

Summary

Otitis media with effusion (OME) is one of the most common problems to solve in otorhinolaryngology. There is great controversy regarding treatment of OME, whether surgical or medical.

We do this study using meta analysis way to determine the role of corticosteroids in the treatment of otitis media with effusion.

We analyzed five randomized controlled trials selected from 171 articles and abstracts according to the previously selected inclusion criteria and its analysis using a meta analytic software (Revman 5).

The results was as follow:

Oral corticosteroids in short term therapy (2 – 4 weeks) treatment :

Resolution of 122 patient with OME from a total number 249 in the steroids group, The result in the placebo group was resolution of 57 from a total number 239 patient in the short term.

The results of the topical steroids in short term therapy (2 - 4 weeks) treatment :

Resolution of 34 patient from a total number 94 in the steroid group, Resolution of 28 patient from a total number 112 don't receive steroid in the short term.

Results of topical corticosteroids in intermediate term therapy (4 – 8 weeks) treatment:

Resolution of 14 patients from a total 39 patients received steroids, resolution of 15 patients from a total 60 patients in control group.

Oral steroids have significant impact in treatment of otitis media with effusion in short term therapy.

Topical steroids have insignificant impact in treatment of otitis media with effusion either in short term or intermediate term therapy.