

CT Children's CLASP Guideline

Otitis Media

INTRODUCTION	<p>Otitis media is exceedingly common in childhood and has multiple causes. Pathology can range from inflammation with effusion to bacterial infection. Symptoms of otitis media are variable, but may include otalgia, fever, irritability, poor sleep, and/or otorrhea. Most episodes of otitis media are managed uneventfully in the outpatient setting either through watchful waiting or directed antibiotic therapy. For further information regarding this, please see attached references.</p> <p>Despite adequate therapy, 3-7% of all children are candidates for tympanostomy tubes. Indications for surgical intervention are recurrent infection or chronic effusion with associated hearing loss. Additionally, although rare, complications of otitis media can occur and may require prompt intervention and management.</p>	
INITIAL EVALUATION AND MANAGEMENT	<p>INITIAL EVALUATION:</p> <ul style="list-style-type: none"> The goal of initial evaluation should be to establish the diagnosis and to determine the severity of the otitis media. <p>INITIAL MANAGEMENT:</p> <ul style="list-style-type: none"> The management of routine otitis media is based on clinical judgment and clinical practice guidelines. If otorrhea is present, with or without tubes, the recommendation is to add ototopical drops. If complications of otitis media are present or impending, referral through the Emergency Department is strongly encouraged to facilitate timely imaging studies and hospital admission if necessary. 	
WHEN TO REFER	<p>WHEN TO REFER TO ED:</p> <ul style="list-style-type: none"> Redness and swelling behind the ear Proptosis and lateral and forward displacement of the ear Change in mental status Vertigo Sudden loss of hearing Severe headache Facial nerve dysfunction 	<p>WHEN TO REFER TO ENT:</p> <p>ROUTINE REFERRAL (within 4 weeks):</p> <ul style="list-style-type: none"> Persistent otorrhea (>2 weeks) Failure of multiple courses of antibiotics Recurrent infections (3 in 3 months, 4 in 6 months) Chronic otitis media with effusion for greater than 3 months with associated hearing loss
HOW TO REFER	<p>Referral to ENT Department via CT Children's One Call Access Center Phone: 833.733.7669 Fax: 833.226.2329</p> <p>Information to be included with the referral:</p> <ul style="list-style-type: none"> Notes from the initial and follow up visits with the PCP If performed: Results of any hearing tests or tympanometry Results of any radiology studies 	
WHAT TO EXPECT	<p>What to expect from CT Children's ED Visit:</p> <ul style="list-style-type: none"> History, physical exam Possible imaging (CT temporal bones with contrast, MRI) Possible laboratory tests Possible admission for IV antibiotics Possible urgent ENT consultation Possible urgent surgical intervention 	<p>What to expect from CT Children's ENT Visit:</p> <ul style="list-style-type: none"> History, physical exam Possible exam with binocular microscopy Possible culture of otorrhea Possible recommendation for surgical management