

Management of Malignant Otitis Externa

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Objective: The aim of this study is to present our experience with the management of Malignant Otitis Externa.

Design: Retrospective clinical study.

Methods: All patients' records with malignant otitis externa during last 6 years (1997-2003) were retrieved and reviewed. The following investigations were done: Diabetes Mellitus Profile (DM), Erythrocytes Sedimentation Rate (ESR), Ear Swab for culture and sensitivity (C/S), Computed Tomography (CT) and scintigraphy using technicium 99 and or Gallium 67.

Results: During the last 6 years (1997-2003), 9 patients with the diagnosis of Malignant Otitis Externa (MOE) were admitted to the ENT-ward at King Fahd Teaching Hospital for investigation and treatment. All cases except three responded to the antibiotic treatment. Patient with cranial nerve involvement (3) showed poor improvement. One of these patients expired due to carotid artery haemorrhage.

Conclusion: Malignant Otitis Externa is still a serious disease associated with cranial nerve complications and high plus Morbo-mortality rate. The best investigate tool is CT and isotope scanning. The most effective treatment are controlling of diabetics and for fighting infection with the proper antibiotic. Monitoring of therapy response is done through normalisation of ESR, control of DM and improvement of CT and radioisotope scanning. Long term follow up of patients is very important.