

By Tania Sih and Ricardo Godinho

CARING FOR THE EARS,
NOSE, AND THROAT OF CHILDREN

ORIENTATION MANUAL



São Paulo
2008

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GRAPHIC PROJECT AND COVER: João Baptista da Costa Aguiar
ILLUSTRATED BY: Sonia Valério

Dados Internacionais de Catalogação na Publicação (CIP)
(Câmara Brasileira do Livro, SP, Brasil)

Sih, Tania

Caring for the ears, nose, and throat of children /
Tania Sih, Ricardo Godinho. -- São Paulo :
Edition by the author, 2008

Título original: Cuidando dos ouvidos, nariz e
garganta das crianças : guia de orientação

ISBN 978-85-902195-8-3

1. Pediatric Otorhinolaryngology I. Sih,
Tania. II. Title.

08-08802

CDD-618.9251

NLM-WV 200

Items for systematic cataloguing:

1. Pediatric Otorhinolaryngology : Medicine 618.9251
2. Pediatric ENT : Medicine 618.9251

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We dedicate this book to all parents who search for practical and specific information on how to take care of the health of the ears, throats and noses of their children.

We hope to be able to help today's children, not only in how to approach their most immediate problems with the ears, nose, or throat but also in how to prevent and avoid possible after-effects of those diseases in them when they become adults.

PREFACE

Parents can be empowered to provide the best healthcare for their child by being informed. Drs. Tania Sih and Ricardo Godinho have provided clear, concise, current and practical information about illnesses and conditions focused on the ear, nose and throat. As examples, this beautifully illustrated text provides advice about the advantages of breast-feeding, the good and bad of use of pacifiers, selecting the best form of nursery and daycare, and guidelines for use of antibiotics prescribed by the doctor.

There are very useful general sections about nutrition, exercise, sleep, and allergies. Because ear infections (otitis media) are so common in the first years of life, the sections on ear infections are of particular value. They include answers to frequently asked questions about signs that suggest concern for otitis, why children get repeated episodes of otitis, why there is discharge from the ear, practical tips about earaches that occur during travel on airplanes, and what to do when the child has an object stuck in the ear.

Some parents seek information on healthcare from the internet. Although many websites answer health questions, the quality of their information varies—and some of their recommendations are very bad. Guidebooks for parents by recognized experts such as Drs. Sih and Godinho are very useful because the parent can get best information with specific recommendations. The parent can have confidence that the information comes from a very good source, the accumulated knowledge and expertise of these two distinguished physicians.

Jerome O. Klein, MD

PROFESSOR OF PEDIATRICS

BOSTON UNIVERSITY SCHOOL OF MEDICINE



FOREWORD

As President of the American Academy of Otolaryngology—Head and Neck Surgery, I am delighted to congratulate Professor Tania Sih, MD, PhD, Secretary General of the Interamerican Association of Pediatric Otolaryngology (IAPO), and Professor Ricardo Godinho, MD, PhD, MBA, consultant for IAPO, on their orientation manual, “Caring for the Ears, Nose, and Throat of Children.” This helpful book for parents, physicians, and all who care for children’s health, has already been published and widely distributed in Spanish and Portuguese. Now it is available in English, too, for an English-speaking audience.

Parents will especially appreciate the friendly format, colorful illustrations, and simple, straightforward advice about the health of their children’s ears, noses, and throats. The content is based on the latest medical research and best practices. We applaud the authors for this contribution to better health, which fits very well with our Academy’s mission, “working for the best ear, nose, and throat care.”

James C. Denny III, MD,
PRESIDENT AMERICAN ACADEMY OF

OTOLARYNGOLOGY—HEAD AND NECK SURGERY



INTRODUCTION

The branch of pediatrics related to ears, nose, and throat includes care for many of the most common clinical problems of childhood, such as ear infections, hearing loss, sore throats, infections of the nose or sinuses, and respiratory problems. Physicians with special training in pediatric diseases of the ears, nose, and throat have specific knowledge of the diagnosis and treatment of these types of ailments. Many of these disorders can be approached using clinical treatments, although in some cases surgery may be the best option.

Many problems, including infections of the upper airway, tend to decrease as the child grows and his/her immune system matures. However, the development of language happens mainly in the beginning of childhood. Thus, it is critical to aid hearing and speech in the early years. Language skills are vital for success in life in the XXI century, and medical professionals with special training in these areas may offer outstanding contributions that will help in the decisive development of a child.

Scott Manning, MD

PRESIDENT OF THE AMERICAN SOCIETY OF PEDIATRIC
OTOLARYNGOLOGY (ASPO) 2007-2008



Index

Pediatric Otolaryngology

- 17 *Pediatric otolaryngology*
- 17 *Main problems leading children to an ear, nose, and throat specialist*

Day-by-Day

- 23 *Breast-feeding*
- 24 *Pacifiers*
- 25 *The child who does not eat well*
- 27 *Nose or throat problems that may impair eating*
- 27 *Vitamins*
- 28 *Physical exercise*
- 29 *Swimming and its benefits*
- 30 *The child who snores*
- 32 *Restless sleep*
- 33 *Coughing*
- 34 *Special attention to coughing*
- 35 *Fever*
- 35 *Care of the child with fever*
- 36 *Antibiotics*
- 38 *Special care when using antibiotics*
- 39 *Tips on how to administer drugs to children*
- 40 *Flu, common colds, and viral diseases*
- 41 *Steam therapy or nebulization*
- 42 *Winter*
- 43 *What can be done to reduce winter diseases*
- 44 *Summer*
- 45 *Nursery, daycare and kindergarten*
- 46 *Children who have motion sickness*

Home Sweet Home

- 49 *Polluted city, sick house*
- 51 *Parents who smoke*
- 52 *Television*
- 53 *The internet*

The Child's Hearing

- 57 *Hearing well*
- 58 *Hearing from inside the mother's womb*
- 59 *Care during pregnancy*
- 59 *Diseases that may affect the hearing of the fetus*
- 60 *Assessing the baby's hearing*
- 61 *Otoacoustic emissions test*
- 61 *Orientation for hearing tests in babies*
- 62 *The child's hearing tests*
- 64 *Assessing the hearing of students*
- 65 *Good communication*
- 66 *Key points in the development of language*
- 68 *Encouraging the development of language*
- 69 *Special attention for repeated ear infections*
- 70 *Deafness and other hearing disorders*
- 72 *Treatments for deafness and hearing impairments*
- 73 *Cochlear implants*
- 74 *Care of the child with hearing impairment*
- 75 *Different ways of communicating*

The Child's Ear

- 79 *External otitis*
- 80 *Swimmer's ear – otitis externa*
- 81 *Earache in otitis media*
- 82 *Earache and airplanes*

- 82 *Fever in ear infections*
- 83 *Discharge in the ear*
- 84 *Repeated otitis*
- 85 *Ear tubes*
- 86 *Care with ear tubes*
- 87 *Ear tubes and swimming*
- 88 *Water in the ear and perforation of the eardrum*
- 89 *Earwax*
- 90 *Foreign bodies in the ear*
- 91 *Insects in the ear*
- 92 *The slightly different ear*
- 93 *The ear and the sense of balance*

The Child's Nose

- 97 *Protection of the nose*
- 98 *Cleaning the nose*
- 100 *The allergic child's nose*
- 100 *Care of the allergic child*
- 102 *How to use nasal medicines*
- 103 *The nose and swimming*
- 103 *Sinusitis*
- 104 *Acute and chronic sinusitis*
- 105 *Causes of sinusitis*
- 106 *Treatment of sinusitis*
- 107 *Complications of sinusitis*
- 108 *Adenoids*
- 109 *Examining the adenoids*
- 109 *Foreign bodies in the nose*
- 111 *Removing a foreign body from the nose*

The Child's Throat

- 115 *Infections of the throat*
- 116 *Pharyngitis*
- 117 *Frequent infections of the tonsils*
- 118 *Surgery on the tonsils*
- 119 *Swollen lymph nodes in the neck*
- 120 *Aphthae and herpes*

The Larynx and the Child's Voice

- 125 *The larynx*
- 125 *Laryngitis (croup) and a scary night*
- 127 *Noisy breathing or laryngomalacia*
- 128 *The malformed larynx*
- 128 *Care of the voice*
- 130 *Tips for children who like singing*
- 131 *Foreign bodies in the larynx*

Surgeries

- 135 *Preparing the child and the family for surgery*
- 136 *One week before surgery*
- 137 *Anesthesia*
- 138 *Admission to the hospital*
- 139 *Visits on the day of surgery*
- 139 *Surgery on the adenoids*
- 140 *Surgery on the tonsils*
- 142 *Surgery on the nose*
- 143 *Surgery on the sinuses*
- 144 *Surgery on the ears*
- 145 *Surgery for a prominent or malformed ear*