

# WELL CHILD SERVICE NEWSLETTER Term 3 2014 Issue 46

## Public Health Nurse and Vision Hearing Technician Phone Numbers

Invercargill	03 211 0012
Gore	03 208 7015
Te Anau	03 249 7717
Lumsden	03 248 7997
Queenstown	03 450 9162

## Glue Ear

“Glue” ear is a build up of fluid behind the eardrum. It may be of any consistency from thin to very thick and sticky and may affect your child’s hearing. It can be a recurring condition for some children, but in the majority of cases it is treated and will resolve.

### WHAT CAUSES “GLUE” EAR?

Swelling of the tissues lining the nose and throat usually caused by an infection or allergy. This blocks the narrow Eustachian tube leading to the middle ear so that air is unable to circulate and fluid builds up instead.



### HOW DO I KNOW IF MY CHILD MAY HAVE “GLUE” EAR?

- Any age, but commonly found in children up to seven or eight years old
- Not listening
- A delay in learning to talk
- Disruptive behaviour
- Unsteadiness and falling over
- History of sore ears
- Some delays in learning, particularly at preschool
- Snoring and breathing through the mouth

### WHAT EFFECT DOES IT HAVE?

Glue ear frequently causes hearing loss as the eardrum no longer vibrates properly. This restricts the movement of the three tiny bones, thus preventing sound waves from reaching the ear.

### HOW MUCH HEARING LOSS DO CHILDREN WITH “GLUE” EAR EXPERIENCE?

This varies widely. Some children only have one ear affected or only a very mild hearing loss that is not noticeable. Some children have a moderate loss. The loss may also vary from day to day or week to week and adults often are unaware that there is a hearing problem as changes in behaviour may occur slowly and may go unnoticed.

### PREVENTING “GLUE” EAR

1. Encourage regular nose blowing in your child. This will help keep air passages clear.
2. Make your home and car smoke free. Tobacco smoke can irritate the nasal passages and may lead to glue ear.
3. Mould and fungi can cause allergies. Keep your house as warm and dry as possible by:
  - Heating it adequately during winter.
  - Keeping bathrooms and kitchens as dry as possible.
  - Open windows whenever possible to ventilate rooms.
  - If possible, insulate walls and place polythene plastic under the house to reduce the damp.

Your home may be eligible to receive a healthy homes subsidy by checking the following web site <http://www.energysmart.co.nz/>

Ensure your child participates in your local hearing screening programmes for preschool and school aged children.

### TREATMENT

Contact your Vision Hearing Technician or GP for advice. Often treatment consists of a course(s) of antibiotics. If the condition does not clear, your child may be referred to an Ear, Nose and Throat Specialist for further treatment.

We are a Southland Wide Professional Community Based Well Child Service whose function is to empower children and their families/whanau to realise their full potential in health. Our aim is to promote and maintain well health by providing a quality client centred service that is accessible and culturally acceptable to all.

# Blow your nose And Turn it down!



## Teach basic blowing skills

-Hold a feather near your child's face and ask him to blow out of his mouth to make the feather move.

-Hold the feather closer to your little one's nose and ask him to breathe out of his nose to make the feather move.

-Hold the feather in front of your child's nose and cover one of his nostrils. Tell your child to close her mouth tightly and make the feather move. Repeat with other nostril..

-Explain why and when it's necessary to blow the nose . You might say, "Noses get stuffy and runny sometimes, don't they? Instead of sniffing or letting your nose run, let's try blowing it to make it easier to breathe."

-Demonstrate how you blow your nose. Hold the tissue to your nose, cover one nostril and blow gently through the other nostril. Repeat the same process with your other nostril.

-Repeat the same process with your child.

-Instruct your child to wash her hands after blowing her nose.

Retrieved on the 25.6.2014 from Kathryn Hatter, eHow Contributor , last updated November 18, 2013



## Hearing Loss in Teens

According to the Journal of Peadiatrics,

12.5 percent of children between the ages of 6 and 19 suffer from hearing loss as a result of using ear phones/buds turned to a high volume.

**Ear buds** common on MP3, phones deliver the sound directly into the ear canal, eliminating other sounds.

**Headphones** put the source of sound farther away from your inner ears. This extra space can protect your eardrums form the strain of listening to direct noise.

**Listen to sounds lower than 85 decibels** - 85 decibels is roughly the sound of city traffic heard from inside a car.

**Take a break** – listening to music for extended periods of time can impair your hearing.

**Try the 60/60 rule – Never turn your volume past 60% and only listen to music with ear buds for a maximum of 60 minutes per day.**

Higher pitched sounds have greater potential to damage hearing than lower pitched sounds.

If others around you can hear the music you are playing through your ear buds, your music is too loud!

Retrieved on the 30.06.2014 from Health Topics for Teens last reviewed by Nancy Brown Ph.D. October 2013