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This quiz, study guide, and flashcard set are designed to help you prepare for your first pediatric clerkship rotation, focusing on the diagnosis, management, and complications of ear pain and otitis media as discussed on PediatricEducation.org.

Otitis Media and Ear Pain Practice Quiz
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Try again without interactive quiz

Study Guide: Ear Pain and Otitis Media

- **Acute Otitis Media (AOM):** A common pediatric diagnosis often following an upper respiratory infection. Approximately 50% of cases are viral in origin, meaning antibiotics are often unnecessary.
- **Bullous Myringitis:** A variant of AOM characterized by the formation of bullae (blisters) on the tympanic membrane between the outer epithelial and middle fibrous layers. It is often more painful than standard AOM due to the innervation of the outer layer of the tympanic membrane.
- **Mastoiditis:** A serious complication of AOM where infection spreads beyond the middle ear cleft into the mastoid air cells.
    - **Presentation:** Fever, otalgia, hearing loss, abnormal tympanic membrane, post-auricular swelling/erythema, and pinna protrusion.
    - **Complications:** Can lead to intracranial issues (meningitis, abscesses), venous thrombosis (sigmoid sinus), and Bezold abscess (pus in the sternocleidomastoid muscle).
- **Cerumen Impaction:** Accumulation of ear wax that prevents proper physical examination of the canal or tympanic membrane. Treatment involves cerumenolytics (which hydrate keratinocytes and induce keratinolysis) or mechanical removal. Irrigation should never be performed if a perforated tympanic membrane is suspected.
- **Tympanic Membrane Healing:** Occurs via centrifugal migration of keratinocytes from the center (malleus) toward the periphery. Understanding this helps in managing perforations.

Flashcards

- **Card 1:**
    - **Front:** What is the defining clinical feature of bullous myringitis compared to simple AOM?
    - **Back:** The presence of bullae on the tympanic membrane, often resulting in more severe pain due to the irritation of the highly innervated outer epithelial layer.
- **Card 2:**
    - **Front:** Why should cerumenolytics be avoided if a perforated tympanic membrane is suspected?

    - **Back:** Because they can cause pain, irritation, and potentially introduce infections into the middle ear, and irrigation is contraindicated in perforated membranes.
- **Card 3:**
    - **Front:** What is a Bezold abscess in the context of mastoiditis?
    - **Back:** A complication where pus from the mastoid cavity extends into the sternocleidomastoid muscle.
- **Card 4:**
    - **Front:** What is the primary direction of normal keratinocyte migration on the tympanic membrane?
    - **Back:** Centrifugal, moving from the central area (malleus) toward the periphery.
- **Card 5:**
    - **Front:** What proportion of otitis media cases is estimated to be viral in etiology?
    - **Back:** Approximately 50%.

Good luck with your clerkship rotation—you have the foundational knowledge needed to succeed!