

ABSTRACTS OF PAPERS PRESENTED AT THE 24TH ANNUAL SCIENTIFIC CONFERENCE OF THE OTORHINOLARYNGOLOGICAL SOCIETY OF NIGERIA ABUJA 2016

A FIVE YEAR AUDIT OF FLEXIBLE FIBRE-OPTIC LARYNGOSCOPY IN A TERTIARY HOSPITAL, NORTH CENTRAL NIGERIA

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Background: Flexible fibre-optic laryngoscopy (FFL) is a relatively expensive and less available technique of laryngeal and upper airway visualisation in low and middle resource countries. It is a useful compliment to the armamentarium of clinical tools at the disposal of the otolaryngologist. We demonstrated the diagnostic value and utility of flexible fibre-optic laryngoscope in Ilorin, Nigeria.

Methods: A hospital based prospective study conducted between April 2012 and August 2016. All patients referred for FFL from surgical outpatient or ENT clinics were recruited. Awake flexible nasolaryngoscopy was done using a PENTAX FNL-10 RBS flexible fibre-optic laryngoscope. Findings were documented and patient followed up through subsequent direct laryngoscopy under GA (where applicable). Intraoperative diagnosis and final treatment outcomes were noted. Data collected and analysed using Statistical Product and Service Solution (SPSS) version 20.0.

Results: A total of 360 patients were evaluated over the 5 years study period, 243 (67.5%) were males and 117 (32.5%) were females. Male: Female ratio was 2:1. Mean age was 47±5 years. The most common indication for fibre optic laryngoscopy was pre-thyroidectomy vocal cord assessment 211 (58.6%), while post thyroidectomy hoarseness and/or stridor constituted 19 (8.3%) of referrals. Among non-thyroid cases; hoarseness was the most common indication for FFL 67 (51.5%) and chronic laryngitis was the most common finding 34 (26.2%). FFL findings were comparable with DL findings in 190 (83.9%) of thyroid cases.

Conclusion: Flexible fibre optic laryngoscope is a useful clinical tool relevant in the prompt diagnosis and management of the laryngeal lesions and other airway pathologies.

Key words: Fibre optic laryngoscopy, goitre, upper airway, visualisation.

AWARENESS AND KNOWLEDGE OF PREVENTION AND DETECTION OF EAR DISEASES AND HEARING IMPAIRMENT AMONG COMMUNITY HEALTH WORKERS IN KANO STATE.

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ABSTRACT

Background: In rural and/or underserved areas, there is a lack of personnel trained in ear and hearing care. Agreeably, these frontline workers lack the necessary knowledge and skill to treat patients with ear-related complaints. This study aimed to assess baseline knowledge among community health workers on detection/prevention of ear diseases and hearing impairment in Kano State.

Methods: A cross-sectional study was conducted via self-administered questionnaire among Community health workers drawn from across the 44 local government areas of Kano State in 2016. Participants were invited to fill the questionnaire during a training workshop.

Results: More males had good knowledge score than females but this was not statistically significant ($P = 0.773$). More than half 129 (69.0%) of the participants had good knowledge score about basic ear and hearing care while 58 (31.0%) had poor knowledge score. Previous exposure to ear-care training ($P = 0.007$) and years of experience as a frontline worker ($P = 0.030$) were significant contributors to a good knowledge score.

Conclusion: Findings from this study indicate that inclusion of ear/hearing care into the training curriculum for community health workers may be a cost-effective approach towards filling in gaps in knowledge and reducing the burden of hearing impairment in our communities.

Keywords: Healthworker, Community, Knowledge, Prevention, Ear-care.



AWARENESS AND KNOWLEDGE OF RISK FACTORS FOR DEVELOPMENT OF ACUTE OTITIS MEDIA AMONG NURSING MOTHERS IN TWO IMMUNIZATION CENTRES IN IBADAN

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Background: Acute otitis media (AOM) is an inflammation of the middle ear cleft characterized by an abrupt onset of ear pain. AOM is commonest between the ages of 6 - 24 months. Several risk factors have been ascribed to the development of the disease. This study was aimed at assessing the knowledge and awareness of risk factors for the development of acute otitis media by nursing mothers' attending two immunization centers in Ibadan, Oyo State.

Method: This was a questionnaire based study involving consenting mothers who brought their children for immunization at the Oyo State Children Welfare Hospital, Oni & Sons Ibadan and the University College Hospital Immunization Clinic. The participants were recruited through purposeful random sampling. The data was manually analyzed and result presented in simple descriptive form, tables and charts.

Results: A total of 60 mothers participated in the study with their age range 20 - 39 years while the age of the children range from 4 days - 2 years. Majority of the mothers 31(51.7%) had tertiary education while those with skilled job were in the majority 27(45.0%). Ten (16.7%) participants had a good knowledge of the causal risk factors with 60.2%. No participant held the belief that breast feeding lying down leads to development of otitis media.

Conclusion: There is fair to good awareness and knowledge amongst the participants about risk factors for AOM.

Key words: Acute Otitis Media, Nursing Mothers, Immunization centre, Children, Ibadan.

COMMUNITY OUTREACH PROGRAM: THE NATIONAL EAR CARE CENTRE KADUNA EXPERIENCE.

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Background: World Hearing day is celebrated annually on 3rd March, aimed at creating public awareness on ear diseases.

Patients and methods: This was a community outreach program to mark 2016 World Hearing day. Danbushiya Primary Health Centre was the focal area, which is 30 minutes drive from National Ear Care Centre Kaduna. Permission for community entry was obtained from the community leader. All patients with Ear, Nose and Throat complaints were attended to. Information obtained from the patients (biodata, presenting complaints), diagnosis and treatment was analysed descriptively.

Results: one hundred and two patients were seen, 42 (41.2%) males and 60 (58.8%) females. Age ranged from 3 months to 62 years, mean age of 17.87±15.96 years. Participants less than 10 years of age constitute 40.2% followed by those in third decade; 25.5%. Chief complaints were ear discharge 19(18.6%), hearing loss 10(9.8%), ear blockage 8(7.8%), Otalgia 6(5.9%). Cerumen impaction was seen in 26 (25.5%), CSOM 13(12.7%), SNHL 8(7.8%) while ASOM in 6(5.9%) patients. Fifty four (52.9%) received treatment including wax removal, 18(17.6%) referred to NECC, some were given drugs and 12(11.8%) had health education on ear care.

Conclusion: Ear diseases constitute the majority of complaints at Danbushiya health centre and majority is cerumen auris. There is need for periodic outreach visits to nearby communities.

Keywords: Community; Outreach; Kaduna.



CALDWELL-LUC OPERATION REDUX; STILL RELEVANT IN TODAY'S RHINOLOGICAL PRACTICE?

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Background: The introduction of endoscopic sinus surgery (ESS) made the traditional open and radical sinonasal surgeries to be largely abandoned in many developed centres. With the commencement of ESS at our centre, a surgical audit of all our Caldwell-luc operations was carried out. Aim is to determine the indications for Caldwell-Luc operation, evaluate its complications, determine the duration of hospital stay postoperatively and cost of treatment in comparison with ESS in our centre.

Methodology: A surgical audit of all patients who underwent Caldwell-Luc operation in our hospital from January 2003 to December 2013. Appropriate data in line with the objective of the study were collated and analyzed.

Results: A total of one hundred and twelve patients' folders were available for analysis; 96 and 16 patients had bilateral and unilateral Caldwell-luc operations respectively (208 Surgeries).

The indications for Caldwell Luc's operation included chronic pansinusitis and frontoethmoidal mucocoele.

The complications observed included cheek swelling (90.2%), peri-orbital swelling (13.4%), subconjunctival chemosis (8%), disease recurrence (5.4%). They had resolved completely in approximately 95% of the patients, by the fifth postoperative day. Hospital stay after surgery was five days in 87 (77.7%) patients. The difference in cost of care between Caldwell-Luc operation and ESS is more than fifty thousand naira.

Conclusion: Our commonest indications for Caldwell-Luc's operation was chronic pansinusitis. Absence of major complications, low incidence of recurrence, cost consideration and some indications that are not amenable by ESS make the surgical procedure still relevant in today's practice.

CORRELATION BETWEEN THE NASAL INDEX AND BELIEF RELATED QUALITY OF LIFE IN ADULT NIGERIANS WITH CHRONIC RHINOSINUSITIS

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Background/Aim: Chronic rhinosinusitis (CRS) is inflammation of the mucosa of the nose and paranasal sinuses for at least twelve (12) weeks. Even though scientific studies have shown that CRS has a negative impact on the health related quality of life (HRQOL) of patients, there is paucity of information in literature to establish the relationship between HRQOL of patients with CRS and nasal index. The aim of this study is to find correlation, if any, between the total QOL score of adults with CRS and severity of symptoms with nasal index.

Methods: This prospective, cross-sectional descriptive study was conducted at the ENT clinic of National Hospital, Abuja. All consecutive adult patients diagnosed with chronic rhinosinusitis, were included in this study. Overall symptom scoring was done using a '10cm line' visual analogue scale. This line was then measured directly to derive the quality of life (QOL) score. Nasal index was calculated as a ratio of the nasal breadth to the nasal height expressed as a percentage.

Results: A total of 110 patients with CRS and 110 healthy controls were recruited into this study. The quality of life score had a significant positive correlation with the nasal index of those with CRS ($r = 0.269$, $p < 0.05$). There was a significant association between nasal index and the severity of symptom of CRS ($p < 0.05$).

Conclusion: There exists an association between nasal index and the HRQOL of patients with CRS and this can be utilised by including nasal index determination as a domain in one of the instruments for the evaluation of HRQOL of patients with CRS.

Keywords: Rhinosinusitis, quality of life, nasal index, visual analogue score, Abuja.



DIFFERENT TYPES OF MIDDLE EAR IMPLANTS INDICATION, DIFFICULTIES AND RESULTS

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For the successful treatment of middle ear impairments we can apply different approaches. Recently the possibilities of treatment have significantly developed. There are many new devices on the market. Moreover the indications for use of the devices have extend. There are numerous publications presenting advantages and disadvantages of treatment for conductive, mixed and sensorineural hearing loss.

Material for the presentation consists of approximately 100000 surgeries performed in 2003-2015 in the World Hearing Center (former International Center of Hearing and Speech). There are many rare cases such as modelling of incus in columella preparation. Passive middle ear implants (platinum wire, titanium KURZ prosthesis, total prostheses) were used for ossiculoplasty and stapedotomy. The active middle ear implants - Vibrant Soundbridge (VSB) will be presented. The material of VSB patients is based on 125 cases including 21 patients with over 6 years of follow up, with direct stimulation of RW without interposed fascia. Next interesting device to be presented is a CODACS.

There will be presented numerous single cases helpful for surgeons who would like to optimize their results and make the individual choice of solution. For example VSB gives very good results on the frequencies over 750Hz, but it is difficult to completely close the gap on 250 and 500 Hz. Based on significant group we suggest using shorter piston for stapedotomies rather than longer, but it is important to meticulously evaluate the risk of necrosis of the long process of the incus. In single cases it is also recommended to use couplers in VSB surgery, but we prefer for example 0,25 and 0,5 mm bell or clip than 1mm.

In conclusion there is huge variety of devices and techniques. From our point of view it is better to use 2 or 3 techniques than using all possible. It is important to have a long-term follow-up. Patients should always know what is possible and which treatment we can propose in case of unsuccessful therapy. In majority of cases we prefer more conservative techniques using patients own material like incus or perichondrium.

EAR SCREENING FINDINGS AMONG SCHOOL GOING CHILDREN IN ZARIA

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Background/Aims: Ear disease in children is a major public health concern in developing countries. World Health Organization suggests external ear examination on all school entrants in the developing countries in order to identify those with ear discharge and study extent of ear disease in the community. The aim of this survey is to screen ears of school going children in Zaria and document the findings.

Methods: This was a cross sectional survey conducted at four staff schools of Ahmadu Bello University Zaria between March and May 2013. A multi-staged stratified sampling technique was used to select 1019 pupils 4 -15 years of age from the four schools. All the students were interviewed for the presence or absence of various symptoms of ear diseases and this was followed by ear examination consisted of inspection of pinna and external auditory canal and otoscopic evaluation.

Results: This survey included 1019 participants. Of which 511 (50.1%) and 508 (49.9%) were males and females respectively. The mean age and standard deviation were 9 and 2.53 respectively. Three hundred and seventy three (36.6%) of the study population had otologic diseases while 62.5% did not. Ear wax was the commonest otologic disorder observed in 297 (29.1%) followed by otitis media with effusion (tentatively) 43 (4.2%), Otitomycosis 11(1.1%), chronic suppurative otitis media 9 (0.9%), Otitis externa 6 (0.6%), foreign body 4 (0.4%) and acute otitis media 3(0.3%).

Conclusion: This survey highlights that ear diseases are common among the school going children. Periodic ear examination and health education are essential.

Keywords: Ear screening, Zaria, school children.



DIFFERENT TYPES OF MIDDLE EAR IMPLANTS INDICATION, DIFFICULTIES AND RESULTS

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Conclusion: This survey highlights that ear diseases are common among the school going children. Periodic ear examination and health education are essential.

Keywords: Ear screening, Zaria, school children.



ENDOSCOPIC MANAGEMENT OF CHOANAL ATRESIA: THE NATIONAL EAR CARE CENTER KADUNA EXPERIENCE

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ABSTRACT

Background/Aim: Choanal atresia is a condition where there is complete/incomplete obstruction. Of the posterior nasal openings on one or both sides and can be managed through endoscopic or open approaches. The aim is to present the success rate of endoscopic repair of choanal atresia.

Methods: This is a retrospective study of patients who had endoscopic repair of choanal atresia. Information was extracted from the records of patients diagnosed with choanal atresia from January 2012 to December 2015. The data generated include age, sex, laterality and type surgical repairs performed. Data was analyzed descriptively.

Results: Thirteen patients were diagnosed with choanal atresia out of which 8(61.5%) were females and 5 (38.5%) males M: F 1:1.6. Two (15%) had bilateral choanal atresia while 11(85%) had unilateral. The age range was 3days to 4years. Mean age at presentation for unilateral choanal atresia is 2years and bilateral 15days. Only 5(15%) consented for surgery and all had endoscopic repair of choanal atresia. Four (80%) had resection of atretic choanal plate with preservation of the posterior edge of vomer and later required post-operative serial dilatation. One patient (20%) with bilateral choanal atresia had resection of part of posterior edge of the vomer. One of those with bilateral atresia who had preservation of posterior edge of vomer had a revision surgery. All the cases that refused surgery were having unilateral choanal atresia.

Conclusion: Endoscopic repair of choanal atresia with resection of posterior edge of the vomer gives a better result especially in cases of bilateral choanal atresia.

Keywords: Atresia, choana, endoscopy, Kaduna.

ENDOSCOPIC TRANS-CANAL TYMPANOPLASTY: PRELIMINARY EXPERIENCE USING TRAGAL CARTILAGE IN PATIENTS WITH PERSISTENT TYMPANIC MEMBRANE PERFORATIONS

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Background/Aim: Since the introduction of tympanoplasty in the fifties, numerous graft materials have been used for the closure of the defective tympanic membrane. To date, temporalis fascia remains the most commonly employed material. However, several studies have shown that cartilage is also well tolerated by the middle ear and shows long-term survival. This study aims to present our experience and also assess graft-take using tragal cartilage perichondrium composite graft in tympanoplasty.

Methods: This was a prospective study performed on patients in a tertiary health center between July and September, 2016 in Kano, Nigeria. All patients had endoscopic trans-canal tympanoplasty and tragal cartilage perichondrium composite graft was used for tympanic membrane repair. The procedure was performed on both wet and dry ears. Follow up was carried out using oto-endoscopy at 4 weeks and 8 weeks post-operatively.

Results: Of the 18 patients operated, 16 (88.9%) were males and 2 (11.1%) were females. Their ages ranged between 15 and 47 years. Fifteen (83.3%) had CSOM without cholesteatoma, 2 (11.1%) had CSOM with cholesteatoma and 1 (5.6%) had persistent post traumatic tympanic membrane perforation. The mean follow up period was 7 weeks and the graft-take rate was 77.8%. The main post-operative complications were infection 2 (16.7%) and residual perforation 1 (5.6%).

Conclusion: Endoscopic trans-canal tympanoplasty using tragal cartilage perichondrium composite graft is an effective and feasible method for repairing persistent tympanic membrane perforations in our environment.

Keywords: Endoscopy, Tragal cartilage, Tympanic membrane, Tympanoplasty.



HEARING LOSS AMONG HIV INFECTED NIGERIAN CHILDREN

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Background/Aim

Childhood hearing loss affects speech development and learning. Improved survival of children living with HIV makes investigation into burden and causes of hearing loss among them useful. The aim of this study is to determine the prevalence and identify the risk factors of hearing loss among Children infected with human immunodeficiency virus living in Katsina, Nigeria.

Methods

HIV infected Children aged 7-17yrs attending HIV-Care Centres in Katsina were studied versus matched control. Otologic history, physical examination, Pure Tone Audiometry and Tympanometry were evaluated. Data obtained was recorded and analyzed using the Statistical Product and Service Solutions version 20.

Results

Hearing loss was more common in children infected with HIV than the controls:- 73(36.50%) Vs 21(10.50%), P-value <0.0001. Abnormal tympanogram was more common in children with HIV compared to controls, 69(35.20%) had abnormal tympanometry in the test compared with 17 (8.50%) of the control.

Conclusions

There was high prevalence of hearing loss and middle ear pathology among HIV infected children in Katsina with conductive type of hearing loss being the commonest.

Keywords: Children, Human Immunodeficiency Virus, Hearing loss and Katsina.

MALIGNANT OTITIS EXTERNA IN A TERTIARY HOSPITAL; UITH NORTH-CENTRAL REGION OF NIGERIA: AN ELEVEN-YEAR REVIEW.

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Background/Aims

Malignant otitis externa (MOE) is a severe disease with varying outcomes. Despite advances in antibiotic treatment, a significant proportion still succumb to this disease. We aim to analyze the effect of clinical factors on prognosis and to review treatment outcomes in our institution.

Methods

Retrospective, descriptive review of MOE cases from 2002 to 2013 at Otolaryngology Department, UITH, Ilorin, Kwara State, Nigeria. From already available records of patients admitted for MOE with 2 outcome groups depending on response to the course of intravenous antibiotics and topical antibiotics that contains steroids.

Results

Eight cases were analyzed. Disease resolved in all after two weeks of antibiotics. Mortality was 0%. Age, diabetic control, duration of diagnostic delay, cranial nerve involvement, and inflammatory markers were not found to predict prognosis. ESR and C-reactive protein levels can be used to monitor progress. *Pseudomonas aeruginosa* was the main organism, and none were multidrug resistant.

Conclusion

MOE remains insidious but now with insignificant mortality. Combination therapy of intravenous ciprofloxacin and oral fluoroquinolone remains relevant.

Keywords

Malignant otitis externa, necrotizing otitis externa, skull base osteomyelitis.



OTORHINOLARYNGOLOGICAL MANIFESTATIONS IN PREGNANT WOMEN ATTENDING ANTENATAL CLINIC IN A TEACHING HOSPITAL IN SOUTHERN NIGERIA

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Background/Aim: Hormonal and physiological changes that occur during pregnancy also affect the ear nose and throat and quality of life of pregnant women though they are often neglected. This study assessed the otorhinolaryngological manifestations in pregnant women attending antenatal clinic in a teaching hospital in Benin City, Nigeria in a bid to creating awareness for medical practitioners and patients.

Methods: This descriptive cross-sectional study was carried out among 317 pregnant women attending ante natal clinic in the Department of Obstetrics and Gynaecology, University of Benin Teaching Hospital, Benin City, Nigeria between 2012 and 2013, using a stratified sampling technique. Data collection was with the aid of researcher administered, semi-structured questionnaires. Data was analyzed using Statistical Package for Scientific Solutions (SPSS) version 16.

Results: A total of 317 patients. Most were aged 26-35 years with a mean age of 30.3($\pm$ 3.5) years. The prevalence of otorhinolaryngological manifestations in current pregnancy was 55.5%. The common ENT symptoms experienced were; according to sites: EAR- excessive ear itching, 44(25.00%), Dizziness 32(18.2%), Tinnitus 19(10.8%); THROAT- sudden cough while lying down 51(29.0%), burning in the chest 33(18.8%), clearing of the throat 32(18.4%); NOSE- nasal obstruction 61(34.7%), abnormal smell 46(26.1%), nose bleeds 10(5.7%). ORAL-excessive salivation 41(23.5%), change in taste 24(13.6%); FACIAL-rashes 40(22.7%), swelling 40(22.7%).

Conclusion: The prevalence of ENT symptoms is 55.5%. The most prevalent ENT symptoms are excessive ear itching, dizziness, abnormal smell, sleep disordered breathing, GERD and sinusitis. There is greater need for awareness of these symptoms among health practitioners, families and the communities through appropriate health education so that pregnant women who are experiencing such symptoms are supported to seek appropriate care to ensure their safety and that of their unborn baby.

Keywords: Otorhinolaryngological manifestations, Pregnancy, Southern Nigeria.

PREOPERATIVE GROUPING AND CROSS-MATCHING FOR TONSILLECTOMY IN NATIONAL EAR CARE CENTRE KADUNA, NIGERIA.

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Background/Aim: Tonsillectomy is one of the most frequently performed procedures in Otolaryngology. The aim of this study is to examine the result of preoperative grouping and cross matching and to evaluate possible postoperative blood transfusion in patients who had undergone tonsillectomy.

Methods: This is a retrospective study of Patients who had tonsillectomy or Adenotonsillectomy between January, 2009 and 31st December, 2015. All patients' case notes were reviewed and data generated include age, gender, medical and surgical history, personal and family history of bleeding disorder, indication for surgery, pre-operative haematological profile and intraoperative estimated blood loss. Data was analysed descriptively.

Results: The total study population consisted of 315 patients who underwent tonsillectomy/adenotonsillectomy, 169(53.7%) male and 146(46.3%) females. Mean age of patients was 7.53 $\pm$ 8.72 years (SD $\pm$ 1.19). Less than 9 years of age have highest frequency. Commonest indication for surgery was obstructive adenotonsillitis 224 (77.5%). Sixteen (5.1%) have HbSS genotype. Two hundred and eighty four (90.2%) had preoperative grouping and cross matching but only 2 (0.6%) had blood transfusion, whom are sicklers. All the patients had clotting profile preoperatively, 69 (22%) had derangement in both PT/PTTK while 49(15.6%) had in INR; none of the patients developed postoperative haemorrhage.

Conclusion: Routine preoperative grouping and cross-matching for tonsillar surgeries is necessary only in those with low packed cell volume and patients with tendency for postoperative haemorrhage.

Keywords: Cross-matching, Kaduna, Preoperative, Tonsillectomy.

