



Joint Scientific Meeting

The Hong Kong College of Otorhinolaryngologists

and

***The Hong Kong Society of Otorhinolaryngology,
Head and Neck Surgery***

Trainees' Presentations

2nd December 2006

4:00 pm

Regal Hongkong Hotel

Sponsored by

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Schering-Plough HK

Scientific Session

Chairman: **Dr Albert Luk Wai Sing**

Adjudicators: **Dr Tong Fu Man**
 Dr Chan Ka Cheung
 Dr Paul Lam Kin Yip

Introduction

Trainees' presentations

1. The Microbiology of Peritonsillar Abscess in Hong Kong Dr. John Chan
2. Comparison between cocaine and oxymetazoline in flexible nasoendoscopy Dr. Chio Io Meng
3. Acoustic rhinometric changes after septal and turbinate surgery Dr. Lee Chi Leung
4. A herbal formula for the treatment of perennial allergic rhinitis: a randomized, double-blind, placebo-controlled clinical trial Dr. Wong Ka Chun
Justin

The Microbiology of Peritonsillar Abscess in Hong Kong

Chan, John

Queen Elizabeth Hospital

Objective: To analyze the microbiology of peritonsillar abscess.

Study design: Cross-sectional survey of microbiology of peritonsillar abscess over 3 years.

Setting: Queen Elizabeth Hospital.

Participants: 123 consecutive peritonsillar abscesses with pus aspirated for bacteriology study.

Main outcome measures: Bacteriology of pus aspirated from peritonsillar abscesses.

Results: 123 admissions with age range from 13 to 74 years old, most of them were males, 93 (76%). No growth were obtained in 20 (16%) patients. A single bacterium was found in 36 (29%) pus aspirates. Two bacteria were grown in 26 (21%) pus aspirates. Three bacteria were grown in 16 (13%) of pus aspirates. Four bacteria were grown in 4 (3%) pus aspirates. Mixed growths were obtained in 21 (17%) patients. A total of 152 bacteria were cultured. 35 (23%) were α -Haemolytic Streptococcus. 28 (18) were Streptococcus milleri. 24 (16%) were Bacteroides. 10 (7%) were Strep pyogenes. 8 (5%) were Peptococcus Spec. 7 (4.6%) were commensals. 6 (4%) were Gemella. Only three α -haemolytic Streptococcus specimens were resistant to Ampicillin. All of the patients had uneventful recovery following needle drainage and treatment with parental antibiotics before culture results available. 9 (7%) patients have at least one recurrence. 3 patients have two recurrence. 1 patient has three recurrence. 1 patient has 4 recurrence. All the recurrences were on the same side. 54 (43.9%) of the abscesses were on the left side, while 69 (56.1%) of that were on the right side.

Conclusion: Peritonsillar abscess is usually polymicrobial. Needle drainage with penicillin and metronidazole are effective in almost all of the patients.

Comparison between cocaine and oxymetazoline in flexible nasoendoscopy

Chio, Io Meng

Tuen Mun Hospital

Flexible nasoendoscopy is part of the fundamental examinations in the ENT clinic.

However, it gives the patients a little bit of discomfort. Therefore, cocaine was commonly used as a local anaesthetics. However, cocaine makes patients nausea and its anaesthetic effect over throat make the patients unable to swallow. A double blind randomized placebo controlled study was performed to evaluate whether cocaine is essential for routine flexible nasoendoscopy and whether there is other alternative.

Patients in the ENT clinic required flexible nasoendoscopy and not taking medications that contraindicated to the tested drugs was enrolled. During each of their visit to the ENT clinic, 2 spray of cocaine, oxymetazoline or normal saline was given to each nostril. In the following visits, the other 2 drugs will be used. Then the flexible nasoendoscopy was performed by the same examiner at around 5 minutes later. A questionnaire with Visual Analogue Scale regarding the taste of drugs, sensation of nose and discomfort level during nasoendoscopy was given to the patients. Blood pressure was checked before and at 1, 5, 10 minutes after drugs administration.

A total of 16 patients were enrolled. Cocaine gives the bitterest taste and stinging sensation. It is also the only drugs that make the patients nausea. However, discomfort level of nasoendoscopy was similar among cocaine, oxymetazoline and normal saline.

Conclusion: Cocaine is not essential for routine flexile nasoendoscopy without performing other procedures. The discomfort level of nasoendoscopy was similar after using cocaine, oxymetazoline and normal saline as local anaesthetics.

Acoustic Rhinometric Changes After Septal and Turbinate Surgery

Lee, Chi Leung

Queen Elizabeth Hospital

Acoustic rhinometry is a simple, fast & non-invasive way of measuring the patency of nasal cavity. In this study, we used it to quantitatively document the change in nasal patency after common nasal surgery. Objectives: 1. To measure the change in the minimal cross-sectional area (MCA) of the nasal cavities before and after septal and/or turbinate surgery. 2. To see whether the patients' subjective feeling of nasal patency correlates with the rhinometric parameters. Methods: Fifty patients who would have septal and/or turbinate surgery were recruited with their rhinometric parameters measured both pre-operatively and post-operatively. The findings were correlated with the subjective feeling of nasal patency perceived by the patients through a visual analogue scale. Results: We have found that the mean minimal cross-sectional area (MCA) of the patients' nasal cavities was increased by 0.16cm^2 in average after septal and/or turbinate surgery ($p < 0.0005$). And the pre-op and post-op subjective feelings of nasal patency were directly proportional to the mean minimal cross-sectional area (MCA) of the nasal cavities ($p < 0.01$). Summary: Acoustic rhinometry is a useful tool to document changes of nasal patency after septal and/or turbinate surgery, which correlates well with the subjective feeling of nasal patency perceived by patients.

A herbal formula for the treatment of perennial allergic rhinitis: a randomized, double-blind, placebo-controlled clinical trial

Wong, Ka Chun Justin

Yan Chai Hospital

Allergic rhinitis is one of the common allergic disorders. Prevalence of this problem in Hong Kong was reported as 21.9%. Recent reports have suggested a rise in its prevalence, thus dramatic increase in treatment cost is the result. Conventional therapies are effective in alleviating symptoms, but the efficacy is limited and not persistent. Moreover, the cost and adverse effect are known defects. A classical herbal formula containing Cangerzi(苍耳子), Baizhi(白芷) and Xinyihua(辛夷花) was used for management of this condition. Based on it, we add 3 more herbs, Fangfeng(防风), Longdancao(龙胆草) and Mabiancao (马鞭草), to enhance its effects on the allergy and inflammation. Our hypothesis is that this classical formula of Chinese herbs would improve the symptoms of perennial allergic rhinitis (PAR) patients and change some immunological parameters in the peripheral blood and it may be an alternative treatment for PAR. 126 patients with PAR were recruited and randomized to one of the two treatment groups (herbal formula and placebo) and treated for a duration of 4 weeks. We evaluate the symptoms score and changes of some immunological parameters in peripheral blood before and after treatment. Furthermore, quality of life questionnaire and the safety of the formula were also evaluated before and after the treatment.