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Role of adenoidectomy in the management of pediatric rhinosinusitis

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Statement of the Problem: The effectiveness of adenoidectomy in the management of pediatric sinusitis is still a controversial issue. The size of the adenoid and associated diseases are the factors of consideration. The adenoid has been studied and is proved to be a probable source of infection for the paranasal sinus.

Aim: The aim of this study is to evaluate the efficacy of adenoidectomy in reducing the frequency of sinusitis in children.

Methodology & Theoretical Orientation: A prospective study was carried out in pediatric patients with rhinosinusitis admitted in Dr N M B Baruah Nursing Home for adenoidectomy from June 2017 to June 2018. Pre-operative frequency of rhinosinusitis, underlying diseases and the diseases caused by the adenoid were recorded. The adenoid size was evaluated by lateral skull X-ray. Patients were followed after surgery and frequency of rhinosinusitis and associated diseases were compared with the pre-operative period.

Findings: There were 50 patients with mean age of 5+/-2.8 years. 92% of the patients had obstructive sleep disorder and 88.2% had adenoid-nasopharyngeal ratio >0.7. There was a statistically significant reduction of episodes per year of rhinosinusitis and obstructive sleep disorder after surgery.

Conclusion & Significance: Adenoidectomy was proved to be effective in the management of pediatric rhinosinusitis in this series. Adenoidectomy should be most beneficial as a surgical option before endoscopic sinus surgery (ESS), especially in younger children with obstructive symptoms.

Biography

Rohan Malla Baruah has completed his Master's degree in ENT at Vydehi Institute of Medical Sciences & Research Centre in 2016. After Postgraduation, he got trained at Jain ENT Hospital, Jaipur and completed Fellowship in Otolaryngology and Rhinology. He has attained great knowledge and skills in a short span of time.

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