



MANAGEMENT OF EARACHE AMONG ADULTS IN SOUTH PICHAVARAM, CHIDAMBARAM

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INTRODUCTION: Traditional home remedies play a major role in the prevention and treatment of ailments in the body. Women that live in rural areas of developing nations rely largely on quick home remedies for ailments such as aches and pains in the body. Many such home remedy practices are based on practical experiences and are transferred to women from their ancestors and are not scientifically tested.

OBJECTIVES: To assess the existing knowledge and practices of women on the management of earache among adults in their families and to find out the relationship between knowledge and practices of women on the management of earache.

METHODS: A descriptive study among 100 women from the Pichchavaram village in Chidambaram was conducted. The samples were selected by a convenience sampling technique and a structured interview questionnaire was used to assess the knowledge and practices for the treatment of earaches. The collected data was tabulated and analyzed using descriptive and inferential statistics.

RESULTS: The study revealed that the subjects prac-

tice various treatment modalities for the management of earache. Nearly 36% of the subjects use dry ginger with breast milk, 69% of the subjects use products of palm tree, 39% of the subjects use Aloe Vera juice, 84% of the subjects seek the services of ENT OP, 6% use oil and 43% of the subjects use salt water for the relief of earache. People who had high mean knowledge in the management of earache were significantly associated with certain practices like not pouring oil for earache ($p=0.001$), not pouring water into the ear ($p=0.001$) and not cleaning the ear with other than ear bud ($p=0.003$).

CONCLUSION: The study showed that the subjects used different pain management techniques for the management of earache and who had higher knowledge in ear management had good practices.

KEY WORDS: practice, women, earache

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