

Frequency Of Diseases Presenting In ENT OPD At Prithvichandra Hospital

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Abstract:

Objectives: To determine the frequency of different ENT diseases presenting at outpatient department and to educate people about different ENT diseases, their early treatment and prevention.

Methodology: An observational cross-sectional study was done in Prithvichandra hospital, Nawalparasi between from May 2024 to September 2024. A non-probability convenient sampling technique was used to collect data from 250 participants from patients presenting at OPD. Data about patient particulars and different diseases was collected through a well-structured questionnaire. Data was secured and confidentiality was maintained. Data was analyzed using SPSS 21.

Results: Out of all participants 250, 129(51.6%) were males and 121(48.4%) were females. Most of them 76(30.3%) had only primary education and a good number were also matriculate. Majority of the patient 165(66%) were socio-economically poor. Ear problems were most commonly encountered. Among ear problems, bilateral ear wax was the most common 38(15.2%) followed by acute otitis media 33(13.2%) and chronic suppurative otitis media 27(10.8%). Throat problems were 2nd in number to the ear problems. Most commonly presented throat problems were of tonsillitis including both acute and chronic conditions accounting for 39(15.6%) cases. Nose problems come behind the ear and throat diseases and most common problems were of allergic rhinitis 33(13.2%) and DNS 20(8%). Cases of sinusitis and epistaxis had a very low frequency. Most of these patients were suffering from these problems for the last one year. Most of them had taken medical treatment from the Govt. Hospitals.

Conclusion: Among ENT diseases, ear diseases are most common followed next by nose and then throat diseases. Most of these diseases are of acute onset with less than a year of disease duration. They exist mainly in low socio-economic class and most of the patient avail the medical treatment.

Keywords: ENT diseases, OPD, frequency, otitis media, medical treatment

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I. Introduction

Patient presents with ear, nose and throat diseases in ENT OPD to otolaryngologist/ ENT specialist¹. The pattern of ENT diseases is quiet variable depending on age and group varying from community to community. Many developing countries have few experts and very poor facilities to support the experts and thus creates a very heavy workload on otorhinolaryngologists². There are a lot of ENT diseases which range from minor problems like allergies to severe problems like malignancies which affect lives of people and is becoming a public health problem. Some ENT diseases are congenital and others are acquired. The acquired causes may be trauma, infections, inflammation, vascular and neurological. Some are of acute while others are of chronic onset³. According to World Health Organization 42 million people (age>3 years) have hearing loss. The prevalent cause is otitis media, in childhood infection common cold is the first main cause⁴. Firstly, and the Eustachian tubes are very smaller and straight in children as compared to adults. Moreover, children defence mechanism is underdeveloped as compared to adults^{5,6}. Mostly which are not diagnosed earlier and treated poorly in initial phase, it can go to chronic phase which is the chronic supportive otitis media. Rupture of the tympanic membrane which is very common, can be caused either by acute or chronic middle ear infections or by trauma. It may lead to conductive hearing loss due to otitis media⁷. DNS is mal-alignment of nasal septum which may be either congenital or caused by trauma. Epitasis is another condition in which bleeding occurs from the nose. Most common cause is finger nail trauma. Other include high BP, use of anticoagulants, infection, liver disease etc⁸. ENT diseases are responsible for considerable morbidity among infants and young children. Acute infections of upper respiratory as well as recurrent disease and disorder of Ear, Nose and Throat are more common in early stages of life. If remain untreated it may complicate and endanger the life of an individual and may affect the developmental capability of the child⁹. Otitis media is the most common disorder in infants and children and is common cause of deafness in child. A study was conducted on ENT disorders in children in India, it was found

that otitis media is the most common in male children (53.2%). Most of these children were from lower socioeconomic families, children living in combine families and had uneducated mothers¹⁰. A similar study was conducted on children in UAE and the results were that otitis media was second most common disease after rhinitis¹¹. A study was also conducted on complications of otitis media and it was found that perforations in the tympanic membrane was the most common complication of otitis media followed by cholesteotoma, mastoiditis and atelectasis of tympanic membrane¹².

A study was conducted on causes of perforation of tympanic membrane showed that it is caused by either acute or chronic infection or by trauma. It causes conductive hearing loss and predisposes ear to infection. Some perforations heals spontaneously and other by surgery¹³. A study was conducted in which group A beta hemolytic streptococcus was isolated by pharyngeal culture in 2 years old children. Patient's whose age were less than 2 years had a greater frequency of fever, skin eruption and catarrhal (influenza like) symptoms than older children. The results of the study were pharyngeal irritation 90.7%, odynophagia and adenopathies in 55.8%. The two peaks occur in May and September and sporadic cases occur throughout the year¹⁴. Laryngeal cancer is common cancers of the throat. According to research of National Cancer Registry, ICMR, 2005 report, laryngeal cancer occurs at 3.29 new cases in male and 0.42 new cases in female per 100,000 populations. Another study was conducted on black South Africans for the risk factors of laryngeal cancer and it was found that smoking and alcohol were the major causes of laryngeal cancers¹⁵. This study was designed to determine the frequency of common ENT diseases presenting at ENT OPD and to educate about these diseases, early treatment and prevention.

II. Materials And Methods

This was a cross-sectional descriptive type of study at Prithvichandra hospital, Nawalparasi. The study was done over a period from May 2024 to September 2024. The sample size was 250. Non-Probability convenient sampling. Patients with different ENT diseases presenting at ENT OPD of Prithivi Chandra hospital Nawalparasi were included. All patients who are in emergency condition were excluded. Data was collected using a structural questionnaire after pretesting. The data after collection was entered and analysed using statistical software SPSS-16. Mean and standard deviation were calculated for quantitative variables like age, monthly family incomes etc. while frequencies and percentages were calculated for categorical variables like gender, socioeconomic etc. Results were displayed as tables and graphs.

III. Results

Table 1. Gender of patients

	Frequency	Percentage (%)
Male	129	51.6%
Female	121	48.4%
Total	250	100%

Table 1 shows that out of total 250 patients, 129 (51.6%) were males and 121 (48.4%) were females.

Table 2. Socioeconomic Status

	Frequency	Percent
Poor	165	66.0%
Middle	72	28.8%
Upper	13	5.2%
Total	250	100%

Table 2 shows that majority 165(66%) of patients were poor, 72 (28.8%) belonged to middle class and 13 (5.2%) were from upper class.

Table 3. Occupation

	Frequency	Percent
Laborer	28	11.2%
Businessman	21	8.4%
Govt. servant	54	21.6%
Housewife	18	7.2%
Farmer	8	3.2%
Other job	77	30.8%
No job	44	17.6%
Total	250	100%

Table 3 shows that out of 250 patients, 28 (11.2%) were laborer, 21 (8.4%) were businessman, 54 (21.6%) were government servant, 18 (7.2%) were housewife, 8 (3.2%) were farmers, 77 (30.8%) had other jobs and 44 (17.6%) had no jobs.

Table 4 shows that out of total 250 patients, 33(13.2%) were suffering from acute otitis media, 21(8.4%) had acute pharyngitis, 11 (4.4%) had acute sinusitis, 13 (5.2%) had acute tonsillitis, 33 (13.2%) had allergic rhinitis, 38 (15.2%) had bilateral ear wax, 10 (4.0%) had chronic pharyngitis, 27 (10.8%) had chronic suppurative otitis media, 26 (10.4%) had chronic tonsillitis, 20 (8.0%) had deviated nasal septum, 7 (2.8%) had epistaxis and 11 (4.4%) were suffering from otitis externa.

Table 4. Diagnosis

	Frequency	Percent
Acute otitis media	33	13.2%
Acute pharyngitis	21	8.4%
Acute sinusitis	11	4.4%
Acute tonsillitis	13	5.2%
Allergic rhinitis	33	13.2%
Bilateral ear wax	38	15.2%
Chronic pharyngitis	10	4.0%
Chronic suppurative otitis media	27	10.8%
Chronic tonsillitis	26	10.4%
Deviated nasal septum	20	8.0%
Epistaxis	7	2.8%
Otitis externa	11	4.4%
Total	250	100.0%

Table 5. Duration of illness

	Frequency	Percent
Below 1 year	193	77.2%
1 to 5 years	46	18.4%
6 to 10 years	7	2.8%
Above 10 years	4	1.6%
Total	250	100.0%

Table 5 shows that out of total 250 patients, 193 (77.2%) patients had duration of illness below 1 year, 46 (18.4%) had 1 to 5 years, 7 (2.8%) had 6 to 10 years and 4 (1.6%) had above 10 years duration of illness.

Table 6. Nature of visit

Nature of visit	Frequency	Percent
First	117	46.8
Follow up	133	53.2
Total	250	100

Table 6 shows that out of total 250 patients, 117 (46.8%) patients had first visit to hospital and 133 (53.2%) patients were follow up.

Table 7. Any treatment taken before

	Frequency	Percent
Medical	142	56.8%
Surgical	9	3.6%
Other	4	1.6%
No treatment	95	38.0%
Total	250	100%

Table 7 shows that out of total 250 patients, 142 (56.8%) had taken medical treatment, 9 (3.6%) had taken surgical treatment, 4 (1.6%) had taken other treatment and 95 (38.0%) had taken no treatment before.

IV. Discussion

The pattern of ENT disease is quiet variable depending on age & group varying from community to community. A prospective cross-sectional study of all consecutive patients coming to otolaryngology clinic in Oman was done on allergic Rhinitis and associated co morbidities¹⁶. In this study allergic Rhinitis was noted in 48% of patients. According to our study out of 250 cases 33 patients (13.2%) were of allergic rhinitis. DNS was second most common after allergic rhinitis. The difference in result is due to sample size which is small in our study. A study done in India on the Prevalence of preventable ear disorders in primary school children (aged 5 to 12 years) through pro-forma questionnaire in 15718 primary school children. Most common ENT disorders seen in these children were Ear wax in 7.93%, chronic otitis media in 4.79% & 3.66% suffered from otitis media with effusion. There has been a lot of studies showing OME as a major cause of hearing loss in children¹⁷. Acute otitis media was detected in 0.65% children and foreign bodies were found in 0.34%. According to our study, out of

250 patients of bilateral ear wax are (15.2%, chronic otitis media 10.8% and acute otitis media 13.2%. Difference in results is due to sample size and age groups.

In our study patient occupational classes showed that there were more patients in lower occupational classes than in those in upper classes. Same results are showed by a study done in England by SL Isaac et al¹⁸. A prospective study carried out at ENT department of KMC Peshawar Pakistan from April 2011 to May 2012 a total of 32800 patients showed the distribution of diseases systemically that is ear diseases were 47%, 36% Nasal complaints and 17% Laryngopharyngeal. In our study ear diseases are 43.6%. Nasal complaints are 28% and 28.4% complaints are of Laryngopharyngeal problems. The difference in frequency distribution is due to large size³. In our study cases of tonsillitis are 16%, Pharyngitis 12.4% and otitis media 24%. A study done in ENT department GMC Pokhara in 2010, on prevalence of ENT diseases in children shows that low socioeconomic status, overcrowding & joint families might be responsible for the high prevalence of ENT diseases¹⁹.

Approval from Ethics committee was taken. Some respondents left some panels blank. Patient's confidentiality about their privacy was gained in data collection. Another limitation of our study was that we focused mainly on the major ENT diseases presented in ENT OPD and their prevalence not taking into consideration their causes and treatment.

V. Conclusion

From this study, frequency of ENT diseases among patients presenting at ENT OPD at Prithivi Chandra hospital, we concluded that 15.2% patients had bilateral ear wax, 13.2% had allergic rhinitis and acute otitis media, 10.8% had chronic suppurative otitis media, 10.4% had chronic tonsillitis, 8.4% had acute pharyngitis, 8% had deviated nasal septum, 5.2% had acute tonsillitis, 4.4% had acute sinusitis and otitis externa, 4% chronic pharyngitis and 2.8% had epistaxis. The main determinant is that ENT diseases are more in males and lower socio-economic families because of poor nutrition, poor housing and poor hygiene. This study shows that allergic rhinitis, bilateral ear wax acute and chronic suppurative otitis media and pharyngitis are the common ear, nose and throat disorders.

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