Multilevel surgery for OSA-patient satisfaction and outcome

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Introduction: Obstructive Sleep Apnea (OSA) management has been evolving over the decade. Still CPAP remains the gold standard for management. In that scenario the authors want to analyze the scope of surgical options and their effectiveness.

Objective: Primary objective of the study is to discuss ideal candidacy for surgery and their outcome.

Methods: The patients with OSA, who were CPAP noncompliant or who opted for surgery as per their first choice were included in study. Patients with BMI 32 and higher were excluded. Authors believe in doing surgical planning from the data derived from polysomnography and drug induced sleep endoscopy (DISE). Nasal surgery, tonsillectomy and different types of palatoplasty and tongue base procedures have been performed according to DISE finding. Their sleep study parameters, snoring severity score and Excessive Daytime Sleepiness (EDS) were recorded before and after surgery.

Results: Total 30 patients underwent surgery. All of them found improvement in snoring, EDS. They did not have apnea after surgery. Average Apnea Hypopnea index showed significant reduction. None of them suffered from and post-operative complications.

Conclusion: Multilevel surgery for OSA is a safe and effective option for selected patients.

Speaker Biography

Sampurna Ghosh has completed her MBBS and MS-ENT from one of the oldest and prestigious Govt. Medical Colleges of India. She continued her further training from National and International pioneers on Endoscopic Sinus Surgery, Cochlear implant surgery and surgical management of Obstructive Sleep Apnea (OSA). She is an avid learner of new techniques and treatment options in the field of Otorhinolaryngology. She has been invited as speaker, surgical faculty, and panellist in many conferences.

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Morphological indicators of different types of chronic polyposis rhinosinusitis

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Introduction: Chronic polypousrhinosinusitis is one of the urgent problems in rhinology, as it is a frequent consequence of a chronic long-term inflammatory process of the mucous membrane of the nasal cavity and paranasal sinuses. The study of morphological parameters of different types of chronic polypousrhinosinusitis will provide an opportunity to identify various forms of chronic polypousrhinosinusitis, its differentiation, selection of the correct treatment, determination of exact indications for surgical removal of polyps, prognosis and prevention of relapse after polysinusotomy.Key words: polyp, rhinosinusitis, paranasal sinuses, polyposis, nasal mucosa, epithelium, polysinusotomy, myxomatous changes. The aim of the study was to study the histological structures of different types of chronic polyposis rhinosinusitis.

Material and methods: On the basis of the TMA multidisciplinary clinic in the departments of otorhinolaryngology and maxillofacial surgery, a morphological study of the removed materials from the nasal mucosa and paranasal sinuses was carried out. The patients were divided into two groups; the first group is patients with polypousrhinosinusitis, the second - with chronic rhinosinusitis. For histological examination, the preparation of materials was carried out on the histoprocessor"Thermo scientific STP 120", Histostar, Microm HM 325; the obtained material was carried out in stages as follows: registration of the material, cutting, macro-description, labeling of the cassettes, distribution of the material among the cassettes, primary diagnosis, obtaining a preliminary diagnosis. Next stage was the processing of the material, marking the glasses, obtaining the drug and evaluating the results. Each prepared micropreparation was photographed for further use in the research work.

Speaker Biography

Salomatova I B, was born in 1998 in Uzbekistan, the city of Termez, on the border with Afghanistan. She finished her 9 classes of school (2005-2014) and 3 years of medical college (2014-2017). After she entered the Tashkent Medical Academy (2017- to the present day), Present she was sixth year bachelor student. 2020-2021 she worked in a pharmacy since 2021 - she work as a nurse in intensive care.

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Prevalence and factors associated with preoperative anxiety among children in Ethiopia

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Aim: The aim of this study was to determine the prevalence of preoperative anxiety and associated factors in children in Ethiopia.

Patients and methods: A total of 173 children were included in this study. Data was collected by direct observation, chart review, and interview of child-parent by using a questionnaire. Descriptive statistics were conducted to summarize children's information and to determine the prevalence of preoperative anxiety. Binary logistic regression analysis was performed to identify the association between preoperative anxiety in children and independent variables. The bi-variable analysis had performed to determine each of the independent variables and only variables with p-value <0.2 were entered into the multivariable analysis. The strength of the association was present by the odds ratio and 95% Confidence interval. P-value <0.05 was considered as statistically significant.

Results: The prevalence of preoperative anxiety in children in the operation room was 75.44% (95% Confidence Interval (CI): 68.36, 81.34). Younger age (AOR: 5.65, 95%CI: 1.69, 18.80), previous surgery and anesthesia (AOR: 6.73, 95%CI: 1.25, 36.19), outpatient surgery (AOR: 5.16, 95%CI: 1.32, 20.23) and parental anxiety (AOR: 3.26, 95%CI: 1.30, 20.23) were significantly associated with preoperative children anxiety.

Conclusion and recommendations: The prevalence of preoperative anxiety in children was considerably high. Younger age, previous surgery and anesthesia, outpatient surgical setting and parental anxiety were the independent risk factors for preoperative anxiety. Therefore; we recommend that the operating staff should assess anxiety in children regularly during the preoperative period and appropriate anxiety reduction methods for children should be introduced in our hospital. Additionally, more emphasis should be given to children with young age, previous anesthesia and surgery, outpatient surgery, and those who have an anxious parent.

Speaker Biography

Amare Belete Getahun has completed his Msc degree at the age of 25 years from University of Gondar, Ethiopia. He is the medical researcher within five years at multi-national journals and advisors of under and post graduate students he also works as senior clinical anesthetist at university of Gondar hospital. He has over six publications that have been cited.

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The recurrent laryngeal nerve and its importance in thyroidectomy

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Thyroidectomy is a common procedure carried out and it is relatively safe. However, recurrent laryngeal nerve palsy is an established morbidity due to injury of the nerve post-thyroidectomy with a variable prevalence. Symptoms such as hoarseness, breathing difficulties and problems in phonation can arise. Many risk factors are associated with recurrent laryngeal nerve palsy and several common mechanisms of injury need to be considered by surgeons. Various anatomical landmarks are used to identify the recurrent laryngeal nerve intraoperatively with differing levels of prevalence and significance in identifying the nerve. Variations of the nerve have also been extensively studied due to their association with nerve injury and complicating the procedure for many surgeons. Preventative methods can be used to mitigate against recurrent laryngeal nerve palsy, although considerable controversy exists as to the most effective method.

Speaker Biography

Shahzeb Sheikh is a medical student at the University of Leeds and has just recently completed a BSc in Clinical Anatomy as part of an intercalated programme. He will be returning to 5th year of medical school in September 2022 where he will graduate in 2023.

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Stem cell therapy in liver cirrhosis

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Liver cirrhosis represents the commonest end stage outcome of chronic liver disease, characterized by diffuse hepatic fibrosis and nodule formation, which essentially occurs due to abnormal innate immune responses and massive inflammatory responses. It is a multifactorial condition, ranging from toxins such as alcohol and certain drugs, to hepatocellular carcinomas. Worldwide, it accounts for up to two million deaths per year, out of which about 50% are due to complications and the rest due to viral hepatitis and carcinoma.

The current most effective modality of treatment of liver cirrhosis includes liver transplantation along with treatment of the underlying cause, complications, and nutritional support. However, issues due to scarcity of donors and various immunological complications, warrants the need for newer avenues of treatment.

One such novel modality is usage of stem cell therapy for liver cirrhosis, which works primarily via improving microenvironments through paracrine effects and replenishment of hepatocytes. Studies have found that the most clinically effective acting in this respect are the Mesenchymal Stem Cells (MSCs). MSCs are immunomodulatory, pro-regenerative and said to have antifibrotic properties. Their immunomodulatory action occurs via production of inhibitory cytokines and activating the development of regulatory T cells. Additionally, they also directly inhibit the hepatic stellate cells as well as bring about replenishment of damaged hepatocytes. This has been seen especially with embryogenic stem cells (ESCs) and induced pluripotent stem cells (iPSCs), which prove to hold the capacity of producing huge amounts of functional hepatocytes-like cells (HLCs). Due to the enhancement of the surrounding microenvironments, it is also likely to activate regeneration of residual hepatocytes.

Studies have found that some of these modalities seem promising, considering the improvement of various biochemical parameters, such as serum total bilirubin and serum albumin. It's also essential to understand that standardized protocols, long term efficiency and financial feasibility are some problems that remain to be addressed. Novel technology and continued research are expected to overcome these hurdles.

Speaker Biography

Rutuja Patil has completed her M.B.B.S. from Bharati Vidyapeeth Medical College, Pune, India. She is currently working as a medical intern. She has recently begun her research endeavors and has three ongoing research projects.

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