The driving force of science and trends in its development

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IMPROVING THE TREATMENT OF EXUDATIVE OTITIS MEDIA

Abstract: Exudative media otitis media is manifested by a viscous fluid in the middle ear. According to the WHO, 80% of healthy people have a history of exudative otitis media in childhood. The prevalence of the disease in the population ranges from 1 to 5% in different age groups and is more pronounced in the paediatric population. There is currently no consensus in the literature on the causes and mechanisms of ESR. However, many authors have concluded that the underlying cause of ESRD is a low-grade inflammatory process together with a dysfunction of the Euthachian tube. Clinical symptoms are mild to moderate hearing loss, feeling of fullness or pressure in the ear, popping or crackling sounds in the ears, and difficulty hearing and understanding speech, particularly in noisy environments.

The aim of the study: was to improve the effectiveness of treatment of exudative otitis media.

Materials and Methods: Our study involved 27 patients diagnosed with exudative otitis media, aged 5 to 60 years, 15 male and 12 female patients. The investigation was carried out in the ENT clinic of DDS (Kitab, Kashkadarya province, Uzbekistan). All patients came for the first time, in the first month after the beginning of the disease. The main complaints of the patients were stuffiness of the ear, decreased hearing, noise in the ear, sensation of fluid overflow in the ear when turning or tilting the head. From the anamnesis, all patients had an acute respiratory infection more than 10 days ago. A unilateral process was detected in 17 cases. Tympanometry data showed B and C curves with negative pressure. Against the background of standard therapy with the consent of 11 patients all patients under local anaesthesia supercaine underwent transtimpanal injection of a mixture of dexamethasone, decasan and adrenaline in the proportion 0.5:0.5:0.01 ml. Injection was given 2 times at 7-day intervals. The remaining patients underwent a tympanic membrane bypass, after which the above mixture was injected through the shunt.

Results of the study. The clinical effectiveness of the treatment was assessed on the basis of complaints, otoscopy, tympanogram and audiogram. Injected patients had a 7-14 day improvement in clinical symptoms compared to the patients after bypass surgery.

Conclusion: transtimpanal injections were more effective than bypass surgery to shorten the treatment period of patients with exudative otitis media.

References: