

Current Status of Otolaryngological Diseases among Paediatric Population Attending ENT OPD in Sylhet Women Medical College

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Abstract

Original Research Article

Objective: In this study our main goal is to evaluate current status of otolaryngological Diseases among Paediatric Population Attending ENT OPD in Sylhet women medical college. **Methods:** In this observational study, was conducted at Sylhet women medical college during January, 2018 to July 2019, where total number of 200 patients attended ENT OPD and among them 100 patients were children aged between 0-15 years presenting with ear, nose and throat diseases were taken as a study sample. Then parameter like: socio-demographic data such as age, residential area, types of ENT were collected from the patients parents using standard questionnaires and kept confidential during the research. **Results:** Most of the patients belong to in age group of 0-5 years and it was 55%. During the study, otitis media with effusion (50%) was the most common ear problem followed by wax (25%). Also, rhinitis (35%) was the commonest problem followed by sinusitis (29%), epistaxis (20%) and foreign body (10%). **Conclusion:** According to the conducted study, otitis media, rhinitis and tonsillitis are most prevalent ENT disorder among paediatric study population presenting to ENT OPD during the study period. These acute problems if not diagnosed and managed accurately lead to chronic or recurring symptoms and ultimately either require surgical intervention or produce chronic morbidity.

Keywords: Otolaryngological Diseases, Paediatric Population, Otitis media.

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INTRODUCTION

Bangladesh forms the populous part of south Asia. The total population of this country is 163, 654, 860 (July 2013 estimated). Among the total population, 33% constitute the age group 0-14 years (male 27,393,912; female 26, 601, 199) [1]. Majority of admissions of paediatric population in different hospitals of the country are due to respiratory illness and acute watery diarrhea [2]. Morbidity pattern of this age group has several determining factors like socio-economic status, basic education, occupation of parents, socio-cultural practices, living environment, etc [3].

Despite of vast improvement in health practices and various health facilities and awareness, various infections still remain one of the major causes of morbidity and mortality in paediatric age group.

Ear, nose and throat diseases (ENT) may adversely affect this ability and are common cause of consultation to medical practitioners. According to World Health Organization (WHO), 42 million people

(age >3yrs) of the world have hearing loss [4]. The major cause of deafness being otitis media which is second to common cold as a cause of infection in children [5]. Common otolaryngological diseases in children include otitis media (acute and chronic), tonsillitis, acute laryngotracheobronchitis, adenoiditis, foreign body in ear-nose, and wax with or without fungal infection of ear, etc.

In this study our main goal is to evaluate current status of otolaryngological diseases among paediatric population attending ENT OPD in Sylhet women medical college.

OBJECTIVE

General objective

- To assess current status of otolaryngological Diseases among Paediatric Population Attending ENT OPD in Sylhet women medical college.

Specific objectives

- To evaluate socioeconomic status of the patients.
- To detect percentage of nose diseases among study population.

METHODOLOGY

Type of study	Observational study
Place of study	Sylhet women medical college
Study period	January, 2018 to July 2019
Study sample	Total number of 200 patients attended ENT OPD and among them 100 patients was children aged between 0-15 years presenting with ear, nose and throat diseases were taken as a study sample.
Sampling technique	Purposive

Exclusion Criteria

Children with suspected neoplasm

METHOD

During the study, the study population was evaluated by history and complete ENT examination. Informed verbal consent was taken. Socio-demographic data such as age, residential area, types of ENT were collected from the patients' parents using standard questionnaires and kept confidential during the research.

Data Analysis

Statistical analysis was performed using the Statistical package for social science SPSS version 23.0. A descriptive analysis was performed for clinical features and results were presented as mean \pm standard deviation for quantitative variables and numbers (percentages) for qualitative variables

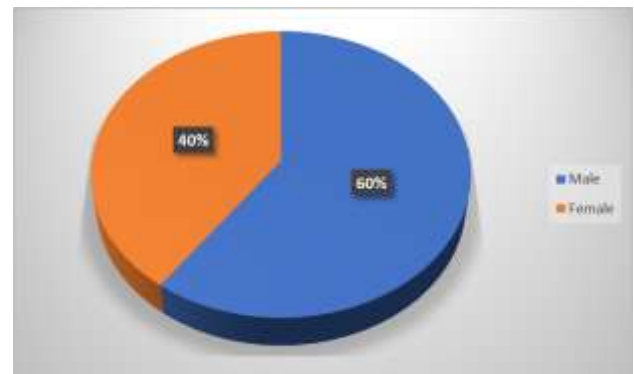
RESULTS

In table-1 shows distribution of age of the patients where most of the patients belong to in age group of 0-5 years and it was 55%. The following table is given below in detail:

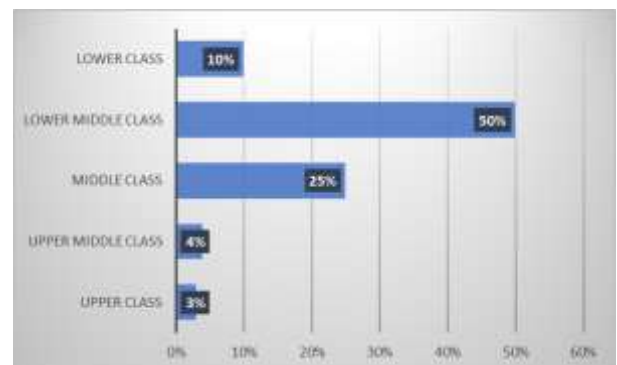
Table-1: Distribution of age of patients

Age group	%
0-5 years	55%
6-10 years	35%
11-15 years	10%

In figure-1 shows gender distribution the patients where overall ENT diseases were found more common in male children (60%) than female children (40%).The following figure is given below in detail:

**Fig-1: Gender distribution the patients.**

In figure-2 shows socioeconomic status of the patients where majority (52.32%) of the study population were from lower middle class, living in unhygienic environment with large family size and poor sanitation. The following figure is given below in detail:

**Fig-2: Socioeconomic status of the patients**

In table-2 shows residential area of the patients where most of the patients belong to rural area, 65%. The following table is given below in detail:

Table-2: Residential area of the patients

Residential area	%
Urban	35%
Rural	65%

In table-3 shows distribution of ear diseases among study population where otitis media with effusion (50%) was the most common ear problem followed by wax (25%). The following table is given below in detail:

Table-3: Distribution of ear diseases

Ear diseases	%
Otitis media with effusion	50%
Wax	25%
Foreign body	15%
Others	10%

In table-4 shows percentage of nose diseases among study population where rhinitis (35%) was the commonest problem followed by sinusitis (29%), epistaxis (20%) and foreign body (10%). The following table is given below in detail:

Table-4: Percentage of nose diseases among study population

Nose diseases	%
Rhinitis	35%
sinusitis	29%
epistaxis	20%
foreign body	10%
Others	6%

In figure-3 shows distribution of throat diseases among study population where common throat problem found among our study population in decreasing order of percentage were tonsillitis (30%), pharyngitis (25%), enlarged adenoids (21%), ALTB (15%) and others (9%). The following figure is given below in detail:

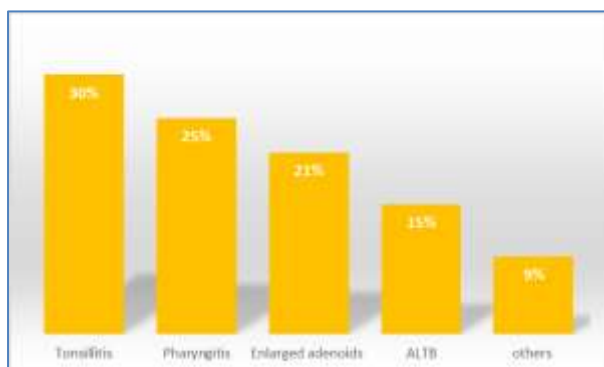


Fig-3: Distribution of throat diseases among study population

DISCUSSION

In Bangladesh, common diseases of paediatric age group are malnutrition, ARI, diarrhoea, measles, malaria and other infectious diseases. ENT disorders may accompany these diseases or may occur independently. Though the government of Bangladesh has launched various health related programmes which work by early detection and appropriate intervention of

common health problems among children, ENT diseases still remain one of the major causes of chronic morbidity due to lack of awareness among general population and parents[6].

In one study reported that, overall ENT diseases were found more common in male children (52.79%) than female children (47.20%)[7]. Which is quite similar to our study where most of the patients were male, 60% whereas female patients' percentage was 40%.

In one study said that, otitis media (acute and chronic) and otitis media with effusion are the most common morbid conditions of the ear which if not treated accurately may lead to deafness. This high prevalence of otitis media in our study corresponds with that of other studies [8]. In our study we noted that, otitis media with effusion (50%) was the most common ear problem followed by wax (25%).

Young children particularly <5 years old have immature immune system and are prone to infection. Acute otitis media (AOM) is a common complication of upper respiratory tract infection whose pathogenesis involves both viruses and bacteria [9].

We also found that, rhinitis (35%) was the commonest problem followed by sinusitis (29%), epistaxis (20%) and foreign body (10%). In children; common presenting complaint of nose disorders is nasal obstruction and rhinorrhoea. These symptoms are commonly produced by rhinitis, allergy, nasopharyngitis and tonsillo adenoiditis [10].

Among throat infection acute and chronic tonsillitis is the commonest throat problem usually occurring in children aged 3-15 years. In our study we found, tonsillitis (30%), pharyngitis (25%), enlarged adenoids (21%), ALTB (15%) and others (9%).

CONCLUSION

From our study we can conclude that, otitis media, rhinitis and tonsillitis are most prevalent ENT disorder among paediatric study population presenting to ENT OPD during the study period. These acute problems if not diagnosed and managed accurately lead to chronic or recurring symptoms and ultimately either require surgical intervention or produce chronic morbidity.

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