

## Autoinflation for otitis media with effusion helpful in the short term

<b>Clinical question</b>	Is autoinflation effective for hearing loss in adults and children with otitis media with effusion?
<b>Bottom line</b>	Evidence for the use of autoinflation in the short term (up to 3 months) is favourable. Given the low cost and absence of adverse effects it is reasonable to consider autoinflation whilst awaiting natural resolution of otitis media with effusion.
<b>Caveat</b>	All of the studies were small, of limited treatment duration (3 weeks to 3 months) and short follow-up. The long-term effects of this treatment cannot be determined.
<b>Context</b>	Otitis media with effusion ("glue ear") is the most common cause of acquired hearing loss in children, and can lead to problems of language, development and behaviour. Although there are a number of treatment options (steroids, antibiotics, decongestants, antihistamines and grommet insertion), the best treatment strategy remains controversial as the condition often resolves spontaneously within a few months. Autoinflation is a technique whereby the Eustachian tube is reopened by raising pressure in the nose, encouraging drainage of the fluid.
<b>Cochrane Systematic Review</b>	Perera R et al. Autoinflation for hearing loss associated with otitis media with effusion. Cochrane Reviews, 2006, Issue 4 . Art No. : CD006285. DOI :1002/1465 1858. CD005608. This review contains 6 studies with 558 participants.
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