OUTPATIENT GP REFERRAL GUIDELINES
EAR, NOSE & THROAT SERVICES (ENT)
Southern Adelaide Local Health Network (SALHN)

Otitis Media
Indications for surgery are
- Recurrent Acute Otitis Media - > 4 episodes per year, or 3 episodes in 6 months
- Persistant Otitis Media with Effusion; Unilateral effusion present for more than 6 months, Bilateral effusion present for more than 3 months or unilateral effusion in the only hearing ear
- Severely retracted tympanic membrane

Information Required
- Number of episodes of OM and/or duration of effusion
- If the child is of ‘high risk’: Aboriginal or Torres Strait Islander, Craniofacial syndrome, Immunodeficiency, Un-immunised
- Hearing loss and/or speech delay

Helpful Investigations
- Audiogram (GP’s can refer children directly to FMC Audiology for hearing test)

Fax Referrals to
- ENT Clinic Fax: 8374 4928

Red Flags
- Acute mastoiditis – red fluctuant swelling over mastoid process in a child with features of AOM. Contact the on-call ENT registrar to arrange urgent review in the Emergency Department the same day

Suggested GP Management
For recurrent AOM
- Analgesia (paracetamol 15mg/kg/dose or ibuprofen 10mg/kg/dose) and watchful waiting is appropriate for most children with AOM
- In children < 6 months, ‘high risk’ children or those with sever bilateral disease commence oral amoxicillin 15mg/kg/dose, orally, TDS for 5 days
- For non-responders switch to amoxicillin + clavulanate 22.5+3.2mg/kg, orally, TDS for 5-7days

For AOM in presence of grommet
- Clloxin 0.3% ear drops, 5 drops, twice a day for 9 days

For OME
- There is no strong evidence for oral antibiotics, antihistamines, oral steroids or auto-inflation devices to improve resolution of OME

Clinical Resources
South Australian Paediatric Practice Guidelines – Acute Otitis Media in Children
Therapeutic Guidelines - Antibiotic

Patient Information
Parenting and Child Health. Women’s and Children’s Health Network. Available at URL:

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

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