

PS1.142

Use of oral steroids for otitis media with effusion treatment - evidence-based clinical review

Ana Filipa Lima, R Carvalho

(1) ACeS Maia-Valongo, USF Alto da Maia, Maia, Portugal

(2) ACeS Maia-Valongo, USF Ermesinde, Valongo, Portugal

Corresponding author: Dr Ana Filipa Lima, ACeS Maia-Valongo, USF Alto Da Maia, São Mamede de Infesta, Portugal. E-mail: limafilipa@hotmail.com

Background & Aim: Otitis media with effusion (OME) is common and may cause hearing loss. However treatment remains controversial. Our aim is to review the evidence for the impact of oral steroids on treatment of otitis media with effusion treatment.

Methods: A clinical research was conducted including articles from the last 10 years. The Mesh terms used were: “otitis media with effusion” and “steroids”. The literature searches were done in MEDLINE databases; National Clearinghouse; Canadian Medical Association Practice Guidelines InfoBase; Guidelines Finder of the National Electronic Library for Health in the British NHS; Database of Abstracts of Reviews of Effectiveness - Centre for Reviews and Dissemination; Bandolier; The Cochrane Library and Index of Portuguese Medical Journals. The Jadad and The Oxford 2011 Levels of Evidence scales were used to evaluate studies quality and to assign a level-of-evidence (LE). Eligible articles included those who described a population diagnosed with OME, which underwent treatment with oral steroids (intervention) versus other different therapies or placebo. The clinical outcome measured was OME treatment (with improved clinical symptoms and/or positive variation on tympanogram).

Results: of the 262 articles obtained, four matched eligibility criteria: two guidelines, one systematic review and one randomized clinical trial. Both guidelines (LE 1) don't recommend oral steroid therapy in OME treatment. The systematic review (LE 1) concluded that there's no clinical benefit on hearing loss with steroid therapy, even though they can enable a faster resolution of the symptoms. The randomized clinical trial (LE 2) compares thermal therapy versus systemic oral steroids. This study shows better results for thermal therapy than for systemic steroids.

Conclusions: There is no evidence of beneficial effect from oral steroids on OME treatment (LE 1). However, more studies are needed to find an appropriate treatment for this disorder.