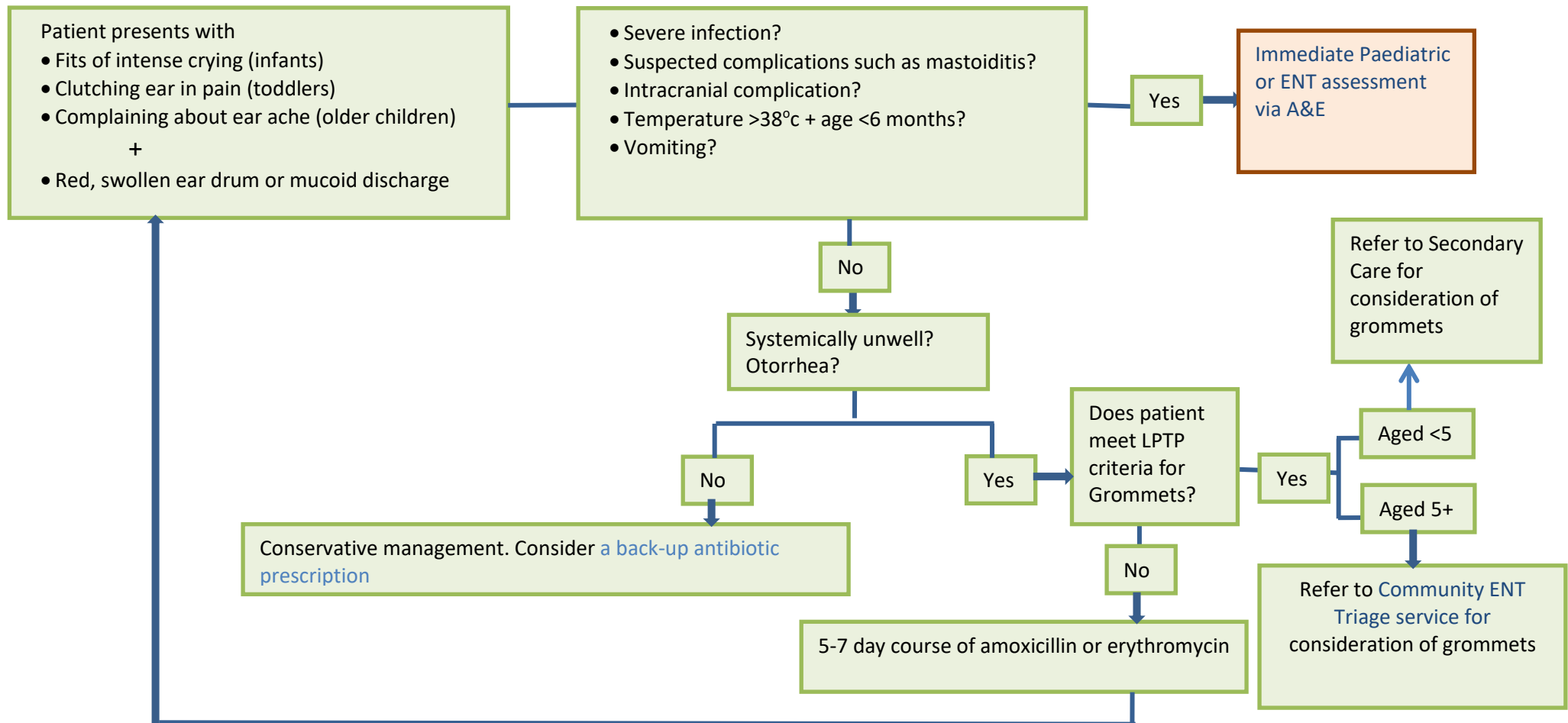


ENT PRIMARY CARE MANAGEMENT GUIDELINES

PAEDIATRIC ACUTE OTITIS MEDIA



Recurring Infection: ‘Uncomplicated recurrent acute otitis media, with or without discharge, in children under age 5 does not require an ENT appointment, unless the child has suffered more than 6 episodes of acute otitis media in 12 months.

The LPTP, quite validly, does not allow **grommets unless criteria is met** and so we are not able to offer treatment beyond what is available in primary care. We can only offer the same reassurance that in a few months they will become less frequent and eventually stop without significant risk of causing a permanent problem. Interventional treatment with grommets does not lower risk. We recognise that hearing this information from a specialist does sometimes help parents to feel reassured. There is no management that we can offer that would prevent a (rare) persisting perforation. Grommets increase the risk of perforation, and for recurrent AOM may lead to persistent discharge necessitating removal of the grommet under GA. If very frequent and severe, consider prophylaxis (typically Azithromycin prophylaxis 200mg once daily for 3 days every 2 weeks for 3 months). Encourage probiotic live culture as part of daily diet. If there are concerns regarding hearing and speech development, please refer to [paediatric audiology](#) and/or [Speech and Language Therapy](#)