A comparative study of the efficacy of topical nasal steroids versus systemic steroids in the treatment of otitis media with effusion (OME) in children.

Thesis

For Partial Fulfillment of Master Degree
In
Otorhinolaryngology

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2014

دراسة مقارنة بين تأثير استخدام السترويدات موضعياً بالأنف مقابل استخدامها بالفم على حالات ارتشاح الأذن الوسطى في الأطفال

بحث

مقدم توطئة للحصول على درجة الماجستير
في
جراحة الأذن و الأنف و الحنجرة

مقدم من

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٢٠١٤

بسم الله الرحمن الرحيم

"وَمَا تَوفِيقِى إِلَّا بِاللهِ عَلَيهِ تَوَكَّلْتُ وَإِلَيهِ أُنِيبُ"

هود"٨٨"

Dedication

This thesis is dedicated to my parents for making me be who I am, and my wife for supporting me.

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Acknowledgment

I would like to express my deep gratitude to ***Prof. Dr. Mohamed Anwar,*** *professor of otorhinolaryngology, Faculty of medicine, Cairo University, for his helpful and constructive suggestions, and for the continuous encouragement that he generously offered during this work; words are not enough to express what I feel towards him.*

I would like to express my deepest gratitude and atmost respect to ***Prof. Dr. Mosaad Abdel-Aziz****, Professor of otorhinolaryngology, Faculty of medicine, Cairo University, for his great and smart guidance and supervision of this work; also he devoted much of his precious time and effort in order to achieve this work in a successful form.*

I am also very thankful to ***Dr. Ahmad Nassar****, lecturer of otorhinolaryngology, Faculty of medicine Cairo University for his encouragement and unlimited help to produce this work beside his diligent revision of every detail in order to present a well-written study.*

Abstract

Objective: To evaluate the effectiveness of using topical nasal steroids versus oral steroids in the treatment of otitis media with effusion (OME) in children.

Methods: One hundred (100) patients were included in the study, they were divided into two equal groups, group A received intranasal mometasone furoate spray once daily for 6 weeks, and group B received oral steroids in tapering doses for 6 weeks, plus systemic antibiotics, and nasal decongestants for both groups, tympanogram was done every 2 weeks for all patients.

Results: Highly significant improvement ($P<0.01$) of OME regarding symtoms, signs, and tympanometric results, occurred in each group separately at the end of the study, with no significant difference ($P>0.05$) in improvement between the two groups.

Conclusion: Both topical intranasal and oral steroids are effective medical therapy in the treatment of OME in children with no significant difference between the two methods.

Key words: topical nasal steroids, systemic steroids, otitis media with effusion.

List of Abbreviations

OM	Otitis media.
AOM	Acute otitis media.
OME	Otitis media with effusion.
MEE	Middle ear effusion.
TM	Tympanic membrane.
EAC	External auditory canal.
NP	Nasopharynx.
ET	Eustachian tube.
TVP	Tensor veli palatini muscle.
ME	Middle ear.
LVP	Levator veli palatine.
AAP	American Academy of Pediatrics.
AAFP	American Academy of Family Physicians.
AAOHNS	American Academy of Otolaryngology-Head and Neck Surgery.
ETD	Eustachian tube dysfunction.
AR	Acoustic reflectometry.
NICE	National Institute for Health and Clinical Excellence.
ORL	Otorhinolaryngology.
AH	Adenoid hypertrophy.