭覺所引起的症狀

Dizziness in a Child With Irlen Syndrome: Differentiating Visual and Vestibular Complaints.

摘要中文翻譯**目的：**

一位患有爾蘭症候群(Irlen Syndrome)的12歲男童同時具有爾蘭症候群之症狀與前庭所造成的暈眩問題之個案報告。

重點摘要：

爾蘭症候群之個案常伴隨有眼睛疲勞、頭痛，並且觀看印刷字體時常會出現模糊、雙影、晃動等視知覺扭曲。這些症狀可以透過使用個別化制定的有色鏡片或遮蔽物得以改善。視覺導致的暈眩，又稱之為視覺暈眩，其特徵為受到一個複雜、扭曲的大視野移動視覺刺激所引起的暈眩和/或不穩定。視覺引起的暈眩可以透過漸進式的暴露在控制下的視覺運動刺激而有效地被治療。這位爾蘭症候群的兒童有平衡受損、凝視穩定性受損及視覺暈眩的症狀，此男孩因視覺引起的暈眩問題在前庭復健後得以解決。

結論與臨床實務建議:

當患有爾蘭症候群的個案抱怨有暈眩問題時，應先排除是否患有中樞神經和/或周邊神經性前庭障礙的診斷。

為實證增加了什麼:

爾蘭症候群所伴隨產生的視覺症狀可能與視覺引發的暈眩症狀重疊。這是第一份描述患有爾蘭氏症候群同時合併視覺及前庭覺暈眩問題的個案病例報告。

Original Abstract

PURPOSE:

A case study of a 12-year-old boy with Irlen syndrome illustrates the overlapping symptoms of Irlen syndrome and vestibular-related dizziness.

SUMMARY OF KEY POINTS:

Individuals with Irlen syndrome have eyestrain and headache, and often report visual perceptual distortions of blurring, doubling, and movement of print on the page. These symptoms can be relieved with the use of individually prescribed tinted lenses or overlays. Visually induced dizziness, also known as visual vertigo, is characterized by dizziness and/or unsteadiness that is triggered by complex, distorted, large field/moving visual stimuli. Visually induced dizziness can be effectively treated with progressive, controlled exposure to optokinetic visual stimuli. The child with Irlen syndrome had impaired balance, impaired gaze stability, and symptoms of visual vertigo. His complaint of visually induced dizziness resolved following vestibular rehabilitation.

CONCLUSIONS AND RECOMMENDATIONS FOR CLINICAL PRACTICE:

When an individual with Irlen syndrome complains of dizziness, ruling out a concomitant diagnosis of a central and/or peripheral vestibular disorder is warranted.

WHAT THIS ADDS TO THE EVIDENCE:

The visual symptoms associated with Irlen syndrome can overlap with those of visually induced dizziness. This case report is the first to describe overlapping visual and vestibular complaints of dizziness in an individual with Irlen syndrome.

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