

STUDY ON COMMON PAEDIATRIC ENT PROBLEMS IN SEMI-URBAN BASED MEDICAL COLLEGE HOSPITAL

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ABSTRACT

BACKGROUND

ENT problems are common in Paediatric population.

The main objective of this study is to determine the prevalence of common ENT problems in a paediatric age group in a semi-urban based medical college hospital (Chengalpattu Medical College and Hospital, Chengalpattu, Tamilnadu).

MATERIALS AND METHODS

Retrospective study of Op case records of ENT Department for six months' period. Case records up to 12 years of age were analysed for age, sex and clinical diagnosis made by qualified ENT specialists. The period of study was from July 2015 to December 2015.

RESULTS

During the study period total no. of 1710 paediatric cases were treated at ENT Op Department; 737 (43.099%) cases were diagnosed as various types of otitis media; 641 (37.48%) cases were diagnosed as tonsillitis; 264 (15.4%) cases were rhinitis; 36 (2.1%) cases were foreign body; and 32 (1.87%) cases were headache. In otitis media, tonsillitis, perennial rhinitis, FB, male sex preponderance was noticed.

CONCLUSION

In a day-to-day practice, ENT problems are more common in paediatric age group. In our study, chronic adenotonsillitis was the commonest condition for hospital visit. Otologically, chronic suppurative otitis media was the most common condition in paediatric age group followed by ASOM and SOM. Regular school health screening camps, education and counselling is essential to reduce the morbidity due to ENT problems.

KEYWORDS

ENT problems in Paediatric Age Group, Otitis Media, Tonsillitis.

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BACKGROUND

ENT problem is one of the important health problem in our country. Serious complications may arise from it. Various Otitis Media and Tonsillitis are seen in all continents of world. Different environment and socioeconomic background contribute to this condition. Otitis media is more prevalent in developing countries. The morbidity and mortality associated with otitis media is really a challenge for health care systems. Age is the most important risk factor for otitis media. It is a childhood disease and as the age gets older, incidence rate decrease. This is because of immune systems gets stronger. CSOM is associated with intermittent, continuous, mucopurulent discharge. It is capable of causing irreversible sequela and fatal intracranial complications. It is the most common cause of hearing impairment. Poverty, illiteracy, crowding and malnutrition are root factors for development of CSOM.

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MATERIALS AND METHODS

Op case records of ENT Dept. of our hospital.

Study Design - It is a retrospective descriptive study.

Study Place - ENT Department of Govt. Chengalpattu Medical College Hospital.

Study Period - It was from July 2015 to Dec 2015.

Inclusion Criteria

All children less than 12 yrs. attending with symptoms of ENT problems.

Exclusion Criteria

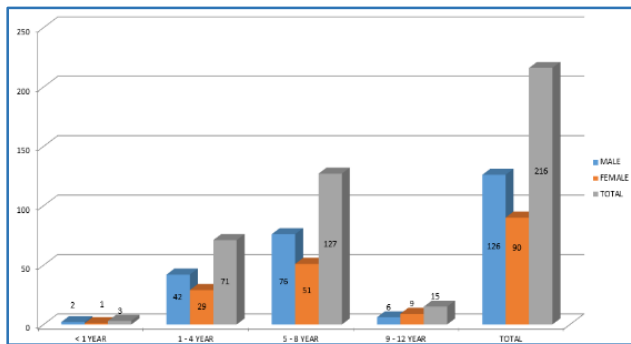
Nil.

Study Parameters

Age, Sex, Clinical Diagnosis of ENT problems by specialist.

Year	Male	Female	Total
< 1 Year	2	1	3
1 - 4 Year	42	29	71
5 - 8 Year	76	51	127
9 - 12 Year	6	9	15
Total	126	90	216

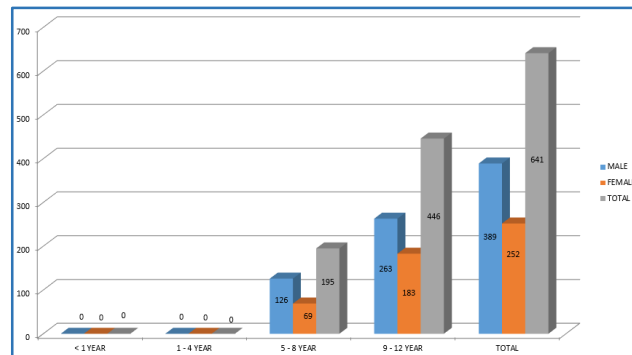
Table 1. ASOM



Cases of ASOM

Year	Male	Female	Total
< 1 Year	0	0	0
1 - 4 Year	0	0	0
5 - 8 Year	0	0	0
9 - 12 Year	179	103	282
Total	179	103	282

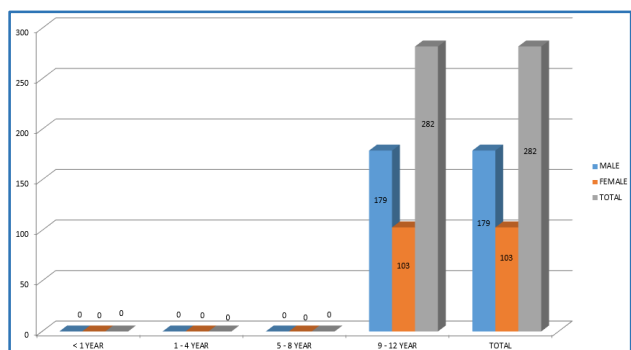
Table 2. CSOM



Cases of Chronic Adenotonsillitis

Year	Male	Female	Total
< 1 Year	13	10	23
1 - 4 Year	19	8	27
5 - 8 Year	48	42	90
9 - 12 Year	69	55	124
Total	149	115	264

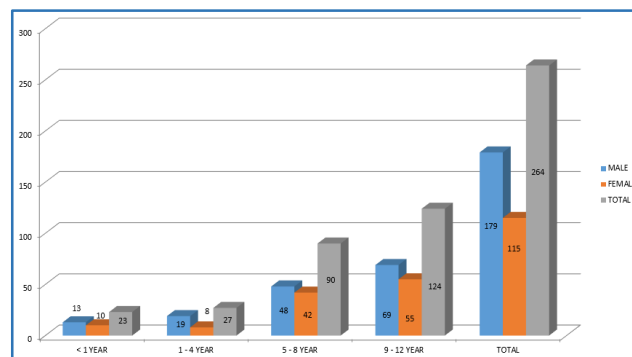
Table 5. Rhinitis



Cases of CSOM

Year	Male	Female	Total
< 1 Year	0	0	0
1 - 4 Year	0	0	0
5 - 8 Year	71	49	120
9 - 12 Year	68	51	119
Total	139	100	239

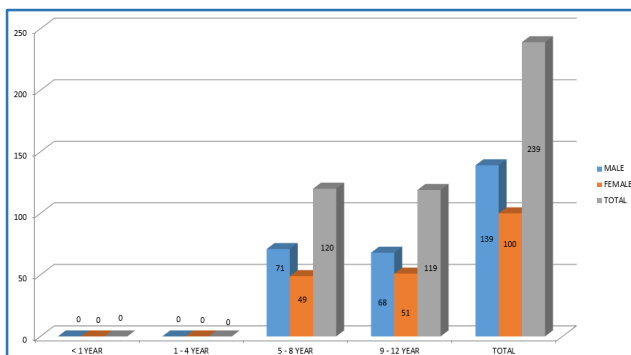
Table 3. SOM



Cases of Rhinitis

Year	FB Nose		FB Ear		FB Throat		Total
	M	F	M	F	M	F	
< 1 Year	0	0	0	0	0	0	0
1 - 4 Year	0	0	0	0	0	0	0
5 - 8 Year	6	4	9	4	3	3	29
9 - 12 Year	2	1	3	1	0	0	7
Total	8	5	12	5	3	3	36

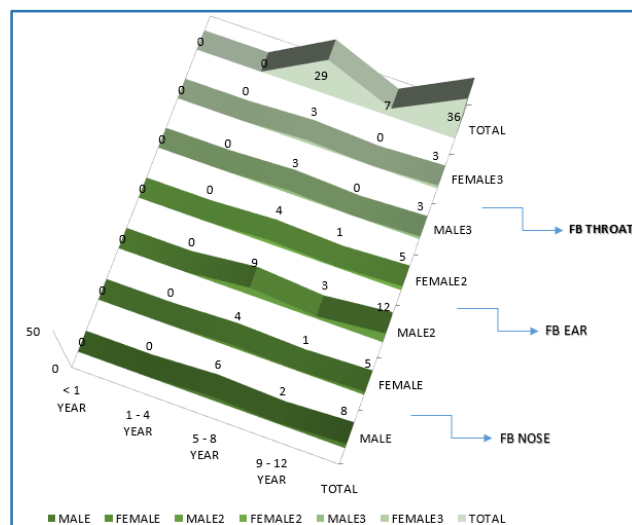
Table 6. Foreign Bodies



Cases of SOM

Year	Male	Female	Total
< 1 Year	0	0	0
1 - 4 Year	0	0	0
5 - 8 Year	126	69	195
9 - 12 Year	263	183	446
Total	389	252	641

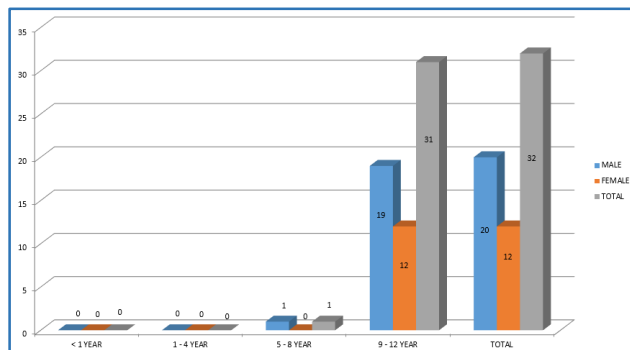
Table 4. Chronic Adenotonsillitis



Cases of FB Nose, FB Ear and FB Throat

Year	Male	Female	Total
< 1 Year	0	0	0
1 - 4 Year	0	0	0
5 - 8 Year	1	0	1
9 - 12 Year	19	12	31
Total	20	12	32

Table 7. Headache



Cases of Headache

DISCUSSION

Acute Otitis Media (AOM) is the most common infection for which antibacterial agents are prescribed for children.⁽¹⁾ As such the diagnosis and management of AOM has a significant impact on the health of children, cost of providing care and overall use of antibacterial agents. The illness also generates a significant social burden and indirect cost due to time lost from school and work.⁽²⁾

Children with AOM usually present with a history of rapid onset of signs and symptoms such as otalgia (or pulling of the ear in an infant), irritability in an infant or toddler, otorrhoea, and/or fever. These findings other than otorrhoea are nonspecific and frequently overlap those of an uncomplicated viral upper respiratory infection.⁽³⁾

The prevalence of ASOM was more in male child, more in the age group of 5 - 8 years with 58.7% followed by 1 - 4 years as in study by Lieberthal et al.⁽⁴⁾

The prevalence of CSOM was more in male child in age group of 9 - 12 years.

The presence of MEE is commonly confirmed with the use of pneumatic otoscopy, but can be supplemented by tympanometry and/or acoustic reflectometry. MEE also can be demonstrated directly by tympanocentesis or the presence of fluid in the external auditory canal as a result of tympanic membrane perforation. The finding on otoscopy indicating the presence of MEE and inflammation associated with AOM have been well defined. When combined with colour and mobility, bulging is also the best predictor of AOM.⁽⁵⁾ Fullness or bulging of the tympanic membrane is often present and has the highest predictive value for the presence of MEE.

Regarding SOM, males are more affected compared to females. Prevalence is more in the age group of 5 - 8 yrs. [50.2]%.⁽⁶⁾

The prevalence of adenotonsillitis was more in the age group of [9 - 12] 69%. The distribution of tonsillitis is more in male patient compared to female patients as in study by what more.⁽⁶⁾

Some studies⁽⁷⁾ have concluded that OME is caused by encroaching, enlarged adenoids as follows; the middle ear effusion is created by transudation when a vacuum in the middle ear cleft results from enlarged adenoids obstructing the opening of the Eustachian tube.

The prevalence of Rhinitis was more in the age group [9 - 12 yrs.] 46.9% and in male patients Rhinitis and Asthma are relatively common conditions in the general population, but rhinitis is far more frequent than asthma.⁽⁸⁾

The prevalence of foreign bodies was more in the Ear (47%) followed by nose [36%] and throat [19%].

The prevalence of headache was more common in the age group [9 - 12] and more in the male child as in study by Rothner.⁽⁹⁾

CONCLUSION

The present study conducted to identify the prevalence of common ENT problem in Paediatric age group concluded that chronic adenotonsillitis was the commonest infection followed by infections of the ear like SOM, CSOM and ASOM. This is commonly seen in school children and may be due to low immunity in children, overcrowded habitat, class rooms and poor ventilation of the class rooms, poor hygiene, eating habits, bathing habits and belief and customs.

CSOM is a major health problem in developing, continues throughout the world. It is the most common case of mild-to-moderate hearing impairment in children.

Creating awareness among children and society can go a long way to control these illnesses.

Regular preschool and school screening should be done in all the schools around Chengalpattu Medical College. Intensive IEC activities should be undertaken to educate the masses about personal hygiene and sanitation.

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