

Otitis externa



Gehörgangsentzündung mit Ohrmuschelekzem

Klassifikation nach ICD-10

H60 Otitis externa

ICD-10 online (WHO-Version 2013) ^[1]

Die **Otitis externa** (lat. „Außenohrentzündung“, bei Tieren auch als „Ohrenzwang“ bezeichnet) ist eine Entzündung des äußeren Ohres, vor allem des äußeren Gehörganges, in weiterem Sinne auch der Ohrmuschel.

Einer Phlegmone des Gehörganges (*Otitis externa diffusa*) wird der Gehörgangsfurunkel (*Otitis externa circumscripta*) gegenübergestellt. Eine besonders schwere Form der Gehörgangsentzündung ist die *Otitis externa maligna* (progredient nekrotisierende Otitis).

Entzündungen der Ohrmuschel wie die Perichondritis der Ohrmuschel oder das Erysipel werden meist mit den genannten Ausdrücken und nicht als Otitis externa bezeichnet.

Ursachen

Ursachen für eine Otitis externa sind Aufweichen (Mazeration) der Gehörgangshaut durch Flüssigkeiten, kleine Verletzungen (z. B. durch Wattestäbchen) oder eingedrungene Fremdkörper mit nachfolgender lokaler bakterieller Infektion. Die häufigsten bakteriellen Erreger der Otitis externa des Menschen sind *Pseudomonas aeruginosa* und Staphylokokken. Die Pseudomonaden kommen in warmem Wasser vor und sind dabei auch chlortolerant, die Otitis externa diffusa ist daher eine häufige Erkrankung während Badeurlaube und wird deshalb auch „Bade-Otitis“, oder „Schwimmbad-Otitis“ genannt. Sie wird durch Gehörgangsexostosen („Surferohr“ (*surfer's ear*), Schwimmer-Ohr ("swimmer's ear") oder „Taucherohr“ (*diver's ear*)) begünstigt.

Die Otitis externa kann auch eine Manifestation einer generellen Hauterkrankung sein, die sich besonders stark an der sehr empfindlichen Haut des Gehörganges zeigt. Hierbei können auch Allergien und Autoimmunerkrankungen als Auslöser in Frage kommen.

Bei Tieren sind häufig auch Hefen (z. B. Malassezien) und Milben (Ohrräude) Auslöser einer Otitis externa.

Symptome

Die Hauptsymptome sind starke Schmerzen und Juckreiz. Besonders schmerzhaft sind Druck auf den Tragus und Zug an der Ohrmuschel ("Externa-Punkte"). Je nach Ausprägung und Erreger ist die Haut gerötet und geschwollen oder es treten weitere Effloreszenzen wie Pusteln, Papeln, Ulzera oder Krusten auf. Auch Lymphknotenschwellungen können auftreten. Im mehr oder weniger zugeschwellenen Gehörgang findet sich abgeschilfertes Material (Detritus), nicht selten nässt der Gehörgang oder es findet sich sogar eitriges Sekret. Wegen des zugeschwellenen Gehörganges kann auch das Hörvermögen vermindert sein.

Behandlung

Die Behandlung richtet sich nach der Ursache. Eine gründliche Reinigung oder Spülung des Gehörganges ist unumgänglich, eventuelle Fremdkörper müssen entfernt werden („Gründliche Säuberung ist die halbe Therapie“). Einlegen eines mit konzentriertem Alkohol oder speziellen Ohrentropfen getränkten schmalen Mullstreifens. Die Ohrentropfen enthalten meist Antibiotika und entzündungshemmende Wirkstoffe, nicht selten auch Alkohol zur Desinfektion und Austrocknung. Sie dürfen aber nur verabreicht werden, wenn das Trommelfell intakt ist. Nur in besonders schweren Fällen ist die systemische Gabe eines geeigneten Antibiotikums erforderlich. Bei einem Gehörgangsfurunkel kann auch eine Inzision sinnvoll sein. Wärme ist eher nicht zu empfehlen, sie verstärkt häufig den Schmerz. Bei Milben werden Akarizide eingesetzt, wobei auch dieses Medikament zumeist lokal (topisch) angewendet wird. Bei allergischen oder immunbedingten Otitiden werden entzündungshemmende Wirkstoffe (Glukokortikoide) eingesetzt.



Ohrentzündung eines Hundes



Halskrause verhindert das Kratzen am Ohr

Vorbeugung

Beim Baden und Tauchen wird die schützende Fettschicht des Gehörganges abgewaschen. Nach Spülen mit reinem Wasser kann sie durch Einträufeln von etwas Olivenöl ergänzt werden. Die in Apotheken erhältlichen Essigsäure-Ohrentropfen (NRF 16.2) entquellen die Haut und schützen durch ihren sauren pH vor Infektionen.

Komplikationen

Mögliche Gefahren bei Otitis externa sind die Infektionsausbreitung in das umgebende Weichteilgewebe, Übergreifen auf das Trommelfell (Myringitis) sowie in extremen Fällen eine Knochenmarkentzündung der Schädelbasis mit multiplen Hirnnervenausfällen.

Literatur

- Osguthorpe JD, Nielsen DR: *Otitis externa: Review and clinical update.* ^[2] Am Fam Physician. 2006 Nov 1;74(9):1510-6. Review. PMID 17111889
- D.Biermann: Beratung für Wassersportler [<http://www.pharmazeutische-zeitung.de/index.php?id=35091>] Pharmazeutische Zeitung 35/2010

Quellennachweise

- [1] <http://www.dimdi.de/static/de/klassi/icd-10-who/kodesuche/onlinefassungen/htmlamt12013/>
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