



Otorhinolaryngology

A STUDY OF PATTERN OF EAR DISEASES IN PATIENT ATTENDING OUTPATIENT DEPARTMENT OF A TERTIARY CARE HOSPITAL, GWALIOR

V P Narve

Professor and Head, Department of Otorhinolaryngology, Gajra Raja Medical College, Gwalior, Madhya Pradesh, 474001

Kirtika Gupta*

Resident, Department of Otorhinolaryngology, Gajra Raja Medical College, Gwalior, Madhya Pradesh, 474001 *Corresponding Author

ABSTRACT

Background : Gwalior is a city of population of around 2.8 million (2019). Of Due to this overcrowding and poor personal hygiene ear diseases became the burden for the society. These diseases are the major source of attraction to the ENT specialists. These diseases are generally serious health problem affecting almost all age groups. **Objective :** to find out pattern of ear disease in patient attending outpatient department of tertiary care hospital, Gwalior. **Methods :** A prospective study of 4768 patients was done in a time duration of 6 months between January 2019 to June 2019. Patients were selected randomly. Data are calculated, tabulated and expressed in percentage. **Results :** This study of 4768 patients revealed chronic suppurative otitis media (20.6%) to be most common ear disease followed by ear wax (15.1%) and acute suppurative otitis media (13.4%). In this study 56.87% were females and 43.13% were males. In this study most common age group affected is 20-40 yrs. **Conclusions :** Ear problems are the most common health problems due to poor hygiene, overcrowding, lack of proper education and inadequate medical facilities. Proper treatment at proper time is necessary to reduce the morbidity related to these health problems.

KEYWORDS : ear diseases, Gwalior, CSOM, ASOM**INTRODUCTION :**

Being a tertiary care hospital, patients are referred due to lack of proper facilities in nearby PHCs and district hospitals. The burden of disease on health care system and its impact on general well being is high among people living in this area. Fatality rate is low except in emergencies but complications are more due to lack of health care facilities. Ear diseases are important health issue among children as well as adults due to problem of hearing. Even mild degree of hearing impairment can lead to decrease in performance and development.¹ Proper planning and using health resources helps in reducing this problem. Disease of ear can be diagnosed by taking proper history and otoscopy.² The present study was undertaken to determine the pattern of ear disease in a patients attending ENT OPD of a tertiary care hospital, Gwalior.

MATERIAL AND METHODS :

A prospective study of 4768 patients was done in a time period of 6 months between January 2019 – June 2019. Patients were selected randomly. Selected patients were subjected to clinical examination and otoscopy after proper history regarding ear diseases. Necessary investigations like pure tone audiometry, impedance audiometry, X-ray mastoid (B/l Schuller's view), HRCT temporal bone were done. Results were calculated and tabulated and given in percentage form.

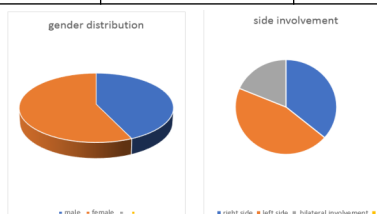
RESULTS :

In this study, out of 4768 patients, 2712 (56.87%) were females and 2056 (43.13%) were males.

1658 (34.7%) patients were having right ear pathology, 2259 (47.37%) patients were having left ear pathology and 851 (17.8%) patients were having bilateral ear involvement.

In This Study Most Common Age Group Affected Is 20-40 Years.**Table No 1 . Gender Wise Distribution Of Patients**

Gender	No of patients	%
MALE	2056	43.13
FEMALE	2712	56.87
TOTAL	4768	100

**Table 2 Laterality Wise Distribution Of Patients**

	Patients	%
Right ear	1658	34.7
Left ear	2259	47.37
Both ear	851	17.8

Table 3 Ear Disease Pattern And Distribution

Ear disease	total	%	Male	%	female	%
ASOM	643	13.4	174	27.1	469	72.9
Otitis Externa	629	13.1	306	48.6	323	51.3
COM	986	20.6	456	46.2	530	53.7
Ear Wax	724	15.1	134	18.5	590	81.4
Hearing Loss	361	7.5	224	62.0	137	37.9
Otomycosis	407	8.5	294	72.2	113	27.7
Foreign Body (Ear)	335	7.02	112	33.4	223	66.5
Trauma	134	2.8	65	48.5	69	51.4
Facial Palsy	104	2.1	76	73.0	28	26.9
Congenital anomaly	54	1.1	23	42.5	31	57.4
Post auricular abscess	169	3.5	82	48.5	87	51.4
BPPV	172	3.6	89	51.7	83	48.2
Meneire's disease	50	1.04	21	42	29	58

DISCUSSION :

Ear disease is a common entity and a public health problem in developing countries. This study helps in determining the pattern of ear diseases in patients attending outpatient clinic of a tertiary care hospital, Gwalior. By knowledge of these diseases we can make strategies to reduce the morbidity caused due to health problem. Our study showed 4768 ear patients. Various studies have shown that ear disease is commonest presentation in ENT OPD.^{3,4}

In this study, chronic suppurative otitis media is most common ear disease (20.6%) followed by Ear wax (15.1%) followed by ASOM (13.4%). CSOM is the major health problem in developing countries. Poverty, lack of education, awareness and medical facility are important cause of high prevalence of hearing loss.⁵ Various studies showed that chronic otitis media is commonest ear diseases encountered in ENT OPD.^{3,4}

Wax is one of the cause of reversible hearing loss both in children and adults. In our study 15.1% patients were having ear wax. Humidity, temperature play an important role in wax production and impaction. In this study hearing loss is shown by 7.5% patients which is generally age related. Though other patients also presented with history of impaired hearing which is not taken into consideration in this study.

This study included other ear diseases like otitis externa, otomycosis

,congenital ear diseases, BPPV, traumatic ear diseases,etc.

CONCLUSION:

This study showed the pattern of ear diseases in ENT OPD of a tertiary care hospital,Gwalior . improvement of ear health and reducing the burden of ear diseases should be the primary aim so as to reduce the morbidity. This is a hospital based study, it may not reflect the exact pattern of ear diseases in community.

REFERENCES :

1. Blumsock J, Anderson K. Back to school ! 13 facts revisited . Hearing Review 2004 ; 11(10) : 14-6,62-3
2. Akinpelu OV, Amusa YB. Ontological diseases in Nigerian Children. The Internet Journal of otorhinolaryngology 2007;7:1.
3. Olatoke F,Ologe FE, Nwawolo CC and Saka MJ. The prevalanceof hearing loss among school children with chronic suppurative otitis media in Nigeria, and its effect on academic performance. Ear Nose ThroatJ 2008 ;87 :E19.
4. Maharjan M,Bhandari S, Singh S and Mishra SC. Prevalance of otitis media in school going childrenin eastern Nepal. Kathmandu university medical journal 2006 ; 4 (4) : 479-482.
5. WHO global estimates on prevalence of hearing loss ;2012.