

Letter to Editor

Outcome of ENT Health Checkup of School Children: A Pilot Study

Sir,

ENT diseases are a common cause of morbidity in childhood. Many of these diseases go unrecognized. We would like to highlight the incidence and distribution of these diseases to provide a frame work for preventive and curative initiatives.

found in 1.1% of cases. Wax was found in 0.5% cases. Pharyngitis and otitis media found in 0.3%. DNS is found in 0.2%. Out of 1000 children screened, 38 required treatment . These patients had not gone to a doctor and would have remained untreated.

India being the second most populous country of the world is home to more than 250 million children forming about 35% of its total population.^[1,2] Health is vital for overall

Table 1: Showing incidence of diseases with respect to age and type

Disease	Total	< 5yrs	5-10yrs	10-15yrs
Tonsillitis	14	3	5	6
Rhinitis	11	2	7	2
Wax	5	1	4	0
Pharyngitis	3	0	3	0
Otitis media	3	0	2	1
DNS	2	0	0	2

We examined children who came to ENT department at R L Jalappa hospital for routine check up from 1st November 2010 to 31st December 2010. These children were examined for ENT problem (Table :1) and those with diseases were treated.

On analyzing the cases it was found that tonsillitis was the commonest disease with incidence of 1.4%. Rhinitis presenting with nasal discharge, nasal block and headache was

development of a child and determines his/her ability to acquire knowledge and skill. ENT disorders may affect this ability adversely. According to World Health Organisation, 42 million people (age > 3 years) have hearing loss. The major cause for hearing retardation is otitis media, which is second only to common cold as a cause of infection in childhood.^[1,2,3] However, the cause of hearing loss in children is more varied, including etiologies such as meningitis,

hyperbilirubinemia, anoxia at birth and a wide range of genetic disorders.^[5] Upper respiratory tract infections such as sore throat, cough, ear ache predispose child to complications such as sinusitis, otitis media and tonsillitis that further contribute to morbidity.^[4] Tonsillitis in children is rarely appreciated in those younger than 2 years. Viral tonsillitis is more common in younger children while tonsillitis caused by Streptococcus species typically occurs in children aged 5-15 years.^[5] Beside these conditions, foreign body in ear, nose and throat are cases which are typically evident in paediatric age group. The data on paediatric otorhinolaryngology from various Indian populations is insufficient. A few studies have reported high prevalence of otological morbidities.^[3] A proper understanding of the magnitude of ENT diseases and the factors associated with their occurrence in the community is important to enable formulation of health care services aimed at early detection and treatment of such morbidities.

Our study suggests that otitis media, tonsillitis and rhinitis are the most common ENT problems in pediatric population. These conditions contribute significantly to pediatric morbidity. The general practitioners who mostly manage these cases must be well aware with their diagnosis and treatment.

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