A STUDY OF ENDOSCOPE ASSISTED TYMPANOPLASTY IN INACTIVE MUCOSAL COM WITHOUT MASTOIDECTOMY IN MGMGH, TRICHY

Palaniyappan S and Sundara Raman V*
KAPV Govt Medical College & MGMGH, Trichy

ABSTRACT

Chronic otitis media, one of the leading causes of hearing impairment, is a long standing infection of the middle ear cleft. Inactive mucosal COM is characterized by a permanent perforation of pars tensa and that middle ear mucosa as seen through the perforation is inactive. Management of inactive mucosal COM include aural toileting and usage of topical antibiotics with steroids initially. Surgical methods include tympanoplasty with and without mastoidectomy. Endoscopy assisted tympanoplasty is the widely performed surgery for inactive mucosal COM. This article deals with the advantages and outcomes of Endoscopy assisted tympanoplasty without mastoidectomy in inactive mucosal COM.

INTRODUCTION

Chronic otitis media is a long standing infection of the middle ear cleft, characterized by ear discharge and a permanent perforation of tympanic membrane. The perforation is just covered by squamous epithelium, does not heal spontaneously and become a sort of an epithelium lined fistulous tract. Incidence is higher in poor socioeconomic standards, poor nutrition and lack of health education. Affects both sexes and all age groups. Prevalence in India- In rural population: 46/1000 people, urban: 16/1000 people the leading cause for hearing impairment in rural population.

Perforation of the tympanic membrane can cause a variety of symptoms that include hearing loss, fullness, recurrent otorrhoea, temperature sensitivity and pain. While most TM perforations occur as a sequela of acute otitis media, trauma with high or low velocity injuries including probing with paper clips, cotton tip applicators and flying debris among many others, prior insertion of ventilation tube which fails to heal. In all cases, associated ossicular and inner ear trauma should be considered prior to intervention. Consideration should also be given individually to patient's age, underlying medical conditions, associated symptoms, status of the contralateral ear and patient's preferences.

Otoscopic diagnostic criteria can conveniently classify mucosal COM as healed otitis media, Inactive mucosal COM and active mucosal COM.

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*Corresponding author: Dr.Sundara Raman V
KAPV Govt Medical College & MGMGH, Trichy

MATERIALS AND METHODS

This is a prospective study conducted in Department of ENT MGM GH, Trichy from 2009-2012. Around 120 patients were selected for otoscope assisted tympanoplasty taking into following criteria:

- Wide external auditory canal
- Clinically dry (inactive) COM
- Audiometry with air bone gap <40 dB (usual range: 20 – 40 dB)
• Radiologically bilateral symmetrical pneumatization type
• DNE suggesting good nasal – NP airway patency and no OMC purulence

Attention to medical management with ear care, aural toileting, topical antibiotics with steroid ear drops and supportive management making ear dry for six weeks was given.

Successful closure rate in tympanoplasty of 75-95% in various studies and mean hearing improvement of <10 dB AB gap from various studies (page 3422 - Scott-brown) were taken into account

RESULTS

Distribution of study population

<table>
<thead>
<tr>
<th>NO OF PATIENTS</th>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>50</td>
<td>70</td>
</tr>
</tbody>
</table>

Post op results: successful graft uptake

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>Graft uptake (12 weeks)</th>
<th>6 months</th>
<th>1 year</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 – 20</td>
<td>30(75%)</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>21-40</td>
<td>40(80%)</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>&gt;41</td>
<td>24(80%)</td>
<td>24</td>
<td>24</td>
</tr>
</tbody>
</table>

Average Success Rate: 78.3%

Graft uptake was clinically assessed with endoscopic ear examination once healing has been satisfactorily achieved.

Post Op Results In Hearing Improvement and Reduction in Disability

<table>
<thead>
<tr>
<th>Age Group</th>
<th>3 months</th>
<th>Repeat audiogram after follow up of 1 year</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 – 20</td>
<td>&lt;20 dB</td>
<td>No significant deterioration/ worsening of SNHL</td>
</tr>
<tr>
<td>21-40</td>
<td>&lt;20 dB</td>
<td>Improvement of 10 dB AB gap in speech frequency</td>
</tr>
<tr>
<td>&gt;40</td>
<td></td>
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</table>

DISCUSSION

Endoscopes assisted procedure helps in reduced operating time, increased operative and postoperative comfort for the patient, reduced incidence of complications including SNHL, and the complications of associated mastoidectomy. As endoscopes form a part of routine clinical evaluation and COM being a diseases of low socioeconomic group, procedure performance and ease of carrying endoscope, procedure can be performed even in centres that lack microscopy and improved facilities. Moreover, it is cost effective in terms of duration of procedure (vs cortical mastoidectomy), early ambulation, and resumption of normal duties with suitable ear care. The closure rate is reported to be higher in small perforations than in larger perforations. Subjective improvement of wellbeing during the follow up period in the form of reduced recurrence of ear discharge, improvement of hearing, reduced frequency of medical attention, like recurrent otomycosis, frequent use of ear drops with potential otoxicity and absenteeism from work gives us the impression of early surgical interventions once the disease becomes inactive with medical and supportive measures. The failure rate in anterior perforations is higher, reduced by anchoring anterior margins of the graft beneath the annulus. Revision surgery can be considered in those ears, where the graft fails with modification of surgical procedures if necessary.

CONCLUSION

Initial management of mucosal COM is aural toileting, topical antibiotics with steroids. Definitive management is surgery - tympanoplasty to close the perforation, improve hearing, reduce the hearing disability, subjective wellbeing, thereby increasing productivity and reduced worsening of disease and its attendant complications including SNHL. Endoscopic assistance greatly improves patient compliance and feasibility of procedure even in rural centres.

References

5. Scott - Brown’s Otolaryngology, Head and Neck Surgery, 7th edition - Volume 3; 237c

How to cite this article: