



ORIGINAL RESEARCH PAPER

ENT

PREVALENCE OF ENT DISEASES IN PAEDIATRIC PATIENTS ATTENDING ENT OPD OF A TERTIARY CARE HOSPITAL

KEY WORDS: ENT diseases, Paediatric age group, Prevalence.

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ABSTRACT

Background: The ENT diseases in paediatric age group are very important because of the morbidities which happens due to impairment of inherent physiologic functions like problems of hearing, breathing, swallowing, speech, olfaction, taste, protection of the lower respiratory tract. In some situations, these morbidities can be the reason for social embarrassment, school and psychological losses in the community.

Objective: To find out prevalence of ENT diseases in paediatric patient attending ENT OPD of tertiary care hospital, Gwalior.

Methods: A prospective study of 4865 paediatric patients of age group 0 – 18 years who attended ENT OPD of tertiary care hospital, Gwalior, was done in a time duration of one year between January 2019 to December 2019.

Results: This study of 4865 paediatric patients revealed that among ear diseases impacted wax (29.4%), in nasal diseases acute rhinitis (43.1%) and in throat adenoid hypertrophy (39.4%) are more common. In this study 2673 (54.94 %) were males and 2192 (45.05%) were females. In this study maximum patients are of age group is between 6-12 years i.e. 1895 (38.95%) followed by age group 0-5yrs i.e. 1722 (35.39%) followed by age group 13-18 yrs i.e. 1248 (25.6%).

Conclusion: This study describes prevalence of ENT diseases in paediatric age group which helps in taking necessary intervention at proper time so as to reduce the morbidity in this age group.

INTRODUCTION:

ENT problems are one of the common causes that warrant a visit to the doctor both in rural and urban set ups.¹ Paediatric population constitutes 35 % of world's total population. Since India is a developing country with growing economy, its health system is still evolving. Ear, nose and throat diseases are serious public health problem with universal distribution affecting all age group especially paediatric age group. The reason for this can be absence of regular screening programs for ear diseases, lack of education, poverty, malnutrition, ignorance and lack of accessible healthcare. Number of varieties of Ear, Nose and throat diseases present to the Otorhinolaryngologist.²

According to WHO, 42 million children are suffering from hearing disability, commonest is otitis media.³ Even mild degree of hearing impairment can affect proper learning that can lead to decrease in overall development of a child.⁴ However, late stage disease presentation, due to factors such as ignorance, poverty is a common finding in most of the patients.⁵ The pattern of these diseases varies in communities and hospitals based on the availability of concerned specialist, facilities for the treatment of such diseases which can be either congenital or acquired in origin.⁶

Some diseases are common among paediatric population like acute suppurative otitis media, adenoid, acute tonsillitis, acute rhinitis, acute epiglottitis, acute laryngotracheobronchitis. In India, foreign body impaction in ENT region are found to be common emergencies and sometimes can be fatal to the patients.

Assessing the health-related issues in children is considered to give an idea of health status of a community.⁷

MATERIAL AND METHODS:

A prospective study of 4865 paediatric patients of age group 0 – 18 yrs who attended ENT OPD of tertiary care hospital, Gwalior, was done in a time duration of one year between January 2019 to December 2019. Patients are selected randomly. General demographic details were taken. They underwent complete history taking and complete ENT clinical examination. Patients underwent otoscopy/esophagoscopy/nasal endoscopy/bronchoscopy if required. Appropriate

investigations were performed like x-rays, CT scan, pus c/s etc. Results were calculated and tabulated and given in percentage form.

Inclusion Criteria:

- 1.All children of age group 0-18 years presenting with ENT complaints in ENT opd.
- 2.Patients presenting exclusively with ENT complaints.

Exclusion Criteria:

- 1.Patients with congenital anomaly.
- 2.Patients with ENT complaints along with other complaints.
- 3.Patients with intracranial neoplasm.

RESULTS:

In this study, out of 4865 patients, 2673 (54.94 %) were males and 2192 (45.05%) were females.

In this study maximum patients are of age group is between 6-12 yrs i.e. 1895 (38.95%) followed by age group 0-5yrs i.e. 1722 (35.39%) followed by age group 13-18 yrs i.e. 1248 (25.6%).

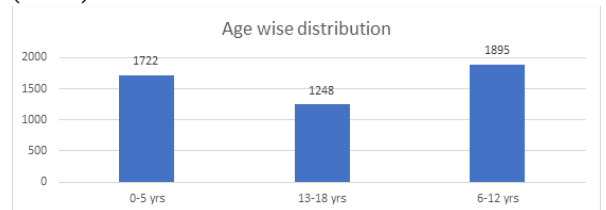


Figure 1 Showing Age Wise Distribution Of Patients

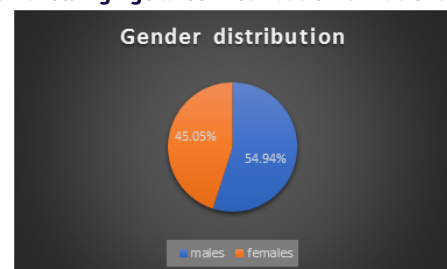


Figure 2 Showing Gender Wise Distribution Of Patients

In this study most of the patients belong to low socioeconomic class (62.6%).

Table 1 Distribution Of Patients According To Involvement Of Ear, Nose And Throat

DISEASE	MALE	FEMALE	TOTAL	%
EAR	945	978	1923	39.52
NOSE	852	435	1287	26.45
THROAT	876	779	1655	34.01

Table 2 Disease Wise Distribution Of Patients (EAR) (NOSE)

DISEASE	NO.	%	DISEASE	NO.	%
ASOM	485	25.2	Acute Rhinitis	555	43.1
CSOM	294	15.2	Allergic rhinitis	134	10.4
Otitis media with effusion	103	5.3	Chronic rhinosinusitis	97	7.5
Impacted wax	567	29.4	Foreign body	189	14.6
Foreign body	239	18.5	Nasal polyp	85	6.6
Hearing loss	56	2.9	Deviated nasal septum	107	8.3
Others	179	9.3	Others	120	9.3

Others include injuries, myiasis, cyst or swelling, facial nerve palsy, tumours.

DISEASE	Number	%
Tonsillitis	232	14.01
Pharyngitis	154	9.3
Lymphadenitis	429	25.9
Adenoid hypertrophy	653	39.4
Foreign body	92	5.5
Others	95	5.7

(THROAT)

Others include deep neck space infections, injury, disorder of voice, etc

DISCUSSION:

Majority of the diseases in paediatric age group is due to low birth weight, poor nourishment, infection, poor hygiene, and injuries. ENT diseases can be a consequence of these ii factors or may aggravate to these problems. Though many health-related programmes have been implemented, ENT diseases remain major cause of morbidity in paediatric age group. This study explains the prevalence of ENT diseases in paediatric age group.

In this study among ear diseases impacted wax (29.4%), in nasal diseases acute rhinitis (43.1%) and in throat adenoid hypertrophy (39.4%) is more common. This was similar with the study conducted by Yeli⁸ and Kishve et al⁹ where ear wax was most common ear disease in children. The reason for impacted wax most common might be due to hot climate and poor hygiene.

Presence of foreign body in ENT areas are more common among pre-schoolers due to boredom or curiosity. Children less than 5 yrs are more prone for infection may be due to less mature immune system.

CONCLUSION:

In this study, most of the patients are mainly suffering from ear disorders. This is mainly due to low socioeconomic status, poor hygiene and lack of proper medical care and education in nearby PHC and district hospitals. Hence number of patients are referred to JAH, which is a tertiary care centre.

Improvement of medical facilities and increasing the awareness about diseases should be the primary goal to reduce the burden of ENT diseases and related morbidity.

Acute problems if not managed can result in chronic conditions and end up in any surgical intervention or any morbidity. So medical practitioner who are dealing with these

problems can help patients by giving proper advice and treatment at correct time.

This study provides the basic information regarding prevalence of ENT diseases among paediatric age group in our area so that the relevant development of the medical setup and treatment can be given by the hospital.

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