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Neonatal and pediatric otology [NaP otology study]

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Objectives: To determine the frequency of pediatric patients visiting Pediatric out-patient department with ear-related illnesses in a tertiary care hospital of Karachi, Pakistan.

Aims: The aim of the study was to specify the burden of ear infections in the pediatric population.

Introduction: Ear diseases in children can have consequences if not treated promptly, and can result in high morbidity, hearing disabilities and even mortality. Diagnosing such conditions untimely, and treating them effectively, can reduce the undesired outcomes. According to World Health Organization, approximately 278 million people in developing countries, like Pakistan, suffered from moderate to profound hearing impairment. Out of which, 25% had hearing impairment since childhood.

Methodology: This cross-sectional study was conducted from January 2015-December 2015. Pediatric patients under 7 years of age were recruited in this study. A history and examination form designed particularly for the study was filled by concerned doctor.

Inclusion Criteria: Pediatric patients of age ≤ 7 years regardless of gender presenting to pediatric clinic with principal complain of otalgia, discharge from ear, decreased hearing, pulling in the ear, tinnitus, itching, aural blockage, localized symptoms in and/or around ear (swelling, redness) associated with vertigo and perforation.

Exclusion Criteria: Patients having systemic illnesses like autoimmune disorders, metabolic syndromes, congenital hearing defect and neoplastic disorders of ear and immunocompromised patients.

Results: Most of the patients presented with complaints of Earache 59%, hearing impairment 57% and aural blockage or heaviness 34%. Other symptoms were itching 27%, discharge 22%, tinnitus 1% and vertigo 1%. Many of the patients presented with multiple and bilateral symptoms except for tinnitus, which was unilateral. Majority of patients had impacted wax 34% and otomycosis 26%. Other conditions were furunculosis 4%, foreign body 3%, acute Otitis media 4%, traumatic tympanic membrane perforation 3%, Otitis media with effusion 3% and chronic suppurative Otitis media 1%.

Conclusion: Infections in growing age can cause permanent hearing impairment. Hearing loss may impact the academic performance of the children. Thus addressing the incidence and prevalence of otological infections in pediatric patients is a matter of great concern.

Biography

Sonia Shahid is a final year MBBS student of Karachi Medical and Dental College, Karachi, Pakistan. She has been a part of several national and international researches and many are ongoing. She has attended several national and international seminars and conferences. She is an inquisitive student with a passion for education as a power for change and improvement in the healthcare field of her country and is very ambitious in pursuing her career.

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