

# Do not routinely use antibiotics in children with acute otitis media when self-resolution is expected

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**Acute otitis media (AOM) is a very common and usually self-limiting infection in children. Watchful waiting strategy should be discussed with parents and follow-up after 48-72 hours is arranged, if symptoms persist.**

## **What is known about prescribing antibiotics:**

- Inappropriate use of antibiotics lead to adverse effects such as allergic reactions and gastrointestinal symptoms and enhance the risk of antimicrobial resistance.
- It is recommended to prescribe antibiotics in accordance with national guidelines.

## **How to talk with patients and parents about antibiotics:**

- Acute otitis media is a self-resolving illness in the vast majority of cases.
- Antibiotics are not efficient in viral infections.
- Inappropriate use of antibiotics can lead to serious adverse effects and promotes antimicrobial resistance.
- Give your child painkillers to make him/her more comfortable. Antibiotics do not relieve pain in the first 24 hours and have only a small effect on pain after that.
- Vaccinate against *S.pneumoniae*.

# Do not routinely use antibiotics in children with acute otitis media when self-resolution is expected



This EAP recommendation is in accordance with Choosing Wisely recommendations of:

- Australia: <https://www.choosingwisely.org.au/recommendations/racgp9>
- Norway <https://www.legeforeningen.no/kloke-valg/til-helsepersonell/legeforeningens-anbefalinger/norsk-barnelegeforening/unnga-rutinemessig-antibiotikabehandling-ved-akutt-orebetennelse-hos-barn-over-1-ar/>
- Switzerland: [https://cdn.paediatricschweiz.ch/production/uploads/2022/03/PS\\_Choosingwisely\\_PDF\\_A3\\_EN\\_220314.pdf](https://cdn.paediatricschweiz.ch/production/uploads/2022/03/PS_Choosingwisely_PDF_A3_EN_220314.pdf)
- Canada: <https://choosingwiselycanada.org/primary-care/antibiotics/#practice-statement>
- USA: <https://www.aafp.org/family-physician/patient-care/clinical-recommendations/all-clinical-recommendations/cw-otitis-media.html>

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#Acute Otitis Media & Antibiotics

