



# 急性中耳炎

## Acute Otitis Media

### 甚麼是急性中耳炎？

#### What is acute otitis media?

急性中耳炎是指中耳（於耳膜後的一個充氣空間）的發炎，是一種常見於嬰幼兒的感染。呼吸道病毒（如呼吸道合胞病毒、流行性感冒病毒）及細菌（如肺炎鏈球菌、流感嗜血桿菌）均可引致急性中耳炎。

Acute otitis media is the inflammation of the middle ear (an air-filled space behind the eardrum). It is a common infection in infants and young children. Both respiratory viruses (e.g. respiratory syncytial virus, influenza virus) and bacteria (e.g. *Streptococcus pneumoniae*, *Haemophilus influenzae*) can cause the infection.

### 急性中耳炎有甚麼病徵？

#### What are the symptoms of acute otitis media?

常見的徵狀包括中度至嚴重的耳痛，以致影響你孩子的正常活動與睡眠。尚未能以語言表達的兒童可能會握住、拉扯或揉搓耳朵來表示不適。可能有耳道分泌及發燒的情況出現。

Common symptoms include moderate to severe ear pain that affects your child's normal activity and sleep. For young non-verbal children, he or she may show it by holding, tugging or rubbing the ear(s). There may be discharge from the ear canal and fever may be present.

### 如何診斷急性中耳炎？

#### How is it diagnosed?

你的家庭醫生會根據孩子的病歷和身體檢查作出診斷並判斷病情的嚴重性。有時，你的醫生可能需要收集你孩子耳道分泌作測試。如感染嚴重，你的孩子可能需要入院作進一步治療。

Your family doctor will base on your child's medical history and physical examination to make the diagnosis and determine disease severity. Sometimes, your doctor may need to take swab from his or her ear fluid for further testing. If the infection is severe, your child might need to be admitted to hospital for further treatment.

### 你的孩子需要抗生素嗎？

#### Does your child need antibiotic?

非常幼小的嬰兒感染通常需要抗生素治療。至於較大的嬰兒及小童，則需要視乎臨床症狀的嚴重性。如你的家庭醫生處方抗生素，你應遵從指示讓孩子完成整個療程。

For infections of very young infants, antibiotic treatment would often be required. For older infants and young children, it would depend on the severity of the clinical conditions. If your family doctor prescribes antibiotic, you should let your child finish the course as instructed.

### 我何時需要求診？

#### When should I call my doctor?

大多數嬰兒及小童在接受有效治療的二十四小時內好轉。如病情沒有因治療而改善甚至轉差（如持續發燒、煩躁不安），或你對你孩子的病情有所擔心，請儘快向你的家庭醫生諮詢意見。

Most infants and children begin feeling better in 24 hours with effective treatment. If symptoms are not improving or getting worse (e.g. persistent fever or irritable) or you are worried about your child's illness, seek advice from your family doctor as soon as possible.

### 有沒有預防孩子患上急性中耳炎的貼士？

#### Any tips to prevent acute otitis media in my child?

不要吸煙、儘量以母乳餵哺嬰兒，如採用奶瓶餵飼，應維持嬰/幼兒於較直立的姿勢；確保兒童按「香港兒童免疫接種計劃」接種適當的防疫注射，以及季節性流感疫苗。

Do not smoke, practise breast feeding if possible, and bottle-feed infant/young children in a more upright position. Make sure your child receives immunisations according to the Hong Kong Childhood Immunisation Programme and seasonal influenza vaccination.

此單張由你的家庭醫生提供，有關資料只提供一般概要，並不適用於所有情況，請諮詢你的家庭醫生以獲取更多相關的資訊。

This patient information sheet is provided to you by your family doctor. The information just provides a general overview and may not apply to all.

Always consult your family doctor for more information.