

## ADDITIONAL NOTES



- Always ASK the patient if you may CAREFULLY try to clean his/her ear using the dry mop or wick you have made.
- If dry mopping causes fresh bleeding, or severe pain, stop. Wait for the bleeding to stop and then check the ear for any injury. If there is an injury or in case of any doubt, refer the patient to a medical doctor.

## Practical E

Treating with ear drops: EXPLAIN, DEMONSTRATE, SUPERVISE

### Introduction

Drops can be used to treat infections like otitis externa or otitis media. To be most effective, the drops should reach deep in the ear canal.

Equipment  
Ear drops (e.g. antibiotics)  
Otoscope  
Speculum

ONLY treat a patient with antibiotic eardrops if there is a perforation in the ear drum.

## PROCEDURE

1. First examine the ear (practical B).
2. If there is a lot of pus in the ear canal, drops will not work. Use either dry mopping (practical E) or ear washout (practical C) to clear the pus.
3. Warm the ear drops by holding them in your hands
4. Ask the patient to tilt their head to the side, so that the ear being treated is facing up.
5. Put 2-3 drops into the ear canal. Try to not touch the ear with the dropper from the bottle. This might cause infections to spread.
6. Rub or massage the pinna, especially the tragus, to encourage the ear drops to go down the ear canal

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1. If the patient has a hole in the ear drum, the drops might go through the middle ear, into the Eustachian tube, and be tasted in the back of the throat. This will not cause any problems.