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Labyrinthitis

Patient name: _____ Admission: _____

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I. The client/caregiver can define labyrinthitis and list risk factors.

- A. It is an ear disorder that involves irritation and swelling of the labyrinth in the inner ear.
- B. When the inner ear does not function properly, the ability to keep your balance is disturbed.
- C. Risk factors are as follows:
 - Recent respiratory or ear infection
 - Stress
 - Fatigue
 - History of allergies
 - Smoking
 - Drinking large amounts of alcohol
 - Certain drugs that are dangerous to the inner ear (aspirin, etc.)

II. The client/caregiver can list symptoms.

- A. Dizziness
- B. Vertigo (abnormal sensation of movement), with nausea and vomiting
- C. Loss of balance
- D. Hearing loss in affected ear
- E. Ringing or other noises in ears (tinnitus)
- F. Involuntary eye movements (nystagmus)

III. The client/caregiver can list measures to manage this disease.

- A. Take medication as ordered by physician.
- B. Keep still and rest during attacks.

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- C. Gradually resume activity.
- D. Avoid sudden position changes.
- E. Avoid chocolate, coffee, and alcohol.
- F. Stop smoking.
- G. Reduce sodium and sugar intake.
- H. Do not try to read during attacks.
- I. Avoid bright lights.
- J. Avoid hazardous activities such as driving, operating heavy machinery, and working at heights until 1 week after symptoms have disappeared.

IV. The client/caregiver can list possible complications.

- A. Injury to self or others during attacks of vertigo
- B. Hearing loss

REFERENCES

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