

Ear Exam

I. Procedure

Step 1: Gather Patient Information

Ask the patient about their personal and family medical history. Inquire about recent symptoms, such as pain, hearing loss, tinnitus (ringing in the ears), dizziness, discharge, or other relevant complaints.

Step 2: Visual Inspection

Dim the lights in the room for a clearer view. Explain to the patient (or their parent, if a child) about the otoscope examination process to help them understand and feel comfortable.

Step 3: Preparing for Otoscope Examination

Dim the lights in the room for a clearer view. Explain to the patient (or their parent, if a child) about the otoscope examination process to help them understand and feel comfortable.

Step 4: Positioning the Patient

For young children, have them lie on their backs with their heads turned to the side. Older children and adults can sit up, tilting their heads to the side.

Step 5: Otoscope Examination

Insert the otoscope speculum gently into the ear canal while pulling the ear backward and upward (for adults) or backward and downward (for children) to straighten the ear canal. Carefully rotate the otoscope in different directions to see different areas of the ear canal and eardrum.

Step 6: Checking for Infections or Fluid (Pneumatic Otoscopy)

Use a pneumatic otoscope to blow a puff of air against the eardrum if necessary. Observe the movement of the eardrum. Normal eardrums should move freely in response to the air. Limited or no movement can suggest fluid in the middle ear, often indicative of an infection.

Step 7: Document Findings

Note down the observations for each ear. This might include the appearance of the ear canal and eardrum, any abnormalities, and the results of the pneumatic test.

Step 8: Discuss Results with Patient

Discuss the findings with the patient. Explain any abnormalities, potential diagnoses, next steps, and necessary treatments or referrals.

Step 9: Follow-up Care

If required, provide follow-up care instructions. This could include medication administration, care procedures for infections, or instructions for dealing with hearing issues.

II. Findings and Recommendations

Patient Information	
Name:	
Age:	
Gender:	
Relevant Medical History:	
Symptoms/Complaints:	

Ear Examination	Right Ear	Left Ear
Visual Inspection		
Otoscope Examination		
Pneumatic Otoscopy		
Additional Observations		

Diagnosis and Recommendations
Diagnosis
Treatment Plan
Follow-up Instructions
Other Recommendations