

### To Study the Prevalence of ENT Disorders in Children

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#### Abstract

**Background-** The incidence of ear, nose and throat disorders in children is increasing in Asia countries may be due to environmental factors involved in it.

**Methods-** The present study was conducted at tertiary health care center Kota. Children aged from 0 -14 years attending ENT OPD clinic were included for the study.

**Results-** Out of 500 children there were 274 female & 226 male children with male to female ratio 1:1.21. Highest incidence of ent disorders is seen in the age group of 5-14 years comprising about 251 among 500 children. Diseases of the ear were common group of ENT problems among children(52.20%)followed by nasal (37.00%) and oropharyngoesophageal disorders (30.80%). Most common disease(30.8%) was otitis media.

**Conclusion-**From the current study recurrent attacks of otitis media, otitis media effusion, enlarged adenoids causing symptoms are more commonly seen.

**Keywords-** Children, Otitis Media, Oropharyngoesophageal.

#### Introduction

India is one of the fastest growing nation in the world with everyday newer infrastructural projects emerging creating vibrant atmosphere in the Asia. The incidence of ear ,nose and throat disorders in children is increasing in Asia countries may be due to environmental factors involved in

it. lack of data makes it even more difficult to assess the situation. Ent diseases can be accurately diagnosed by taking good clinical history from children or from their parents.. .According to WHO 42 million children is suffering from hearing disability, most commonest is otitis media<sup>1</sup>. Current study aims to find exact magnitude of ear, nose and throat diseases in children in the region. This will encourage health authorities to implement programmes such as to shows, poster presentations, seminars etc to educate people about disease per se & also ENT specialists play a vital role in preventing & managing these diseases effectively.

#### Material and Methods

The present study was conducted at tertiary health care center Kota. Children aged from 0 -14 years attending ENT OPD clinic were included for the study. A structured questionnaire highlighting on symptoms was administered to the patients & parents. All the children undergone complete ENT examination & appropriate investigations were carried out such as x ray nasopharynx, tympanometry ,culture & sensitivity etc. Data were stored in Microsoft excel & were analysed statistically using frequency and percentage. p value less than 0.05 is considered significant.

**Result**

A total of 500 children aged 0-14 years visiting ENT outpatient clinic were analysed for the study. ENT diseases in our study population were found to be more common among female children, however this difference was not statically significant.

Table no.1 : showing age and sex distribution.

Age group(yrs)	Male	Female	Total
0-2	50	65	115
2-5	61	73	134
5-14	115	136	251
Total	226	274	500

Out of 500 children there were 274 female & 226 male children with male to female ratio 1:1.21. Highest incidence of ent disorders is seen in the age group of 5-14 years comprising about 251 among 500 children.

Table 2 : Distribution of Ent disorders among study population.

System	No. of patients	Percentage
Ear	261	52.20
Nose	185	37.00
Throat	154	30.80
Total	500	100

Diseases of the ear were common group of ENT problems among children(52.20%)followed by nasal (37.00%) and oropharyngoesophageal disorders (30.80%).

Table no.3. Disease wise distrubtion

Disease	No. of patients	Percentage
Otitis media	154	30.8
Tonsillitis	75	15.00
Rhinitis	98	19.6
Other	173	34.6
Total	500	100

Most common disease(30.8%) was otitis media.

**Discussion**

The main health problem concerning in India is increasing in the frequency of ear, nose, throat ( ENT) symptoms among children. The current study aims to determine the incidence of ENT disorders in children in general population. In this study majority of the children were suffering from ear problems which accounts for about 52.0%.Acute otitis media (30.8%) is the most prevalent disease.

Inflammation of the middle ear cleft is one of the most common medical problems of childhood and a common cause of hearing loss making it one of the most frequent morbidities encountered in day to day clinical practice. Otitis media with effusion occurs either as the aftermath of an episode of Aom or as a consequence of Eustachian tube dysfunction attributed to an upper respiratory infection<sup>2</sup>.However; otitis media effusion may also precede & predispose to the development of Aom. These two forms of otitis media may be considered segments of a disease continuum<sup>3</sup>. Although otitis media effusion does not represent an acute infective process that will benefit from antibiotics. Therefore it is challenging for clinicians able to differentiate normal middle ear status from otitis media effusion or acute otitis media.<sup>4</sup>

The study conducted by sanjay p et al <sup>5</sup>showed prevalence of acute otitis media in about 31.8% of cases & OME (20.7%). our study is similar with this study.

**Conclusion**

From the current study recurrent attacks of otitis media, otitis media effusion, enlarged adenoids causing symptoms are more commonly seen.

**References**

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