Original Research Paper

Volume-8 | Issue-10 | October-2018 | PRINT ISSN No 2249-555X

Clinical Research

STUDY OF RECURRENCE OF NASAL POLYPOSIS IN GOVERNMENT GENERAL HOSPITAL VIJAYAWADA FROM MARCH 2014 TO MARCH 2018

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ABSTRACT Nasal polyps are considered as sub group of chronic rhinosinusitis. they are one of the most common inflammatory mass lesions of the nose effecting up to 4% of the populations; Their etiology remains unclear.Allergy , asthma, infections, fungi ,cystic fibrosis and aspirin sensitivity are found to be associated with nasal polyps They present with nasal obstrutions ,anosmia ,hypo smia,rhynoria post nasal drip,sneezing and less commonly facial pain andepistaxis. CT scan is used to know the extent of disease. Management nasal polyps involves combination of medical therapy and surgery .Both topical and nasal corticosteroids are used for treatment as well as postop prophylaxsis against reccurance of polyps.surgical management includes endoscopic sinus surgery which reserved for cases refractory to medical management .

KEYWORDS : Nasal polyps ,chronic rhinosinusitis,intranasal corticosteroids ,endoscopic sinus surgery.

INTRODUCTION:

Nasal polyposis is one of the challenging disease to an ENT surgeon and on the other hand it is an unpleasant disease to patient which severly effects his/her quality of life.

Nasal polyps are benign lesions arising from mucosa of nasal cavity or mucosa of outflow tract of one or more of the sinus. Their etiology is uncertain and has a tendency to recur in 10% patients.

The aim of this study is to study the recurrence rate of the nasal polyps postoperatively

MATERIALS AND METHOD:

We studied 120 patients diagnosed as having rhinosinusitis with nasal polyposis.The main presenting symptom is nasal obstruction which is usually present and other symptoms include excessive sneezing, rhinorrhea, post nasal drip, anosmia, hyposmia with alteration of taste and occasionally epistasis.

AGE AND GENDER:

	FEMALE	MALE
<15 years	3	1
15 -30	14	6
30 – 50	36	22
>50	30	8
	83	37

In our study majority of patients are 30 – 50 years age and male : female ~ 2: 1

C/F	Nasal obstruct	Rhinorrhea	Sneezing	Hyposmia /Anosmia	PND	Facial pain	Epistaxis
<15years	+ +	+	+	+	_	+	+
15 – 30	+ +	+	+	+	+	_	_
30 - 50	+ +	+	+	+	+	_	_
>50	+ +	+	+	+	+	+	_

OCCUPATION: FARMERS + + + 60
CARPENTER + + 20
FLOUR mills + + 20
PAINTER + 5
HOUSE WIFE + 5
AC ENVIRONMENT + + 10
=120

In our study 50% of patients are farmers and 17% are carpenters and those working in flour mills.9%are working in airconditioned environment 4% are house wives.

ENDOSCOPIC APPEARNCE SCORES

Characteristics	0,1,2,3
Polyp L	1
Polyp R	2
edema L	1
Edema R	2
Discharge R	0
Discharge L	2

POLYPS:

O: absence of polyps
1: polyps in mm only
2: polyps beyond mm but not beyond the nose completely
3: polyps completely obstructing the nose

EDEMA:

0- ABSENT
1- MILD And 2-SEVERE

DISCHARGE:

0- ABSENT
1- CLEAR AND THIN
2- THICK AND PURULENT

Post op score to be used for outcome assessment only	
Scarring L	1
Scarring R	1
Crusting R	1
Crusting L	1

Scarring :
0: absent
1: mild
2 severe

Crusting
0: absent
1: mild
2: severe

CT SCORING SYSTEM

SINUS SYSTEM	L	R
Maxillary	2	2
Anterior ethmoid	1	1
Posterior ethmoid	1	1
Sphenoid	0	0
Frontal	1	1
omc	2	2

0: no abnormalities
1: partial opacification

2: total opacification

OMC
0: NOT OCCLUDED
1: OCCLUDED

MEDICAL: Topical nasal steroid sprays

DRUG	Rx time	Effect on nasal symptoms
Mometasone	12 weeks	Decreased nasal blockage
Flutricasone propionate	12 weeks	Decreased nasal blockage
Flutricasone+azelastine	12 weeks	Decreased nasal blockage and decreased sneezing

	Medical	Medical + surgical	reaction after surgery
< 15 years	3	1	-
15 – 30	10	10	-
30 – 50	12	46	14
>50	8	30	16
	33	87	20

MANAGEMENT
MEDICAL : Topical nasal steroid sprays were used for period of 12 weeks in patients of greater than 15 years mometasone was used with the effect of decreased nasal obstruction .

In patients of less than 15 years fluticasone propionate were used with the effect of decreased nasal obstruction.

Combined fluticasone propionate +azelastine nasal sprays were effective in decreasing nasal obstruction as well as excessive sneezings.27.5%of cases were related with absolute topical nasal steroid sprays.

SURGICAL:
Endoscopic sinus surgery was reserved for those cases who were refractory to medical management .ESS, micro debrider was done for all refractory cases[72.5%]

All cases were followed postoperatively at internals of 1,3,5 weeks respectively and postop endoscopic score were assessed.

Postoperatively all patients were kept on topical nasal steroids for a period of 3 months.

After a follow up period of 5 years the recurrence rate was 16%

RECURRENCE AFTER 5 YEARS		FOLLOW UP OF 5 YEARS
	MALE	FEMALE
<15YEARS	-	-
15-30 YEARS	-	-
30-50 YEARS	8	6
>50 YEARS	8	8

CONCLUSION:
The recurrence of nasal polyps are seen with those who are not using intra nasal steroidal sprays in the post operative period and poor follow up.we advice change of occupation and improvement of environmental conditions to avoid allergens and other pollutions.we advice to use nasal masks/nasal filters to the farmers and flour mill workers.