

Ear Infection in Children

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Editorial

Acute otitis media “otitis means ear”, “media means middle”. An infection of the middle ear is known as otitis media. Bacteria, which nearly every child has in their nose and throat at some point, are the most common cause.

A viral respiratory tract infection, such as a cold or the flu, is the most common cause of ear infections. These infections can induce swelling of the nose and throat mucous membranes, as well as a reduction in typical host defenses such as bacterial clearance from the nose, resulting in an increase in the quantity of bacteria in the nose. The function of the Eustachian tube can also be harmed by viral respiratory tract infections.

Adolescents and older children may experience ear ache or pain, as well as temporary hearing loss, as a result of an ear infection. These symptoms generally appear out of nowhere.

The symptoms of an ear infection in newborns and young children are nonspecific. A viral respiratory tract infection may be the source of many of the symptoms of an ear infection. An ear infection can cause the following symptoms:

- Fever (temperature above 100.4°F or 38°C)
- Yanking on one's ear
- Fussiness, irritability, or a restless night's sleep is all signs that something is wrong.
- Activity levels have dwindled.
- Inability to eat or a lack of appetite
- Diarrhea or vomiting
- Draining fluid from the outer ear

Most newborns and children dislike having their ears inspected, even though it is not painful. Hold child in your lap and cuddle his or her arms and body as the doctor or nurse examines the inside of the child's ear with a device called an otoscope. Often, cerumen (ear wax) must be removed in order for doctor or nurse to see the ear drum clearly.

The doctor or nurse can detect if child has an ear infection by searching for the typical characteristics of an ear infection on the ear drum (tympanic membrane).

An ear infection can be treated in a variety of ways, including:

- Antibiotics
- Pain and fever-relieving medications
- Observation is sometimes known as watchful waiting.
- a mixture of the aforementioned

Antibiotics are commonly administered to infants under the age of 24 months who have a high fever or an infection in both ears. Children above the age of 24 months who have minor symptoms may be given an antibiotic or closely monitored to see if they improve rapidly without them. Antibiotics can cause side effects like diarrhea and dermatitis, and overuse might result in bacteria that are more difficult to cure (resistant). Resistance indicates that an antibiotic is no longer effective or that bigger doses may be required in the future. Pain relievers such as ibuprofen and acetaminophen might help relieve discomfort. A wide range of complementary and alternative medical (CAM) treatments are advertised to treat ear infections. Treatments such as homoeopathy, naturopathy, chiropractic, and acupuncture may be used.

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