



TEST YOURSELF THE EAR

Structure of pamphlet

Test your own knowledge on the subject THE EAR - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 137-143 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.

However, test your knowledge, before you read the answers.

Stay up-dated

**Find all self-training
assignments at our
webpage
www.dma.dk**

**You may ask us
questions at
cms@dma.dk**

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You may want to read Chapter 19 in “Medical Guide for Seafarers”.

Assignment 1

If a patient has ear problems, which kind of examinations should you perform before contact to Radio Medical Denmark?

Assignment 2

Which questions should you ask a patient with pain in the ear?

Assignment 3

How do you use 13.9 Allantoin to dissolve a lump of earwax?

Assignment 4

Give examples of causes of ear canal eczema



Did you know ?

A. sustained noise load of 85 dB (A) involves risk of serious, permanent hearing impairment. The Danish work environment regulations makes it mandatory to use ear muffs if the noise level is more than 85 dB (Arbejdstilsynet)

A substantial large part of power tools produce so much noise, that they actually endangers your hearing in the long run.

This is especially true with:

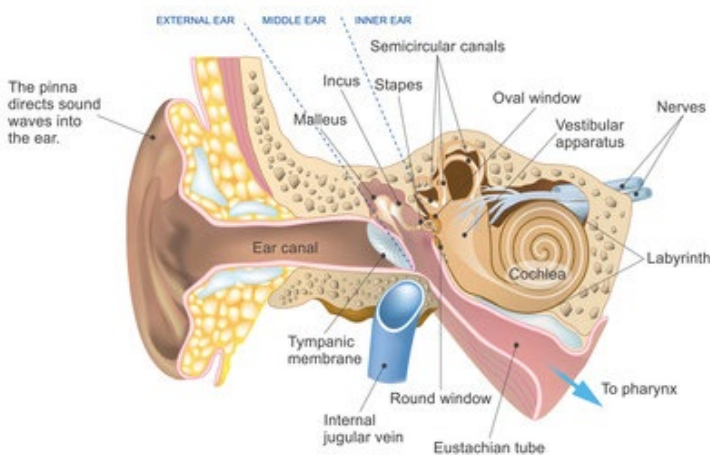
- Grinders
- Impact drills
- Circular saws
- graters
- sanders

The ear

The ear also functions as balance organ.

Seasickness occurs when there is a discrepancy between what you see (the room is NOT moving) and what your inner ear register (YES, we do move) – this can be very unpleasant.

Some illnesses of the ear can also cause balance problems.



Answers to the assignments:

Assignment 1

If a patient has ear problems, which kind of examinations should you perform before contact to Radio Medical Denmark?

- See if liquid is running ear.
- Examine if there is pain when you pull earlobe downward/outward.
- Measure the temperature of the patient.

"Medical Guide for Seafarers", p 138.

Assignment 2

Which questions should you ask a patient with pain in the ear?

- Is your hearing impaired?
- Do you experience ringing in the ear?
- Do you experience dizziness/nausea?
- Do you have a sore throat?

"Medical Guide for Seafarers", pp 138-139.

Assignment 3

How do you use 13.9 Allantoin to dissolve a lump of earwax?

Apply 10-20 drops in affected ear, block ear with some cotton, position patient on the side, with affected ear upwards. After 20-50 minutes, rinse ear with warm water (37⁰ C).

"Inventory, Control Document and User Instructions".

Assignment 4

Give examples of causes of ear canal eczema

- Sustained stay in warm and humid surroundings
- Use of earplugs or cotton buds.

"Medical Guide for Seafarers", p 140.