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WEST AFRICAN JOURNAL OF MEDICINE

ORIGINAL ARTICLE

Management Challenges of Chronic Suppurative Otitis Media in Sub-Saharan Africa: A Call for Urgent Action

Difficultés de prise en charge de l'otite moyenne suppurée chronique en Afrique subsaharienne : un appel à l'action urgente

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ABSTRACT

BACKGROUND: Chronic suppurative otitis media is a serious health care concern in sub-Saharan Africa. Poverty, ignorance, and non-availability of surgical treatment techniques militate against its effective management.

METHODS: A retrospective descriptive study conducted at UNIOSUN Teaching Hospital, Osogbo on patients with CSOM over five years

RESULTS: A total of 428 patients consisting of 232 males and 196 females with age ranged from 1 – 83 years. Children 1-15 years constituted the largest (54.2%) proportion. RCSOM (37.4%), LCSOM (29.9%) and bilateral CSOM (32.7%). Majority (51.4%) had discharge for more than 2 years. Most patients 208 (48.6%) had moderate size perforations and majority (93.5%) were central perforations. Culture results showed *pseudomonas* 24.3% and *staphylococcus aureus* 24.3% as the most common organisms isolated. PTA of 152 patients (reviewed) showed that 36.8% had moderate degree of HL and severe degree HL in 26.3%. Ninety four (61.8%) had conductive hearing loss. Hearing loss was significantly associated with the size of perforation (p = 0.001) and duration of ear discharge (p = 0.022). About 99% of patients were managed conservatively with topical ear drops/ dressing with wick gauze impregnated with ciprofloxacin ear drops. Five patients (1.17 %) had tympanoplasty, six (1.40%) had cortical mastoidectomy and 2 (0.47%) patients died secondary to intracranial complications.

CONCLUSION: Challenges militating against effective management of CSOM in Nigeria include poverty, delayed presentation, few tympanomastoid surgical experts and poor attitude toward surgical procedures. Public enlightenment including early presentation of patients, provision of adequate equipment and focused attention on appropriate surgical techniques should be embarked upon urgently

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KEYWORDS: Burden, Management challenges, Implications, Call to action

RÉSUMÉ

CONTEXTE: L'otite moyenne suppurée chronique est un problème de santé grave en Afrique subsaharienne. Au Nigeria, la pauvreté, l'ignorance, des installations médiocres et l'absence de techniques de traitement chirurgical s'opposent à sa gestion efficace.

MÉTHODES: Une étude rétrospective descriptive menée à l'hôpital universitaire UNIOSUN, à Osogbo, sur des patients atteints d'OMSC pendant cinq ans.

RESULTATS: Un total de 428 patients comprenant 232 hommes et 196 femmes âgés de 1 à 83 ans. Les enfants de 1 à 15 ans constituaient la plus grande proportion (54,2 %). RCSOM (37,4 %), LCSOM (29,9 %) et CSOM bilatéral (32,7 %). La majorité (51,4 %) avait des écoulements depuis plus de 2 ans. La plupart des patients 208 (48,6 %) présentaient des perforations de taille modérée et la majorité (93,5 %) étaient des perforations centrales. Les résultats de culture ont montré que les pseudomonas (24,3 %) et le staphylococcus aureus (24,3 %) étaient les organismes les plus couramment isolés. L'ATA de 152 patients (révisés) a montré que 36,8 % avaient un degré modéré de perte auditive et un degré sévère de perte auditive chez 26,3 %. La perte auditive était significativement liée à la taille de la perforation (p = 0,001) et à la durée des écoulements auriculaires (p = 0,022). Environ 99 % des patients ont été traités de manière conservatrice avec des gouttes auriculaires topiques/dressing avec de la gaze à fil imbibée de gouttes auriculaires de ciprofloxacine (antibiotique). . Cinq patients (1,17 %) ont subi une tympanoplastie, six (1,40 %) ont été soumis à une mastoïdectomie corticale et 2 (0,47 %) patients sont décédés des suites de complications intracrâniennes.

CONCLUSION: L'otite sérouse chronique au Nigeria appelle à une action urgente car de nombreuses institutions sanitaires manquent encore d'installations et d'expertise pour les traitements chirurgicaux. Une sensibilisation du public, la fourniture d'équipements adéquats et une attention soutenue à la formation des experts sur les techniques chirurgicales appropriées doivent être entreprises de toute urgence.

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MOTS-CLÉS : Fardeau, Défis de gestion, Implications, Appel à l'action.

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