

Improvement in Quality of Life after Septoplasty

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ABSTRACT

Background: Septoplasty is one of the most commonly performed procedures in the ENT department. It is done when a patient presents with a deviated nasal septum, due to which he is not able to live his life to the fullest due to persisting symptoms of congestion, breathing difficulties and recurrent infections etc. It negatively affects his quality of life. In Septoplasty, the deviated nasal septum is removed and the remaining tissue repaired, which should alleviate some of his symptoms.

Objective: The objective of this study is to investigate the impact of septoplasty on the symptoms with which a patient first presented due to deviated nasal septum and whether or not their quality of life improved after surgery.

Study type, settings and duration: A cross-sectional study was done on the patients who had undergone the procedure of septoplasty in the month of August and September, and a follow-up of their treatment was taken by ENT department on the telephone 1 month later and was documented.

Methodology: After the approval of SMDC-IRB, the patients who had undergone Septoplasty in August and September 2021 in Shalamar Hospital were recruited and called upon via a telephone. After obtaining consent, they were asked questions from the self-administered questionnaire regarding the post septoplasty symptoms and the questionnaire itself was duly filled by the ENT department. The response forms were then transported into excel sheets and data was analyzed, response was recorded as percentage and frequency, for demographics, improvements and/or persistence in symptoms and whether they would suggest this procedure to a closed one.

Results: This was a cross sectional study with a sample size of 194. According to the analysis there were 46% (n=90) males and 53% (n=104) females in our study. All the study participants were Pakistani nationals. 70% (n=136) underwent septoplasty and 30% (n=58) underwent septoturbineotomy. When asked that will you repeat the same surgical procedure for persistent issue 27% (n=54) said Yes while 72% (n=140) said No. We asked the study participants that will they prefer same surgical procedure for someone they know, 96% (n=187) said yes while 4% (n=7) said no.

There was a highly significant ($p < .000$) difference between perceived symptoms before surgery and after surgery among patients who went for septoplasty and septoturbineotomy.

Practical implication: This study signifying the life improvement after septoplasty will entrust the community for a better outcome after the procedure. Evidence based betterment in the life of patients will be encouraging for a more flourishing essence of being.

Conclusion: Majority of the people who underwent Septoplasty greatly benefited postoperatively as their symptoms associated with a deviated nasal septum that negatively affected their life before, showed immense improvement and henceforth, their quality of life also ameliorated.

Key words; Septoplasty, ENT, Quality, post-procedure, Improvement.

INTRODUCTION

Septoplasty is an aciurgy of the head & neck region with an objective to align the deviated nasal septum which causes nasal obstruction¹Nasal Obstruction is described as the state where the patient experiences difficulty inhaling via nose and manifests as insufficient airflow¹.

The quality of life of patients are radically affected with manifested nasal obstruction which results in persistent periodic visits to an ENT specialist^{2,3,4}. Therefore, with an increased influx of routine visits to the clinic, disturbed regular life style of people has made septoplasty the third most common surgical procedure performed⁵. Nasal septal surgeries has been significant is relieving the poor quality of life due to nasal obstruction⁶.

In previously done studies, all patients who came in and underwent septoplasty revealed betterment in lifestyle and elevation in disease symptoms, both psychologically and physically. Patients assessed showed improvement as compared to life before septoplasty.^{7,8} In another survey, a study done on Forty-six patients also showed promising results and distinctive difference pre and post-operative⁹.

Even though septoplasty is rendered the treatment of choice for symptom specific septal deviation and gives promising results, still at times patients go unsatisfied with their surgery. Therefore affecting their lifestyle and resulting in poor quality of life¹⁰.

In a study done on 126 patients, the general well-being of patients predominantly declined resulting in poorer quality of life post-operative¹¹.

The objective of our study is to investigate the impact of septoplasty on the lifestyles of patients and their quality of life post operatively.

METHODOLOGY

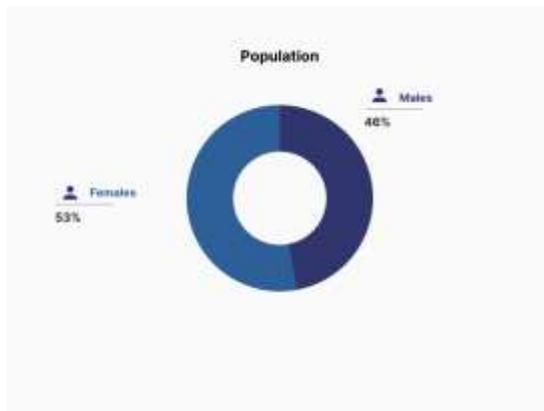
After the approval of SMDC-IRB, the patients who had undergone Septoplasty in August and September 2021 in Shalamar Hospital were recruited and called upon via a telephone in the month of October. After obtaining consent, they were asked questions from the self-administered questionnaire regarding the post septoplasty symptoms and the questionnaire itself was duly filled by the ENT department. The response forms were then transported into excel sheets and data was analyzed, response was recorded as percentage and frequency, for demographics, improvements and/or persistence in symptoms and whether they would suggest this procedure to a closed one. The Statistical analysis of data was carried out using the SPSS computer package version 20.0 (SPSS Inc., Chicago, IL, USA). The mean \pm SD was used for quantitative variables while number and % was used for qualitative variables. To assess differences in means of quantitative variables independent samples t-test and One-Way ANOVA test was applied. Correlation was analyzed using Pearson correlation coefficient. The statistical methods were verified, assuming a

significance level of $p < 0.05$ and a highly significant level of $p < 0.001$.

The subjects were not forced to take part in the study and they were given the option of not participating in this study at all. There was no degree of risk or discomfort for the participant in the study. The minimal risk could be the discomfort while answering the questions on the telephone.

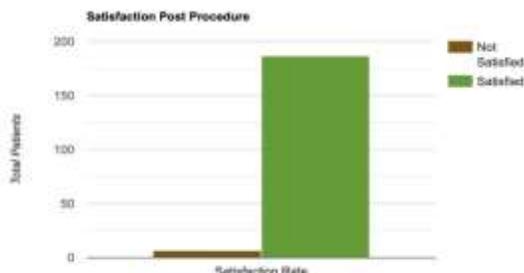
RESULTS

This was a cross sectional study with a sample size of 194. According to the analysis there were 46% (n=90) males and 53%



With this study, we can easily conclude that though some of the symptoms which occurred due to a deviated nasal septum were relieved, this procedure could not provide 100% satisfaction to the patients. There remained some persistent symptoms despite getting septoplasty and turbinoplasty collectively done. Although the patients opted not to get this surgery done a second time, probably because enough symptoms were ameliorated after getting the procedure or because they just weren't satisfied with the results. Though, majority of the patients stated that they would recommend other people to get this surgery done the 1st time so the possibility of latter being the reason of not getting a 2nd surgery seems more plausible.

One thing remained clear in all this, that there was a significant difference in signs and symptoms pre and post septoplasty. All in all, it won't be wrong to say that this surgery remained popular in the subjects overall with excellent results.

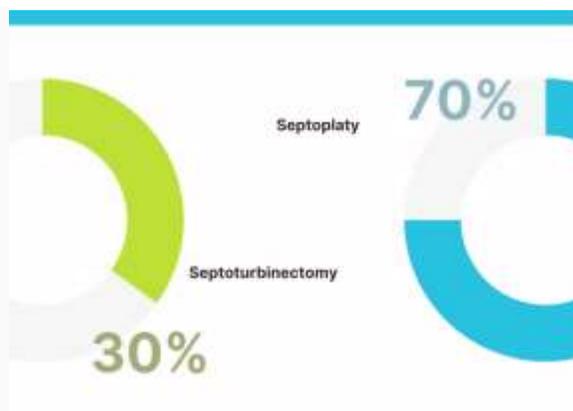


DISCUSSION

Septoplasty is a surgical procedure of the head and neck done to enhance the quality of life by benefiting those with airway obstruction due to underlying conditions mainly septal deviations¹². Septoplasty becomes more indicative in cases of a septal defect in apparent cases of epistaxis, obstructive sleep apnea, and headaches arising from anatomical distortion of the nasal septum¹³.

(n=104) females in our study. All the study participants were Pakistani nationals. 70% (n=136) underwent septoplasty and 30% (n=58) underwent septoturbineotomy. When asked that will you repeat the same surgical procedure for persistent issue 27% (n=54) said Yes while 72% (n=140) said No. We asked the study participants that will they prefer same surgical procedure for someone they know, 96% (n=187) said yes while 4% (n=7) said no.

There was a highly significant ($p < .000$) difference between perceived symptoms before surgery and after surgery among patients who went for septoplasty and septoturbineotomy.



Recovery period takes a couple of weeks resulting with negligible complications¹⁴. A research done in 2004 in which fifty-nine patients underwent surgery, reported to have a satisfactory post-surgery condition at 3 months. Septoplasty has achieved a good score in terms of providing improvement in quality of life with a good patient satisfaction criterion¹⁵.

The current study was carried out in Shalamar Hospital to see the outcome of septoplasty in ways of improvement in quality of life. A similar study done in Brazil revealed that a subjective improvement was appreciated post operatively at 60th day, which stated that patients (94.4%) were relieved of nasal obstruction and now had no active complains¹⁶. Our study showed promising results in which 96% of the subjects were willing to recommend this procedure for people they know as a hassle free way out of the obstructive symptoms of nasal blockage.

A study done post operatively on thirty-five patients with follow ups at 9 months and 9 years after a successful functional septoplasty, revealed that the nasal obstruction was significantly relieved and lived a symptom free life. 74% of the subjects were content with their post-operative quality of life¹⁷.

Another study done on a younger age group of mean age 22 yrs, revealed that 77 patients (89.5%) out of total 86 patients reported drastic improvement regarding their nasal blockage at 3 months' time post-operatively¹⁸.

CONCLUSION

In comparison with other studies and ours, it is clear that septoplasty has a beneficial effect on the nasal airflow and notably improves the condition and relieves of the symptoms. Wherever the cases are indicative of septoplasty, it is encouraged to do so because of the remarkable positive outcome of this procedure. Septoplasty is proved as a compelling procedure in terms of nasal aeration improvement, promoting better quality of life.

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