

History

Pain Location, quality, course, aggravating/relieving factors	Discharge (frequency, colour, consistency, odour)
Feeling of fullness/pressure	Hearing loss (uni/bilateral/partial/complete)
Tinnitus	Vertigo
Loud noise exposure	Injury to the ear
Recent swimming/air travel	Infection
Past Ear surgery/treatment	Past serious illness
Family history of hearing problems/ ear conditions	Cold water sports

Hearing Loss

Types	Age
Congenital	Infant - Young children
Serous Otitis Media	Infant - Young children
Postinfective	Young children - Teenagers/adolescents
Noise Induced	Teenagers/adolescents - Over 60
Otosclerosis	20-60yo
Acoustic Neuroma	20-60+yo
Meniere's Disease	20-60 yo
Early Prebycusis	40-60 yo
Prebycusis	60+

Tinnitus Classifications

Subjective	Objective
Most common	Can be heard by patient and examiner - Rare
Sound can only be heard by patient - caused by abnormal activity in inner ear/CNS	Vascular Abnormalities, muscle related
Primary	Secondary
Idiopathic + sensorineural Hearing loss	Underlying cause - not sensorineural
Constant/intermittent/unilateral/bilateral: Buzzing, Whistling, Hissing, Ringing, Roaring, Clicking, Pulsing (vascular), Whooshing, Humming	

Causes of Subjective Tinnitus

Infections	Ear wax
Inner ear noise damage	Meniere's disease
Otosclerosis	Acoustic Neuroma
MS	Ototoxic drugs
Metabolic disorder	Psychological disorders



Otoscopy

Before inserting Otoscope, observe the outside of the ear - hearing aid, shape, discharge, deformities, skin

Pull the pinna up and back for adults, up for children

Slowly insert no more than 0.5cm in

Ear disorders

Acute Otitis media	S&S	Otoscopy Findings
	Fullness in the ear	Retracted, pink/red tympanic membrane
	Fever	Pus and membrane can bulge
	Vomiting	
	Headache	
	Hearing loss	
	Fluid coming from the ear	
	Diarrhoea	
Serous Otitis media		
	Fullness, pressure, popping in the ear	Retracted Tympanic membrane - yellowish/blueish in colour
	Hearing loss	Bubbles/ air/fluid level can be seen
	Pain	
Chronic suppurative otitis media	Painless otorrhea	Defects in tympanic membrane
	Bacterial or fungal	Ear full of pus
Perforated Eardrum	Painful	
	Hearing loss	Hole in eardrum with redness
	Caused by: Repeated infections + trauma	
Exostosis	Surfer's ear - cold water	Nodular bony outgrowths covered with skin
	Can occlude ear canal	
Tympanosclerosis	Hearing loss if affects ossicles	White plaques in tympanic membrane /middle ear cavity

