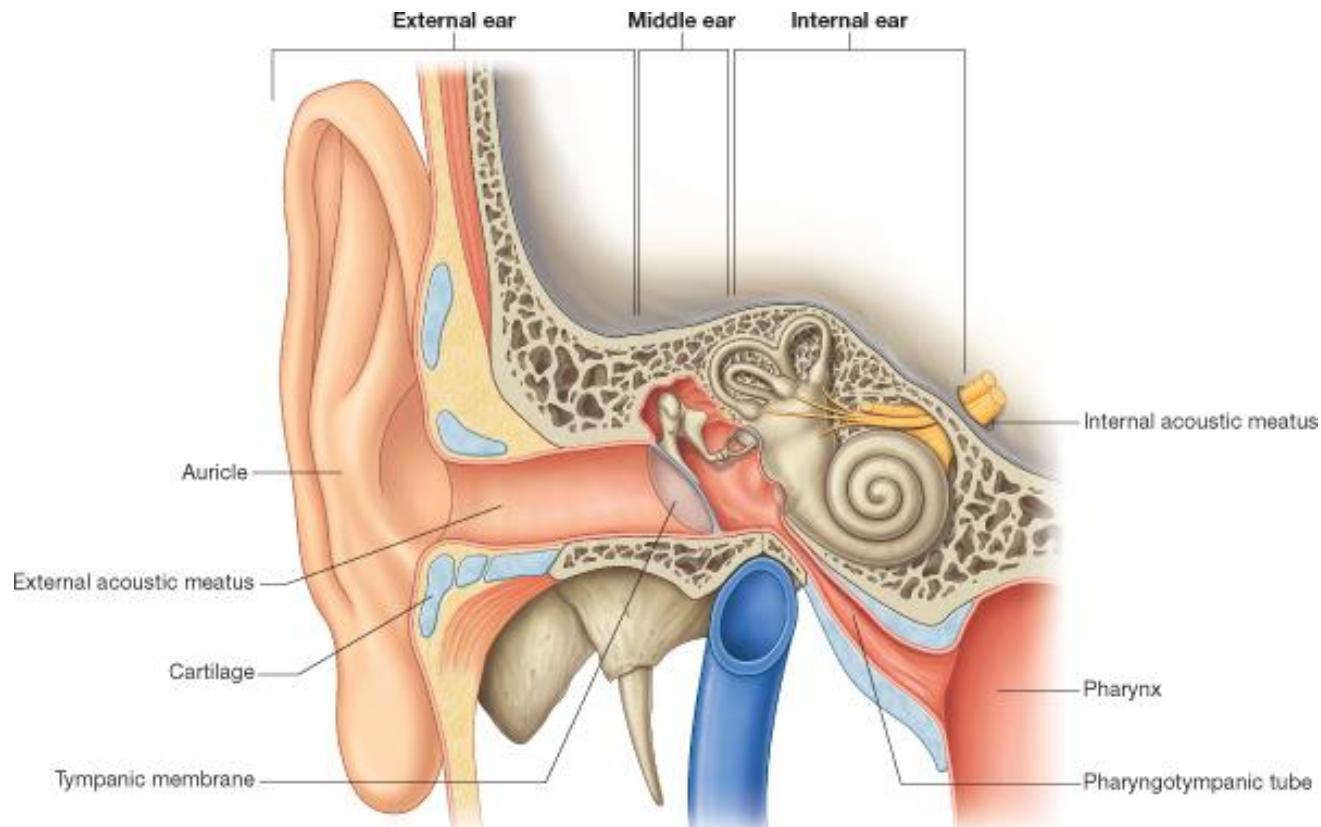


Otitis externa [Swimmer's ear]



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Introduction

- Otitis externa is an inflammation of the skin lining in externa auditory meatus
- It is a diffuse inflammation
- This is caused by either bacteria or virus



Characteristics Of The Inflammation

- Irritation
- Desquamation
- Scanty discharge
- Tendency to relapse



Aetiology

- Pathogens
 - Pseudomonas*
 - Staphylococcus pyogenes*
 - candida albicans*
 - Aspergillus niger*
- Skin diseases
 - Psoriasis
 - Eczema



Predisposing Factors

- Moisture inside the ear canal

That's why swimmers are more prone to get this condition

- Trauma to the ear

Poking the ear with fingers, cotton buds or clothes

- Staying in the hotter climate

Sweating and bathing may predispose



Symptoms

- Irritation
- Scanty discharge
- Ear pain

exaggerated with the jaw movements

- May predispose to hearing loss



Signs

- Meatal tenderness

When moving the pinna

- Moist debris

Most of the time this may cause a smell
and once they are removed the swollen
tympanic membrane can be seen



Investigations

- Ear swab :- useful in diagnosing the responsible pathogen
- If it is occurred due to underlying skin disease, it can be diagnosed by specialist with using either clinical manifestations or special investigations



Management

- Pharmacological management
- Other management options
 - Aural toilet
 - Dressing



Aural toilet

- This can be done by dry mopping
- Cotton wool is used to clean the ear canal and performed under direct vision
- Gentle syringing can also be performed to clean the debris



Dressing

- This method is used when Otitis externa is severe
- Appropriate medications impregnated gauze is gently inserted into the meatus and renewed daily



Pharmacological Management

- Topical antibiotics
Neomycin, Gramicidin
- Steroid ear drops
- Analgesics
- Systemic antibiotics are used when there is cellulitis of the pinna



- If suspected fungal infection antibiotics should be stopped and debris should be removed
- For chronic otitis externa, topical steroid can be used
- Management of the underlying disease is crucial in many situation



Necrotizing Otitis Externa

- Usually this is occurred in immunocompromized patients
- The infection spreads to the skull base
- Long time treatment with antibiotic would be the management option



Prevention

- Education is the mainstay of prevention
- Should avoid main risk factors



THANK YOU

