

OUTPATIENT GP REFERRAL GUIDELINES EAR, NOSE & THROAT SERVICES (ENT) Southern Adelaide Local Health Network (SALHN)

Otitis Media

Approved by Prof Eng Ooi

Date:

Indications for surgery are

- Recurrent Acute Otitis Media - > 4 episodes per year, or 3 episodes in 6 months
- Persistent Otitis Media with Effusion; Unilateral effusion present for more than 6 months, Bilateral effusion present for more than 3 months or unilateral effusion in the only hearing ear
- Severely retracted tympanic membrane

Information Required

- Number of episodes of OM and/or duration of effusion
- If the child is of 'high risk': Aboriginal or Torres Strait Islander, Craniofacial syndrome, Immunodeficiency, Un-immunised
- Hearing loss and/or speech delay

Helpful Investigations

- Audiogram (GP's can refer children directly to FMC Audiology for hearing test)

Fax Referrals to

- ENT Clinic Fax: 8374 4928

Red Flags

- Acute mastoiditis – red fluctuant swelling over mastoid process in a child with features of AOM. Contact the on-call ENT registrar to arrange urgent review in the Emergency Department the same day

Suggested GP Management

For recurrent AOM

- Analgesia (paracetamol 15mg/kg/dose or ibuprofen 10mg/kg/dose) and watchful waiting is appropriate for most children with AOM
- In children < 6 months, 'high risk' children or those with severe bilateral disease commence oral amoxicillin 15mg/kg/dose, orally, TDS for 5 days
- For non-responders switch to amoxicillin + clavulanate 22.5+3.2mg/kg, orally, TDS for 5-7days

For AOM in presence of grommet

- Cloxin 0.3% ear drops, 5 drops, twice a day for 9 days

For OME

- There is no strong evidence for oral antibiotics, antihistamines, oral steroids or auto-inflation devices to improve resolution of OME

Clinical Resources

[South Australian Paediatric Practice Guidelines – Acute Otitis Media in Children](#)

[Therapeutic Guidelines - Antibiotic](#)

Patient Information

Parenting and Child Health. Women's and Children's Health Network. Available at URL:

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=304&id=1855>

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

Version	Date from	Date to	Amendment
1.1	November 2016	November 2018	Review Nov 16