

# Instillation of Ear Drops

## **NURSE DELEGATION: INSTRUCTIONS FOR GENERAL NURSING TASK**

General delegated tasks are those tasks that the Nurse identifies as general in nature and once learned can be performed for all residents. The Caregiver to whom the task is delegated must demonstrate ability to perform the task as instructed by the Nurse. By signing this delegation form, the Caregiver being delegated agrees to perform the task as taught. The nurse will review Caregiver performance annually or as needed to assure continued competency in performance of the task.

### **General Task: Instillation of Ear Drops**

#### Purpose:

- To instill or ear drops into affect ear canal
- To treat infections and relieve inflammation
- To reduce ear wax

#### Supplies Needed

1. Medication; Ear Drops
2. Gauze Pads
3. Washcloth
4. Disposable non-sterile gloves and plastic trash bag
5. Hand-washing solution

#### Procedures/Steps to Follow to Perform the Task

1. Check the MAR designating which ear requires medication.
2. Identify correct Resident
3. Explain the procedure to the resident.
4. Assemble the equipment at a convenient work area.
5. Wash Hands and put on gloves.
6. Position Resident on Side-Lying position opposite of the affected ear.
7. Inspect for drainage; notify RN if drainage is present and gently wipe with gauze pad and water then discard into waste container (Drainage may prevent effectiveness of drops).
8. Gently pull Ear Auricle up and back.
9. Instill correct number of drops by counting each drop, while maintaining the Resident's position.  
CAUTION: DO NOT allow the dropper to touch the ear. Check to be sure that the drops are flowing into the ear canal.
10. Encourage Resident to remain on his/her side for 5-10 minutes to allow medication to reach the entire ear canal.
11. Blot excess medication from outer ear with Gauze Pad. Dispose of Tissue in waste container.  
CAUTION: DO NOT use the same tissue for bother ears.
12. Repeat 6 through 11 if both ears are to be medicated.
13. Provide resident comfort measures.
14. Clean and replace the equipment. Discard disposable items including disposable gloves in plastic trash bag.
15. Store ear drops according to instructions.
16. Wash hands with hand-washing solution or soap and water.

## Instillation of Ear Drops

## Outcomes

1. Resident will receive ear medication as prescribed by physician.
2. Inflammation, infection, ear wax, etc. will be successfully treated.

Potential Risks/Side Effects and Appropriate Actions to Deal with them (include what to observe for and report, what to do, and whom to contact)

1. Temporary feeling of fullness and/or dizziness is common for certain medication and resident should be informed of this.
2. Watch for redness, swelling or inflammation around the ears or dizziness doesn't resolve shortly. If these are seen, notify the nurse.

## General Task: Instillation of Ear Drops

Signature of CAREGIVER

Signature of Delegating Nurse

Delegation Competency  
Review Date[illegible]