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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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