Otitis Media: Prevention


Rating (out of 4):

Scope
This guideline is intended for all physicians who deal with patients with acute otitis media (AOM) and otitis media effusion (OME).

Clinical Question
What measures can be taken to prevent acute otitis media (AOM) and otitis media effusion (OME)?

- Offer annual influenza vaccination to all children with a history of recurrent AOM [A*].

- Ensure that all infants receive the recommended pneumococcal conjugate vaccine [A*].

- Avoid exposure to environmental smoke and group daycare (when feasible) for children with recurrent AOM or OME [C*].

- Discontinue pacifier use in children with recurrent AOM and OME. Consider xylitol syrup or xylitol-containing chewing gum for children with recurrent AOM, depending on age [A*].

*University of Michigan Levels of Evidence

A = Randomized controlled trials;
B = Controlled trial, no randomization;
C = Observational trials;
D = Opinion of expert panel

Effective Date: May, 2004
Planned Review Date: May, 2007

Ontario Guidelines Advisory Committee