



Research Article

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## Pattern of Ear Nose and Throat (Ent) Diseases Seen by Otorhinolaryngologist at Bishop Sanahan Specialist Hospital Out Patient Clinics, Nsukka South East Nigeria

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### Abstract

**Aim:** Ear nose and throat(ENT) diseases are serious public health concern affecting patients of all ages in both rural and urban centers. The study aimed to determine the pattern of ENT diseases at Bishop Sanahan Specialist Hospital Nsukka, South East Nigeria

**Material and Method:** This is a descriptive retrospective study conducted in outpatient clinics of Bishop Sanahan Specialist Hospital Nsukka, South East Nigeria. A total of 396 patients treated by visiting otorlaryngologist from March to February 2020 were included in the study. The data were extracted from the patient's folder and all analyzed statistically using SPSS version 21

**Result:** In this study a total of 396 patients were seen, male 169 patients (42.7%) and female 227 patients (57.3%) with a mean age of >35yrs.Ear diseases were mostly seen (73%) followed by throat (14.6%) and nose (11.6%) respectively. Cerumen auris was the most treated ear problem while chronic tonsillitis and allergic rhinosinusitis occurs more in the throat and nose respectively. However hearing loss, rhinitis, laryngitis and sinonasal tumours were associated with old age group(>60)years.

**Conclusion:** There is need to created awareness of the common ENT diseases in Nsukka Local Government Area and beyond. This will help to reduce the burden of disease in the community.

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### Introduction

Ear Nose and Throat (ENT) problems are the most reasons for a visit to a doctor in both rural and urban communities<sup>1</sup>.Otorhinolaryngologist deals with ENT diseases which are classified as either congenital or acquired<sup>2</sup>. Based on etiological causes they are further divided into inflammatory ( infective or reactive) diseases,

neurologic diseases,toxicity, metabolic disorder, vascular diseases, trauma, neoplasm( benign and malignant tumours) and so on.<sup>3</sup> .ENT diseases are serious public health problems with universal distribution affecting all age group. Wide varieties of Ear Nose and throat diseases present to the otorhinolaryngologist.The pattern of these

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diseases may vary from community to community or hospital to hospital based on the availability of specialist personnel or facilities for the management of such diseases.<sup>4</sup> ENT disorders are managed in the community without seeking expert medical intervention. In some situation, these morbidities may lead to social embarrassment, occupational, school and economic losses. Knowledge of these ear nose and throat diseases can help the administrators and policy makers in the community to make adequate health planning, especially in developing countries where poverty, ignorance, insufficient personnel and lack of basic health facilities abound.<sup>5</sup> Bishop Sanahan Specialist Hospital is the only hospital in Nsukka Local Government Area that has ENT services in its outpatient clinics. The specialist clinics started in 2019 by a visiting otorhinolaryngologist.

Presently there is paucity of data on ENT diseases in Nsukka, hence this study seeks to determine the

prevalence and pattern of the diseases seen in outpatient clinics of Bishop Sanahan Specialist Hospital Nsukka with the aim of generating information and knowledge for planning and improvement of ENT services in the region.

### Material and Method

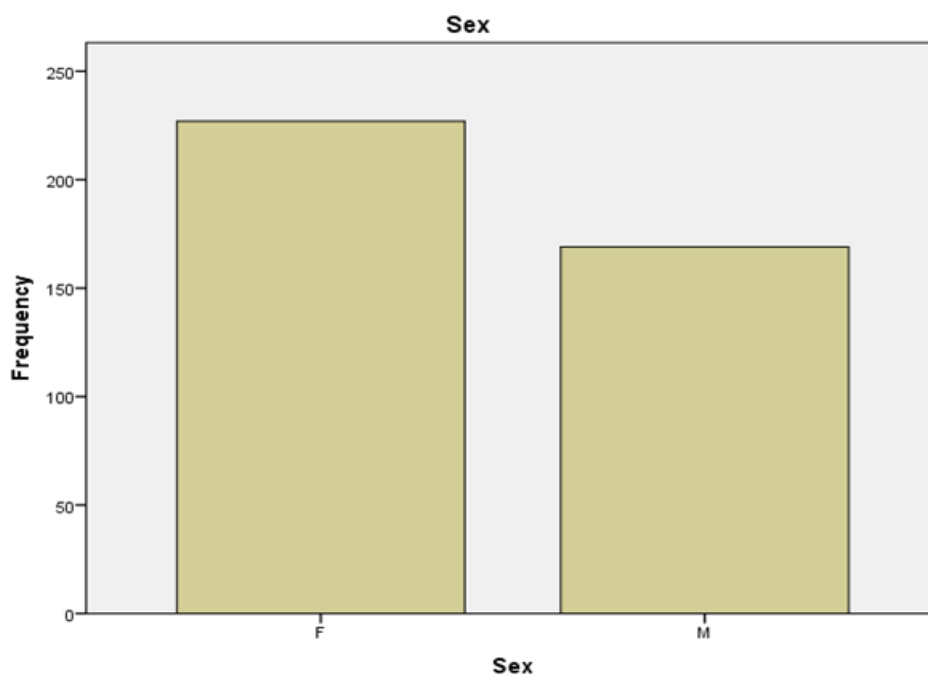
This descriptive retrospective study was conducted in outpatient clinics of Bishop Sanahan Specialist Hospital Nsukka south east Nigeria for a period of one year (March to Feb 2020). The following details were extracted from the patients folder ---- age, sex and diagnosis. The collected data was analyzed using statistical package for social science version 21.

### Result

The total number of 396 patients were seen during the period of study. More female patients 227 (57.3%) were seen than the male patients 169 (42.7%) as shown in Fig i and Table i below.

**Table 1**

Sex			
		Frequency	Percent
Valid	F	227	57.3
	M	169	42.7
	Total	396	100.0



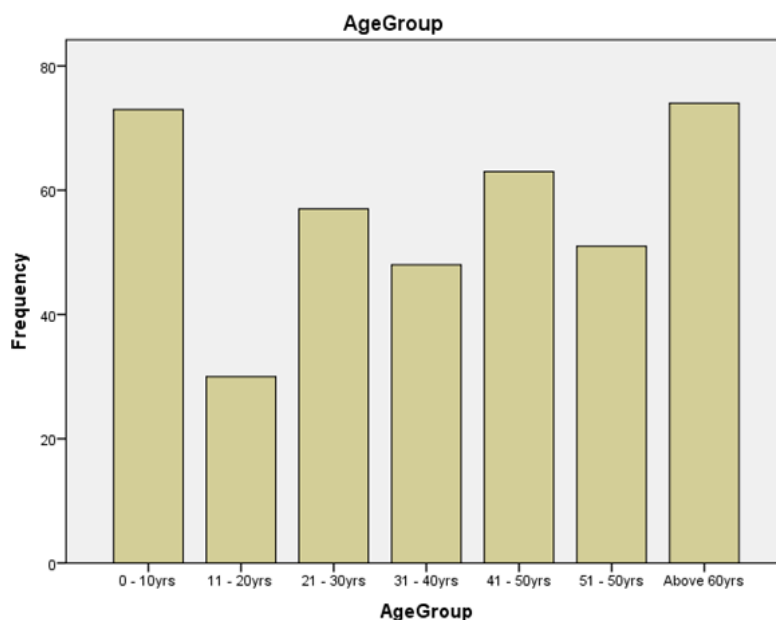
**Figure 1**

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Age group seen ranged from 10 years old to patients above 60 years. It was discovered that patients above 60 years old, 74 (18.7%) attended

the clinic more, followed by children 0 to 10 year, 73 (18.4%). This was illustrated in Fig 11 and Table 11

AgeGroup		Frequency	Percent
Valid	0 - 10yrs	73	18.4
	11 - 20yrs	30	7.6
	21 - 30yrs	57	14.4
	31 - 40yrs	48	12.1
	41 - 50yrs	63	15.9
	51 - 50yrs	51	12.9
	Above 60yrs	74	18.7
	Total	396	100.0



More patients had pathology in the ear 289 (73%), followed by pathology in the throat 58 (14.6%),

nose 47 (11.9%) and neck 2 (.5%) respectively as demonstrated in Fig111 and Table 111

Site affected		Frequency	Percent
Valid	Ear	189	73.0
	Neck	2	.8
	Nose	17	6.6
	Throat	51	19.7
	Total	259	100.0

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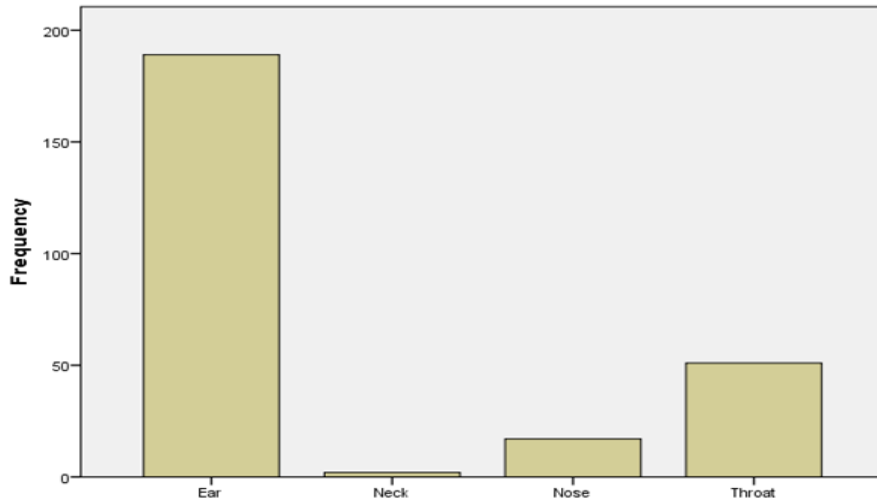
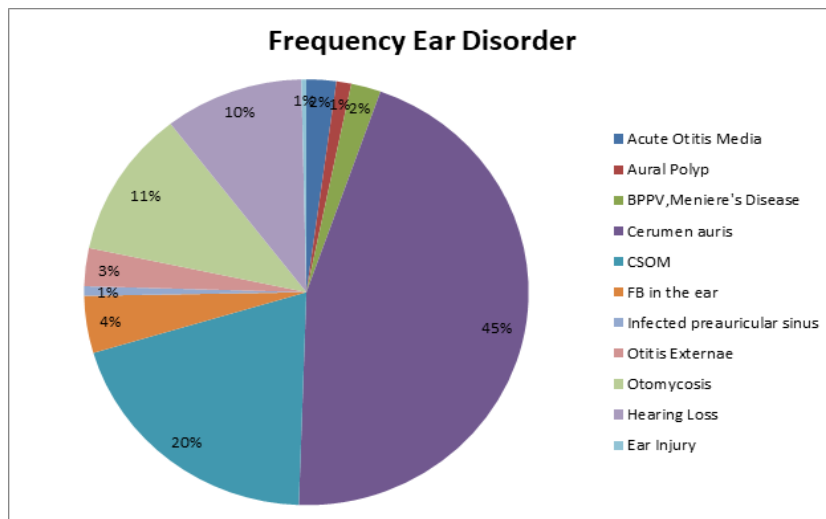


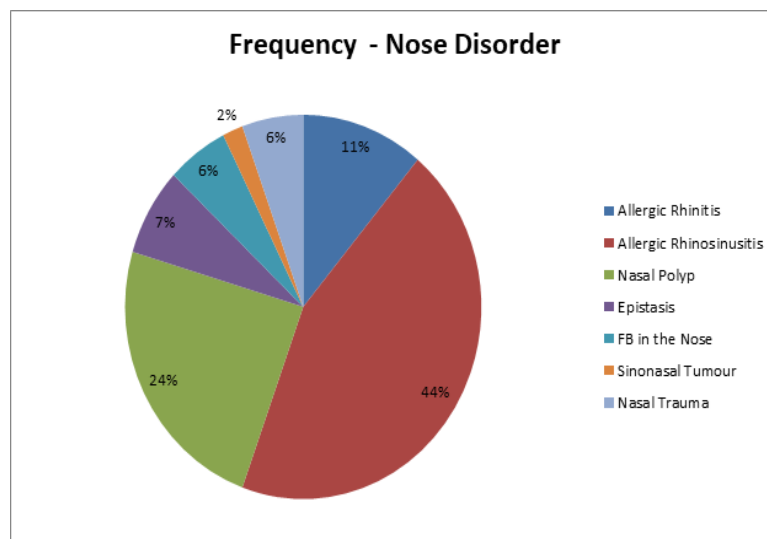
Figure 2

However it was discovered that the most common ear pathology was cerumen auris(45%),next is

CSOM(20%) and otomycosis(11%) as illustrated below

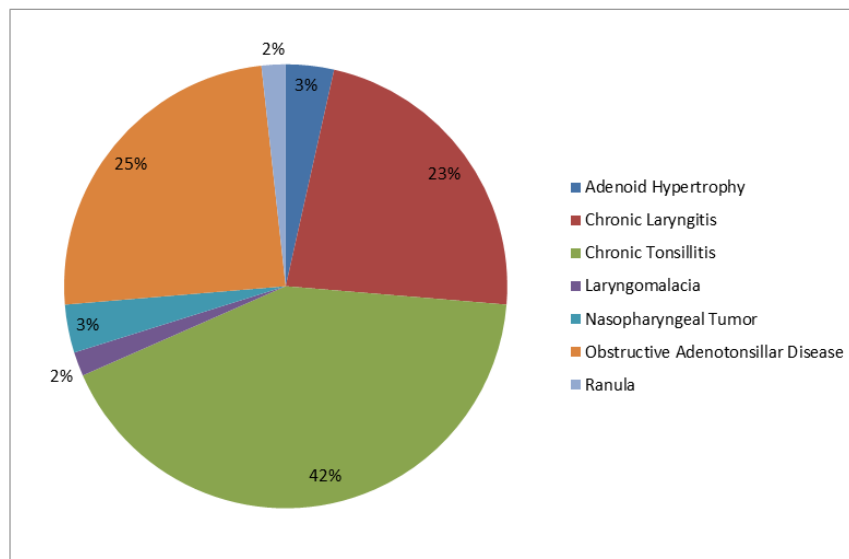


Concerning nose pathology allergic rhinosinusitis was most frequently diagnosed (44%) and nasal polyp(24%) the second a represented



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The most commonly seen throat diseases were chronic tonsillitis (42%) and obstructive adenotonsillar disease as shown



The only head and neck disorder found in this study was thyroglossal cyst

### Discussion

Bishop Sanahan Specialist Hospital is the oldest and the biggest secondary health care facility in Nsukka Local Government Area. There is no tertiary health care facility in this region. It is only in this hospital that ENT outpatient clinic exist in this region. The clinic is managed by visiting otorhinolaryngologist once in a week.

This is the first and the only study in this region. The study revealed the prevalence of ENT diseases were higher in female patients than male patients which is not consistent with what was found in literature.<sup>6-9</sup> We found that otologic diseases were the commonest ENT pathology (73%), followed by throat pathology (14.6%). Our findings were consistent with what several papers had reported.<sup>6-7,10</sup> However Waleed A Alhaziem et al reported that nasal pathology as the most common ENT pathology seen at Qassin University ENT outpatient clinic in Saudi Arabia.<sup>11</sup> Study conducted at General Hospital, Gopalgaj Bangladesh outpatient clinic indicated that throat diseases were the commonest ENT pathology in the region, which is not consistent with our findings.<sup>12</sup>

The influence of overcrowded environment, lack of nutrition, poverty, lack of time and negligence of health care can't be ruled out as important factors contributing to the pattern of presentation to these groups of patients.<sup>13</sup> Patients in these demographic groups do not seek medical attention early enough due to lack awareness and resources.

The higher prevalence of ear disease cerumen auris in our study is due to regular ear cleaning with feeders, matchstick, keys and many other unknown objects. The inhabitants of this region need to be properly educated that the ear is self cleansing and should avoid cleaning with any form of objects. Also in India<sup>9</sup> and Parkistan<sup>14</sup> bilateral cerumen auris (ear wax) were reported as the most common ear disease among patients. Other common otologic pathology revealed by our study in region were chronic suppurative otitis media (CSOM), otomycosis and hearing loss. These disease conditions are due to overcrowding, poorly treated acute conditions, poverty and application of topical ototoxic chemical and native concoction to the ear.

Allergic rhinosinusitis (44%) and nasal polyp (24%) were the most common rhinological disorders revealed by our study. This finding is partially consistent with the study conducted by Zeeshan et al<sup>14</sup> in Pakistan who found that allergic rhinosinusitis (13.2%) and deviated nasal

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septum(8%) were the commonest nasal diseases among patients. The incidence of nasal polyp seen in this region is due to complication and poorly treated allergic rhinosinusitis. In this region also the climatic condition is characterized by cold weather especially during the rainy and harmattan seasons which increase the incidence of allergic rhinosinusitis.

Chronic tonsillitis (42%) and obstructive adenotonsillar disease were found to be the most common throat pathology. This findings are consistent with the report by Mahfuz et al .In most rural areas in Nigeria patients with sore throat due to acute tonsillitis are managed by quacks (native doctors or traditionalists) until it progressed to chronic stage.Few of the patients will visit the hospital at the chronic stage hence the high incidence of chronic tonsillitis.Further more financial constraints and low level public awareness of throat diseases are contributory factors. Bacteria infections and some immunological factors may lead to tonsillitis.<sup>15</sup>

The only head and neck pathology seen by the otorhinolaryngologist was thyroglossal cyst.It is a cystic swelling in the neck that moves with protrusion of the tongue but does not move with swallowing. Our findings were inconsistent with what was reported by Mahfuz et al <sup>12</sup> -- goiter(1•05%) and cervical lymphadenopathy as the commonly diagnosed head and neck disorders.Various factors are considered as the causative factors of these diseases in the developing countries including social and environmental factors. In Nsukka region, majority of patients with head and neck pathology do not visit hospital but rather seek help in churches and shrines. It is a known tradition in the region thus the low incidence of head and neck disorders seen in the outpatient clinics.

This study revealed that 0-10years of age and above 50 years as shown in Fig I were mostly affected by ENT diseases. ENT pathology commonly seen at the age group 0-10years were CSOM, chronic tonsillitis and obstructive adenotonsillar disease. However above 50 years ENT diseases such as hearing loss, nasal poly, allergic rhinosinusitis and laryngitis were most common.

Our study was conducted at Outpatient clinics of Bishop Sanahan Specialist Hospital Nsukka which attended to patients from the entire Nsukka Local Government Area and adjoining state such as Kogi and beyond but regrettably no ENT surgical facilities were available. Surgical cases were few.They were referred to a tertiary health institutions in Enugu about 50km from Nsukka.

### Conclusion.

Awareness of the common ENT diseases, causative agents, prevention and available treatment modalities should be adequately created in Nsukka Local Government Area and beyond. This will help in no small measures to decrease the burden of disease in the community. For adequate and enhanced management of ENT diseases at Bishop Sanahan Specialist Hospital Nsukka, the hospital management board should adopt the recommendations made by Anekpo et al <sup>16</sup> below.

- (a). Community extension worker will be used to identify and spread the message of safe practices and refer to the hospital
- (b). Program of rehabilitation of hearing loss through the provision hearing aid at Bishop Sanahan Specialist Hospital at an affordable cost
- (c). Establishment of well equipped surgical and oncology department at the hospital for the patients that need such services.

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