

ABSTRACT

Background And Objective:

The commonest disease that disturbs the day to day activity of thousands of individuals was recognised as chronic rhinosinusitis .The purpose of the research was to analyse the degree of improvement of symptom profile in patients suffering from chronic sinusitis undergoing endoscopic sinus surgery and to explain about the success or limitation of the procedure depending upon the extent to which patient experiences improvement in individual symptoms.

Study design:

Prospective Study

Methods:

A group of 60 individuals with symptom of chronic sinusitis were considered in the study. They underwent FESS at the department of oto-rhino-laryngology, Govt.Kilpauk Medical College Hospital and Govt. Royapettah Hospital. Patients were assessed for the CRS related and unrelated symptoms preoperatively using SNOT-22system and scores were as no symptom(0),very mild (1), mild (2), moderate (3) severe (4), problem as bad as it can be(5).Three times scoring, one before surgery and two after surgery done. Statistical analysis were done using Chi square test.

Results:

The symptoms that showed the marked improvement in majority of the subjects were nasal obstruction (88.3%), nasal discharge (78.3%), post nasal dripping (68.3%), ear discharge (70%), decreased sensation of smell (68.3%) and which showed no or mild improvement were ,headache, cough, rhinorrhoea, sneezing, facial pain, those symptoms associated with allergic rhinitis.

Conclusion:

The symptoms that showed the marked improvement in majority of the subjects were nasal obstruction, nasal discharge, post nasal dripping, ear discharge, headache and which showed no or mild improvement is cough, rhinorrhoea, sneezing, facial pain those symptoms associated with allergic rhinitis. And the non specific symptoms such as fatigue and bodily pain are largely dependant on the symptoms which show not much improvement. So they too showed poor improvement in parallel to those poorly improved symptoms. In few proportion where these symptoms showed a moderate improvement the patients said they experienced marked improvement of these non specific symptoms like fatigue and bodily pain. If patients who come to the out patient department and diagnosed to have chronic rhinosinusitis and have their predominant symptoms like in this study which showed no or only poor improvement then it is not to intervene them with endoscopic sinus surgery. And its better to give them a course of anti allergic measures.

Key words:

Chronic rhinosinusitis; Nasal obstruction; Treatment outcome.