



ORIGINAL RESEARCH PAPER

Ent

PREVALENCE OF ALLERGIC RHINITIS IN MEDICAL COLLEGE STUDENTS

KEY WORDS:

Vellapalem Lakshmi Chaitanya kumar Reddy

Department Of Otorhinolaryngology, Saveetha Medical College And Hospital, Thandalam, Chennai, Tamil Nadu.

Dr. Shoba. K*

Department Of Otorhinolaryngology, Saveetha Medical College And Hospital, Thandalam, Chennai, Tamil Nadu. *Corresponding Author

ABSTRACT

Allergic Rhinitis is an IgE-mediated immunologic response of nasal mucosa to airborne allergens and is characterised by watery nasal discharge, sneezing and itching in the nose. This may also be associated with symptoms of itching in the eyes, palate and pharynx. We have conducted a cross sectional questionnaire based study on allergic rhinitis on 465 students in Saveetha medical college and Hospital, out of which 96 students were suffering with allergic rhinitis both seasonally and perennially, to determine most common symptoms associated with allergic rhinitis affecting quality of education of students, and the most preferred treatment to control the symptoms. In the survey it was found that Rhinorrhea, Nasal obstruction and sneezing were the most bothersome symptoms that affect quality of education. Intranasal corticosteroids, oral therapy were most preferred treatments by the students.

AIM: To determine the prevalence of allergic rhinitis among medical students.

OBJECTIVE: To determine most common symptoms associated with allergic rhinitis, and its impact on students quality of life.

INTRODUCTION:

Allergic rhinitis is a common disease and its prevalence is increasing worldwide(2), Epidemiological studies have revealed that the prevalence of Allergic Rhinitis has increased progressively in more-developed countries, and currently affects up to 40% of the population worldwide(3), it is an Ig E-mediated immunologic response of nasal mucosa to airborne allergens and is characterised by watery nasal discharge, sneezing and itching in the nose. This may also be associated with symptoms of itching in the eyes, palate and pharynx.

Two clinical types have been recognised:

1. Seasonal
2. Perennial.

The cardinal symptoms of seasonal and perennial nasal allergy include paroxysmal sneezing, 10-20 sneezes at a time, nasal obstruction, watery nasal discharge, and itching in the nose. Itching may also involve eyes, palate, or pharynx. Some may get bronchospasm. The duration and severity of symptoms may vary with season.

RHINITIS CLASSIFICATION

The new ARIA classification 1 was used to classify allergic rhinitis as persistent if the symptoms were present during ≥4 days a week and during ≥4 weeks consecutively. It was otherwise classified as intermittent. Frequency of symptoms (days per week; consecutive weeks per yr) were reported at step one. Subjects participating in step two and diagnosed with allergic rhinitis were classified as seasonal allergic rhinitis (SAR), perennial allergic rhinitis (PAR), or both, by the investigator. (1)

TREATMENT

1. Avoidance of allergen.
2. Treatment with drugs.
3. Immunotherapy.

Drugs used treatment of Allergic Rhinitis

1. Antihistamines
2. Sympathomimetic drugs
3. Corticosteroids
4. Sodium Cromo glycate
5. Anti cholinergics
6. Luekotriene receptor antagonists

7. Anti- IgE treatment.

METHODOLOGY:

STUDY DESIGN:

cross sectional questionnaire based study.

Study duration: the study will be conducted for a period of three months from January to March 2019

STUDY PLACE :

The study will be conducted in Saveetha medical college and hospital, Thandalam.

Study population: Medical students from 1 st year to 4 the year of saveetha Medical college and Hospital willing to give voluntary written informed consent will be included in the study.

EXCLUSION CRITERIA:

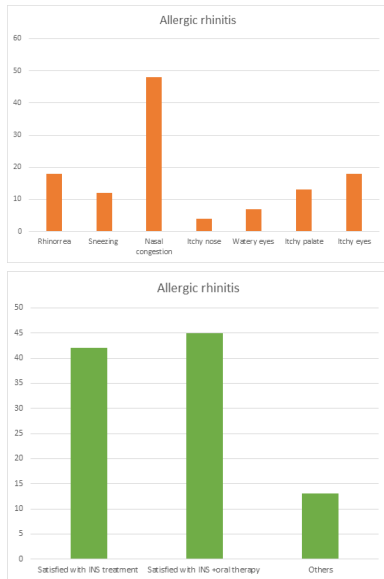
* Unwilling students
CRRIs and Faculties, Non medical students.

PROCEDURE:

The study will be carried out only after getting the approval from IEC. After stating the purpose of the study. Voluntary written informed consent from the medical students will be taken. A self administered questionnaire will be distributed to all the students during their free hours after their lecture class.

RESULTS:





DISCUSSION:

The surveys reviewed here investigated students symptomatology and experiences with Allergic Rhinitis treatment among 465 students (men-192, women-272) in Saveetha medical college and Hospital. Students with Allergic Rhinitis often reported that Nasal congestion, Running nose, sneezing and itchiness in the nose and palate were the most bothersome symptoms, out of which Nasal congestion stands on top.

Most of the students surveyed use Intra nasal corticosteroids and oral therapy, out of which 42% of the students use INS therapy, 45% of the population use INS and oral therapy combined, and other modes of treatment is used by 13% of the students.

CONCLUSION:

A Questionnaire based study was conducted on Allergic Rhinitis among medical college students in Saveetha medical college and Hospital, in this study it was revealed that Running nose, Nasal obstruction and sneezing were the most bothersome symptoms that affect quality of education in the students.

Most of the students suffered from allergic rhinitis preferred Intranasal corticosteroids and oral therapy as their choice of treatment stating that most of symptoms of allergic rhinitis were satisfactorily controlled by the present mode of treatment.

REFERENCES:

1. Bauchau V, Durham SR. Prevalence and rate of diagnosis of allergic rhinitis in Europe. *European Respiratory Journal*. 2004 Nov 1;24(5):758-64.
2. Zhang L, Han D, Huang D, Wu Y, Dong Z, Xu G, Kong W, Bachert C. Prevalence of self-reported allergic rhinitis in eleven major cities in china. *International archives of allergy and immunology*. 2009;149(1):47-57.
3. Zhang Y, Zhang L. Prevalence of allergic rhinitis in china. *Allergy, asthma & immunology research*. 2014 Mar 1;6(2):105-13.