

OTITIS MEDIA

Level I

Skill Level: RN

Definition: Inflammation of the middle ear, may be purulent or secretory. Accumulation of fluid within the middle ear cavity.

MILD	
<p>Subjective:</p> <ul style="list-style-type: none">• Ear pain may be absent to intense, dependent upon amount of fluid behind tympanic membrane.• Diminished hearing in affected ear(s).• Sensation of fullness in ear.• History of one or more:<ul style="list-style-type: none">➢ recent exposure to allergen.➢ upper respiratory infection for 3-5 days.	<p>Assessment:</p> <ul style="list-style-type: none">• Alteration in:<ul style="list-style-type: none">➢ comfort➢ hearing acuity
<p>Objective:</p> <ul style="list-style-type: none">• Afebrile.• Decreased hearing on affected side.• TM may appear bulging or retracted, or red.• Throat may be light pink, but with no swelling or exudates.• Nasal passages pink and moist.• Fluid (bulging or a fluid level) sometimes can be seen behind the eardrum.	<p>Plan:</p> <p>Patient education handout regarding use of medication from the housing units.</p> <p>At nursing discretion may use any of the below:</p> <ul style="list-style-type: none">• Return to clinic if fever or worsening pain.• Instruct patient to return to clinic in 7 days if no improvement and in 14 days if not resolved.• If recurrent (more than 2 episodes in a 2 month period) refer to practitioner.

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Nursing Education:

1. Otitis media may possibly rupture the tympanic membrane.
2. Look into causes other than the ear if you don't find an ear infection. Anything from the neck up can cause ear pain.
3. Redness/inflammation of TM is frequently a normal variant and does not require treatment with antibiotics. it may occur with URI, crying and nose blowing.

Patient Teaching:

Otitis Media is similar to any viral illness since many ear infections are mild and start with a viral Upper Respiratory Infection. Antibiotics are usually to be avoided.

Disease course and expected outcome: Explain to patient that symptoms should begin to subside within a week following initiation of treatment, but that the sensation of fullness in ear may continue for several weeks. Condition is not contagious.

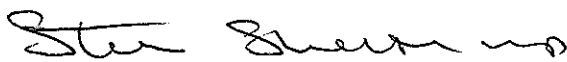
APPROVED:

Health Services Manager

Date

Chief Medical Officer

Date



Medical Director

3/3/09
Date

Effective Date 3/09
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