

Therapeutic areas – Part 1

Ear, Nose, and Throat Disorders



Module 4 Topic 4_4

ENT Disorders

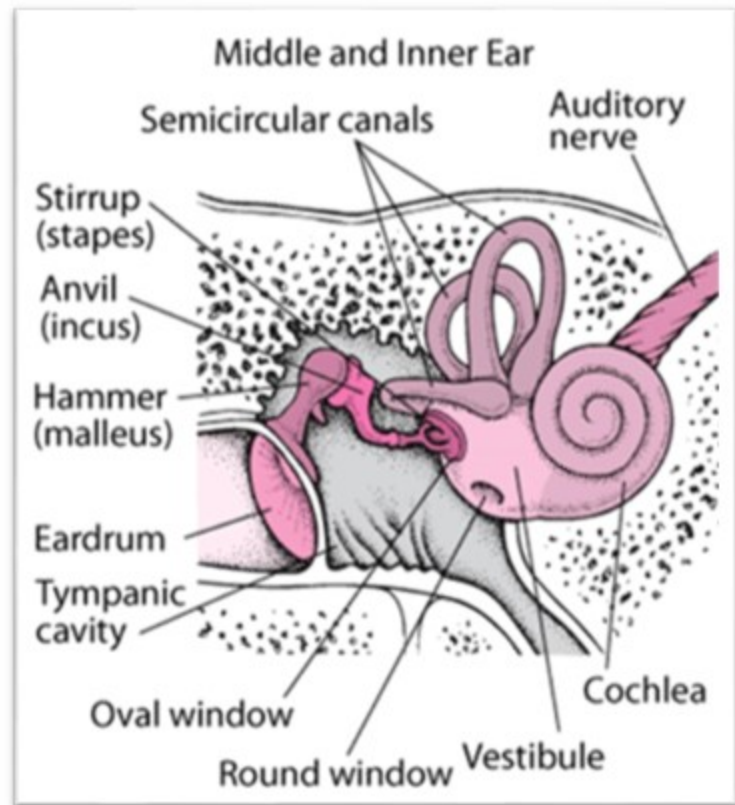
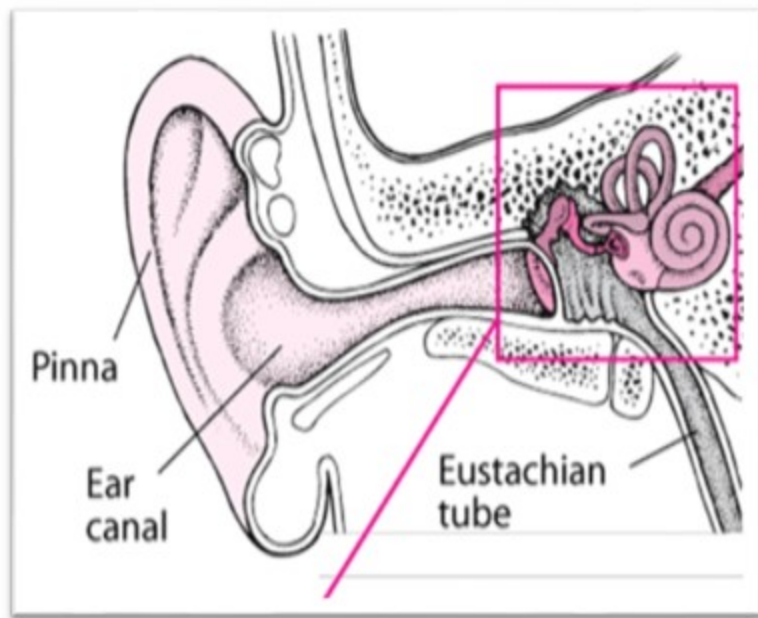
The common ENT disorders include

- Acute otitis media,
- Tonsillopharyngitis,
- Sore throat,
- Rhinorrhea,
- Sinusitis etc.



ENT Disorders

Inside the ear



ENT Disorders

Otorrhea or Ear discharge

- Most common causes are
 - Acute otitis media with perforation of ear drum
 - Chronic otitis media (with a perforation of the eardrum, cholesteatoma, or both)
 - Otitis externa
- Malignant External Otitis
 - Occurs mainly in elderly patients with diabetes or in immunocompromised patients
 - Often due to *Pseudomonas* or methicillin-resistant *Staphylococcus aureus* (MRSA)
 - Treatment is with fluoroquinolone e.g. ciprofloxacin 400 mg IV q 8 h and/or a penicillin (piperacillin–tazobactam or piperacillin)/aminoglycoside combination



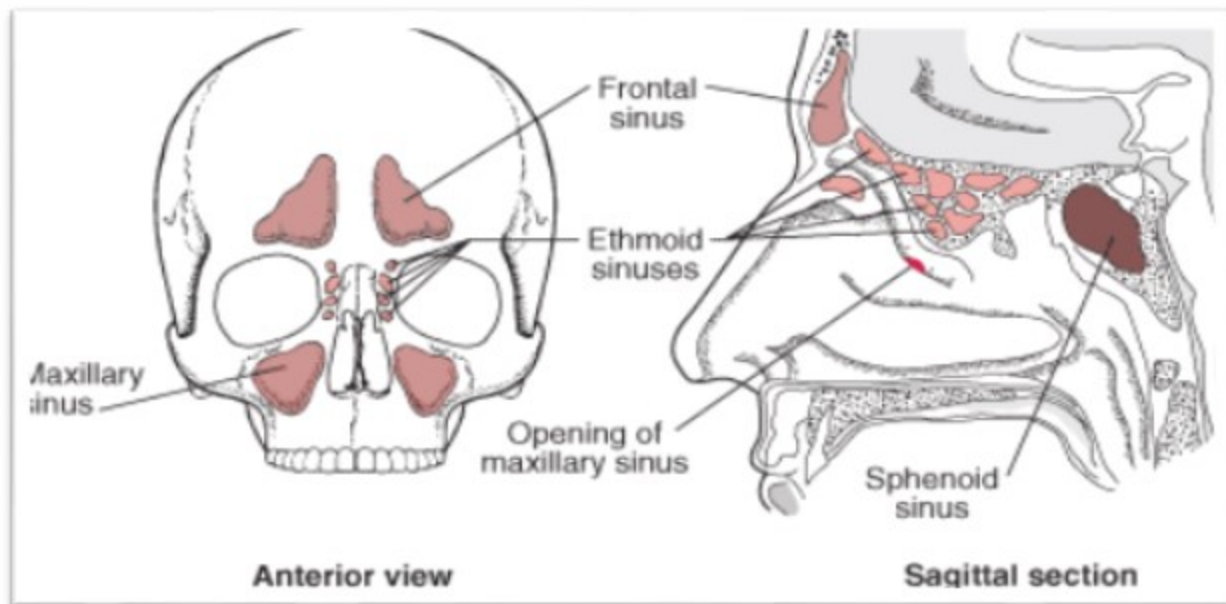
ENT Disorders

Nose

- Nasal cavity is covered with a highly vascular mucosa that warms and humidifies air

Sinuses

- Paranasal sinuses are mucus-lined bony cavities that connect to the nasopharynx



ENT Disorders

- Nasal congestion and rhinorrhea (runny nose) are extremely common problems
- Most common causes are:
 - Viral infections
 - Allergic reactions
 - Vasomotor rhinitis (nonallergic rhinitis) is a chronic condition in which intermittent vascular engorgement of the nasal mucous membrane leads to watery rhinorrhea and sneezing



ENT Disorders

Sinusitis

- Inflammation of paranasal sinuses due to viral, bacterial, or fungal infections or allergic reactions
- Symptoms include nasal obstruction and congestion, purulent rhinorrhea, facial pain; malaise, headache, and/or fever
- Local measures to enhance drainage e.g. steam, topical vasoconstrictors



ENT Disorders

Sinusitis (contd)

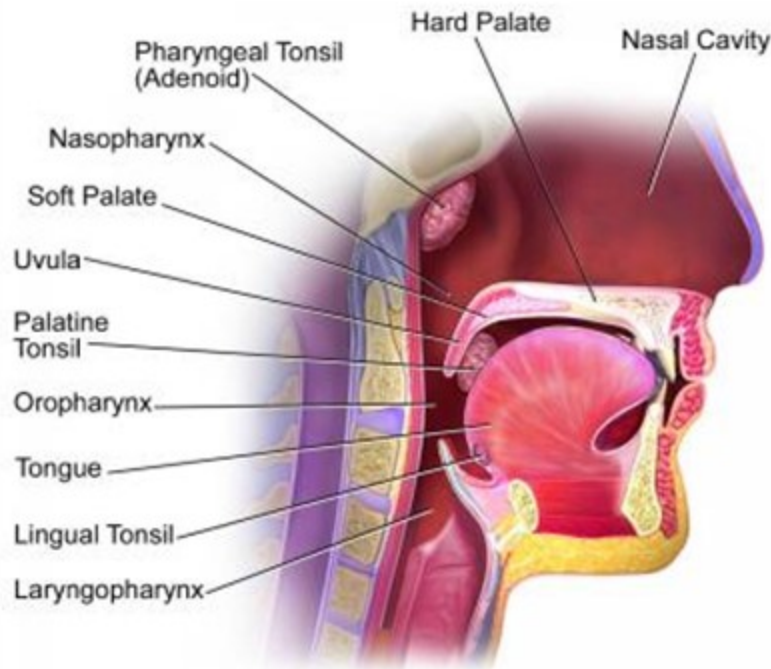
- Treatment of suspected bacterial infection is with antibiotics, such as amoxicillin/clavulanate or doxycycline or levofloxacin or cefixime
- Recurrent sinusitis may require surgery to improve sinus drainage



ENT Disorders

Sore throat

- Pain in the posterior pharynx that occurs with or without swallowing
- Most common cause is Tonsillopharyngitis
- Treatment
 - Symptomatic treatment
 - Antibiotics for GABHS (e.g. Penicillin V or amoxycillin)
 - Tonsillectomy for recurrent
 - GABHS



ENT Disorders

Dizziness and Vertigo

- **Dizziness** - a term used to describe various sensations, including:
 - Faintness (a feeling of impending syncope)
 - Light-headedness
 - Feeling of imbalance or unsteadiness
 - A spinning sensation
- **Vertigo** is a false sensation of movement of the self or the environment
- Treatment
 - diazepam 2 to 5 mg po q 6 to 8 h
 - antihistamine/anticholinergic drugs (e.g. meclizine 25 to 50 mg tid)

