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A Cross Sectional Study on Chronic Suppurative Otitis Media (CSOM) Among Patients Attending A Tertiary Care Centre in Salem, Tamil Nadu

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ABSTRACT

BACKGROUND: The prevalence of CSOM (Chronic Suppurative Otitis Media) in India varies from 0.5% to 30%. It is one of the major causes of acquired hearing impairment in all individuals. The burden of the infection depends on age, low socio-economic status and overcrowding. **OBJECTIVES:** To determine the epidemiological factors among CSOM patients attending ENT Department in a tertiary care hospital; To study the clinical profile of CSOM patients attending ENT Department. **METHODS:** This cross-sectional study was conducted among 60 CSOM patients attending ENT Dept of VMKV Medical College & Hospital, Salem, from July 2019- Dec 2019. The patients with history of ear discharge for more than 3 months were considered for the study and purposive sampling method was used. A pre-tested semi structured questionnaire was used for data collection. Detailed history and examination of the ear was done. Descriptive statistics were used to describe the study variables. **RESULTS:** Among 60 participants, majority of patients 20 (33.3%) belonged to 10-20yrs age group, males constituting the maximum of participants 37 (61.6%). About 35(58.3%) had bilateral type of CSOM. Nearly 43(71.7%) had active discharge with 57(95%) hearing loss. About 48 (80%) had mucopurulent ear discharge with 54(90%) having perforation and complication like chronic mastoiditis was seen in 8(13.3%) individuals. Associated risk factors like Overcrowding, ASOM (Acute Suppurative Otitis Media), recurrent upper respiratory infection, history of water or oil instillation into the ear were seen in majority of patients. **CONCLUSION:** CSOM is the most common cause of preventable hearing loss, increasing the burden over the society. Its prevalence can be reduced by increasing the awareness of risk factors for ear discharge and hearing loss.

Key word: Otitis media, Tertiary care center, Hearing loss, CSOM