

EAR PAIN/DRAINAGE/TRAUMA, A-2

Red Flags. If the Soldier presents with any of the red flags, immediately disposition the Soldier as “Provider Now.” A stiff neck and fever are signs of meningitis, and all Soldiers with signs of meningitis should be seen by a privileged provider as soon as possible. Mastoid symptoms can be a sign of mastoiditis.

DP1. Signs of infection. All Soldiers with otitis media or moderate to severe otitis externa should be evaluated by a privileged provider to be considered for antibiotics.

DP2. Vertigo requires an internal ear evaluation. Longer timeline and decreased hearing can be signs of a complication from an ear infection or alternate cause requiring a qualified provider evaluation.

DP3. Evaluate for cold symptoms and sore throat that can be associated with ear pain with their respective protocols.

TREATMENT PROTOCOL, A-2

Mild otitis externa, temporal-mandibular joint (TMJ) dysfunction, and ear pain with normal exam should be treated with minor-care.

MCP for otitis externa. Soak wick of a cotton ball wick with OTC ear drops. Place in the ear for 24 hours while using the drops. Remove the cotton wick and continue drops for 1 week (3 days after the symptoms have resolved). Keep the ear canal dry. Use OTC ibuprofen as needed for pain. Return to clinic if not resolved in 1 week or worsening symptoms to include pain or fever.

MCP for TMJ is another common cause of pain around the ear. Evaluation includes seeing if the pain increases with opening and closing the jaw while placing the finger on the anterior inside of the ear to feel the joint. Ensure pain is not related to the heart. Use OTC ibuprofen for inflammation and pain. Refer to dental if history of teeth grinding. Instruct on avoidance of triggers (excessive chewing, chewing gum). Home therapy is jaw isometric exercises: jaw is open 1 inch and jaw is pushed 1) down against a loosely fistted hand and 2) forward against a hand for 5 seconds each, each set is repeated 5 times per session with 3 sessions per day. Return if not improving within three days.

A-2: In accordance with MEDCOM Regulation 40-50		
Administer Otic Medications	pg.67	(3)(b)
A-2: In accordance with STP 8-68W13-SM-TG Task		
Subject Area 6: Primary Care	Perform a HEENT Exam	081-833-0254
Subject Area 6: Primary Care	Provide Treatment for Common Ear Infections	081-833-0241
Subject Area 18: Medication Administration	Administer Ear Medications	081-833-0020

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<p>Partial Differential Diagnosis</p> <ul style="list-style-type: none"> Otitis Media/Externa Eustachian tube dysfunction Nasopharyngeal pathology Deep space head/neck infections Meningitis Mastoiditis Ruptured Ear Drum TMJ Dysfunction 	<p>RED FLAGS</p> <ul style="list-style-type: none"> - Stiff Neck AND Fever - Posterior Ear Pain and/or Mastoid Erythema 	<p>Activity Modification:</p> <ul style="list-style-type: none"> Otitis Externa -Avoidance of situations requiring utilization of ear plugs -No swimming <p>Eustachian Tube Dysfunction</p> <ul style="list-style-type: none"> -No scuba diving
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