

Most Common ENT Diseases in School Going Children (5-15 Years of Age) in our Hospital

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Abstract:- Children are highly prone to various diseases affecting ears, nose and throat which form a major cause of morbidity. This study was hence conducted to find out which ENT problem affects a greater number of children as compared to other ENT diseases.

Keywords:- Ears, Nose, Throat, Disease, ENT Problem, Greater Number of Children.

Details of the patients such as name, age, gender and the ENT disease affecting them were obtained through analysis of case sheets and out patient cards after obtaining written informed consent from them. Ethical clearance was obtained from the Institutional Ethics Committee of Saveetha Medical College and Hospital, Chennai, India. Data was entered in Microsoft Excel 2013 and statistical analysis was carried out.

I. INTRODUCTION

ENT diseases are important health problems in children and a common cause of absenteeism in schools^[1]. Paediatric population forms a considerable proportion of the world's population. In India's population 35% is of paediatric age group which is the world's second most populous country^[2]. Most common of the paediatric ENT diseases are ASOM, CSOM, ear wax, rhinitis, tonsillitis, pharyngitis, etc.

II. MATERIALS AND METHODOLOGY

A research was conducted in a private medical college in South India over a period of 3 months, from February 2019 to April 2019. The sampling frame comprised of patients ranging from 5 to 15 years of age who had been diagnosed with ENT problem in the ENT Out Patient Department of the college. The sample size taken was 60.

III. RESULTS

Respiratory tract problems such as cough and cold, earache, sore throat^[5] are very common in children especially when there is a climatic change or in the rainy or winter seasons^[2]. Early detection and intervention of such diseases can reduce morbidity which is associated with them^[1]. In our rural areas, most of the population is poor and some individuals in the community use native treatment for their ailments instead of visiting medical health facilities^[3]. Some also manage these ailments without seeking help^[4].

Due to lack of efficient primary health care and awareness, poverty and various community trends there is a tremendous increase in morbidities associated with these various diseases^[1]. Assessing the health related issues in children is considered to give an idea of the health status of a community.

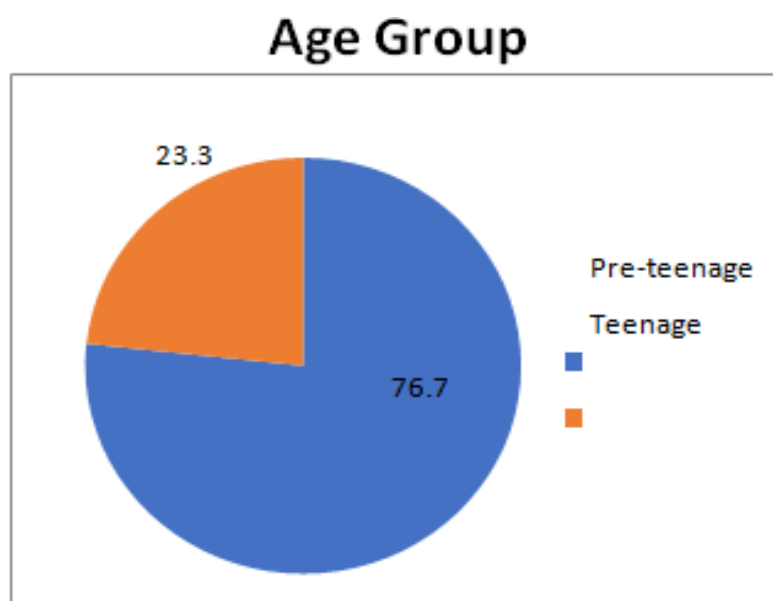


Fig 1:- Age Group (n= 60)

Fig 1 shows the ratio of pre-teenage(5-12 year olds) and teenage(13-15 year olds) patients. Out of the 60

patients patients (76.7%) were in the pre-teenage age group while 14 patients(23.3%) were in the teenage age group.

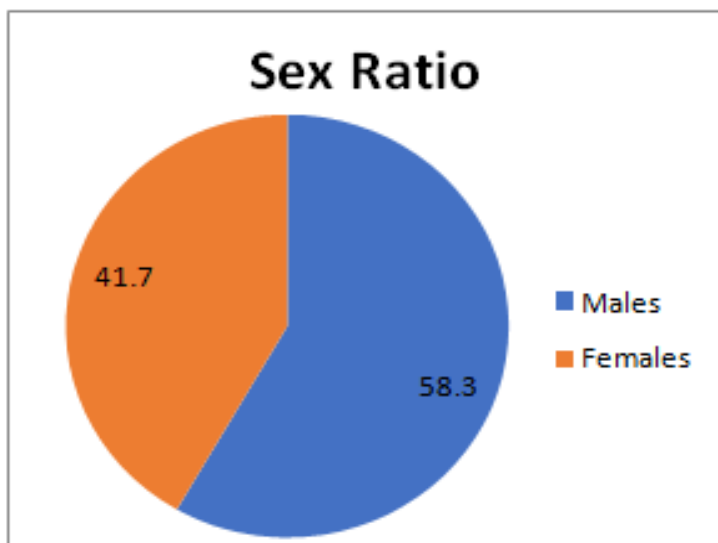


Fig 2:- Sex Ratio (n=60)

Fig 2 shows the ratio of males and female patients who visited the out patient department. Out of the 60

patients, 35 patients (58.3%) were male and 25 patients (41.7%) were female.

Diseases

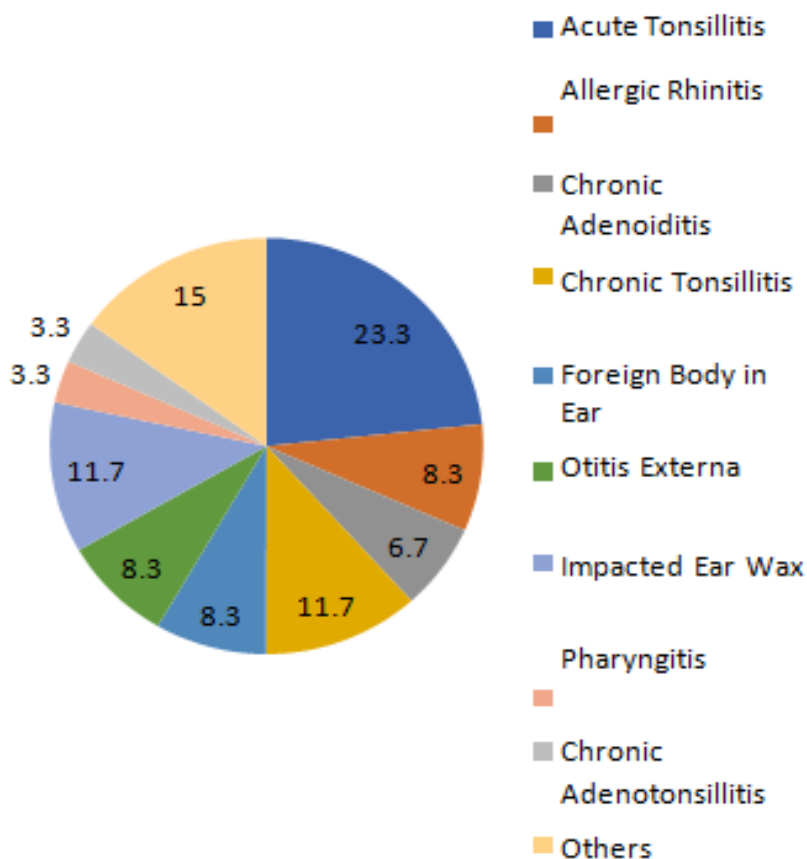


Fig 3:- Most Common ENT Disease (n= 60)

Fig 3 shows the most common ENT disease in 60 children between 5 to 15 years of age who were examined in our hospital, found to be Acute Tonsillitis which were 14 in number (23.3%) followed by Chronic Tonsillitis and Impacted Ear Wax which were 7 in number (11.7%), followed by Allergic Rhinitis, Foreign Body in Ear and Otitis Externa which were 5 each in number (8.3%).

IV. CONCLUSION

- A. 76.7% of the patients visiting the out patient department belonged to pre- teenage group and 23.3% belonged to teenage group.
- B. Out of children who visited the ENT out patient department 58.3% were males and 41.7% were females.
- C. the most common ENT disease was found to be Acute Tonsillitis(23.3%) followed by Chronic Tonsillitis and Impacted Ear Wax(11.7%), followed by Allergic Rhinitis, Foreign Body in Ear and Otitis Externa(8.3%).

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