



Guidelines for Management of Otitis Media

Problem: Otitis Media with Effusion (OME) in otherwise Healthy Children

Diagnosis:

- Presence of fluid in the middle ear
- NO acute local signs or symptoms (otalgia or otorrhea)
- NO systemic signs of infection (fever)

Did You Know:

- 65% of all cases of OME resolve WITHOUT antibiotics within 3 months
- OME is a normal part of recovery after AOM and resolves spontaneously in 90% of cases
- Antibiotic use increases the risk for colonization by drug resistant *Streptococcus pneumoniae*

Recommended Action:

- Reassure and educate parents
- Counsel parents to protect children from environmental cigarette smoke
- Monitor the child at 6-week intervals for resolution of OME or development of hearing loss
- Advise parents to return if symptoms do not resolve
- For more complete guidance see
Pediatrics 1994; 94:766-773

Problem: Uncomplicated Otitis Media (AOM) in otherwise Healthy Children

Diagnosis:

- Presence of fluid in middle ear **AND**
- Systemic signs of infection (fever) **OR**
- Acute local signs or symptoms
 - * otalgia or otorrhea
 - * red or bulging tympanic membrane
 - * immobility of the eardrum

Did You Know:

- Pneumatic otoscopy is necessary to establish the presence of middle ear effusion; acoustic reflectometry and tympanometry may also be helpful
- Over 75% of AOM cases resolve spontaneously
- Ear-pulling without other symptoms of infection is RARELY due to AOM

Recommended Action:

- Amoxicillin, especially at high-dose (80-90 mg/kg per day) remains highly effective and is recommended as first-line therapy
- Advise parents to return for re-evaluation if symptoms do not resolve within 72 hours

**West Virginia Physicians for
Wise Use of Antibiotics**

- Jeffrey Ashley, MD
Robert C. Byrd Health Sciences Center,
West Virginia University-Charleston
- Patricia Lally, DO
The West Virginia School of
Osteopathic Medicine
- Kathryn Moffett, MD
Robert C. Byrd Health Sciences Center,
West Virginia University-Morgantown
- Lora Jobe, MD
West Virginia Academy of Family
Physicians
- Robert B. Walker, MD
Joan C. Edwards School of Medicine,
Marshall University
- Raheel R. Khan, MD
West Virginia Chapter American
Academy of Pediatrics



West Virginia Department of
Health and Human Resources
Bureau for Public Health
Infectious Disease Epidemiology
Program 304-558-5358

For more complete guidance:
Pediatrics 1998; 101: 165-171