

Assessment of Quality of Life in Patients with Vasomotor Rhinitis after Radiowave Surgery

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ABSTRACT

Vasomotor rhinitis contributes to the development of pathological conditions in other parts of the respiratory system, negatively affects the functional state of almost all organs and systems of the body, thereby significantly worsening the quality of life of patients. This disease is characterized by a pathological condition of the mucous membrane of the nasal cavity of a non-inflammatory nature, which is based on a violation of the nervous mechanisms, causing a normal physiological state, as a result of which stimuli of exogenous and endogenous origin cause a hyperergic reaction.

The aim of the study was to assess the quality of life in patients with vasomotor rhinitis after radiowave exposure to the nasal concha. To assess the impact of vasomotor rhinitis on the quality of life of patients, the medical and social aspects of the course and outcome of vasomotor rhinitis in 916 adult patients were studied and analyzed in a comparative aspect. For this, we used a questionnaire specially developed by us for these purposes, consisting of 22 questions. In each section of the questionnaire, respondents were offered 4 options for answers to each question, which were coded with certain scores. When considering the results obtained, we selected answers to analyze and describe the data that are optimal for this region, as well as to develop recommendations based on the results of our research work.

Keywords Quality of life, vasomotor rhinitis, questionnaire, discomfort, family well-being

Introduction Vasomotor rhinitis is one of the most common diseases and in recent years the number of patients with this pathology has been increasing. On a global scale, it has been studied that vasomotor rhinitis contributes to the development of pathological conditions of other parts of the respiratory system, negatively affects the functional state of almost all organs and systems of the body, thereby significantly impairing the quality of life of patients. Violation of nasal breathing in patients affects sleep and performance and serves as a predisposing factor for the development of complications: sinusitis, otitis media, descending respiratory tract infections. When nasal breathing is turned off, according to scientists, lung ventilation decreases by 24-30%, the percentage of oxygen absorption decreases, the tone of the respiratory center decreases.

Numerous studies have proved that vasomotor rhinitis is characterized by a triad of symptoms - paroxysmal sneezing, rhinorrhea and difficulty in nasal breathing (Zhuravlev A.S., 2014). This

disease is characterized by a pathological condition of the nasal mucosa of a non-inflammatory nature, which is based on a violation of nervous mechanisms that causes a normal physiological state, as a result of which stimuli of exogenous and endogenous origin cause a hyperergic reaction. Numerous researchers emphasize that the following symptoms are characteristic of vasomotor rhinitis: paroxysmal sneezing, rhinorrhea, difficulty in nasal breathing (Kunelskaya H.JL, 2008; Fenixova L.V., 2008; Kochetkova P.I., Korkmazov M.Yu., 2013).

Currently, various diagnostic and treatment methods are widely used for the diagnosis and treatment of patients with vasomotor rhinitis. The most common diagnostic methods of vasomotor rhinitis are rhinoscopy, endoscopy, radiography of the paranasal sinuses. In addition, rhinomanometry is used to determine the microbial landscape that is separated from the nose (Palchun V.T., Kryukova I., 2008).

The most frequent surgical intervention for vasomotor rhinitis, which is performed in practical healthcare, is the disintegration of nasal conchs. It is performed mechanically, by laser beams, ultrasound. The use of these technologies in the surgical treatment of patients with vasomotor rhinitis is not effective enough: complications and relapses of the disease requiring repeated surgical intervention are noted (Zakharova G.P. et al., 2015).

The purpose of the study. Assessment of the quality of life in patients with vasomotor rhinitis after radiowave exposure to nasal conchs.

Materials and methods of research To study the effectiveness of the treatment, 216 patients with vasomotor rhinitis aged 19 to 60 years with different periods of the course of the disease were studied. The main group consisted of 122 patients with vasomotor rhinitis who were treated with the method we proposed, the comparison group consisted of 94 patients with vasomotor rhinitis who underwent traditional treatment consisting of basic treatment of this ailment according to a generally accepted standard. The control group consisted of 30 practically healthy individuals who did not suffer from vasomotor rhinitis. Comparative parameters of the occurrence of complaints of patients with vasomotor rhinitis showed that in patients of the main group, constant difficulty of nasal breathing was determined in all patients (100%, n=122). Periodic difficulty of nasal breathing was detected in 40.2% of the examined patients (n=49), almost the same indicators were found for difficulty of smell (41.8%, n=51).

It is noteworthy that complaints such as headaches and the negative effect of symptoms on sleep were also detected in most cases - 86.1% (n=105) and 86.1% (n=105), respectively. Some symptoms, such as sneezing and itching in the nasal area, were rare.

Thus, the results obtained showed that the functional state of the nasal mucosa in patients with vasomotor rhinitis deteriorates sharply in all studied parameters. All indicators were 1.4-2.5 times significantly different from those of healthy individuals. This fact indicates that vasomotor rhinitis worsens the functional state of the nasal mucosa, which leads to a violation of well-being, disability and deterioration of the quality of life of patients, and this in turn requires mandatory medical intervention, consisting in effective treatment.

To assess the effect of vasomotor rhinitis on the quality of life of patients, the medical and social aspects of the course and outcome of vasomotor rhinitis in 916 adult patients were studied and analyzed in a comparative aspect.

To do this, we used a questionnaire specially developed by us for these purposes. The questionnaire consists of 22 questions, which are divided into 4 sections:- параметры физического дискомфорта и функциональные нарушения организма (6-9 и 13-14 вопросы);

✓ parameters of emotional state (questions 15-16 and 19-20);

- ✓ parameters of social status (questions 18, 21-22);
- ✓ parameters of family well-being (questions 10-12 and 17).

In addition, 1-5 questions of the questionnaire concerned the passport part of the questionnaire.

In each section of the questionnaire, respondents were offered 4 possible answers to each question, which were coded with certain points:

- ✓ "Very rare" - 1 point (on average 1 time per month);
- ✓ "Rarely" - 2 points (on average 1 time per week);
- ✓ "Often" - 3 points (on average 1 time in 2-3 days);
- ✓ "Very often" - 4 points (on average 1 time a day).

The number of points scored is inversely proportional to the quality of life of the respondent (the more points, the worse the quality of life of the patient). When considering the results obtained, we selected answers for analyzing and describing the data optimal for this region, as well as for developing recommendations based on the results of our research work.

The analysis of the results of the study on the study of medical and social aspects of vasomotor rhinitis shows that to a certain extent, some of the respondents surveyed by us feel physical discomfort and functional disorders due to vasomotor rhinitis. It was found that 29 respondents (4.9±0.9%) are constantly worried about nasal congestion, and 30.3±1.9% (n=100) of respondents often felt this symptom, only 155 respondents (26.1±1.8%) complained about nasal congestion very rarely, practically did not notice. This means that three-quarters of patients indicated that they were worried about nasal congestion at least 1 time a day.

Another symptom of vasomotor rhinitis is nasal discharge, which 110 people (18.1± 1.6%) very rarely complained about. In other cases, nasal discharge rarely bothered 290 patients (48.9±2.1%), often 173 examined (29.1± 1.9%) and constantly 21 patients (3.5± 0.7%).

Practically the same survey results were observed in patients and in determining the occurrence of frequent sneezing. The respondents' answers were as follows: very rarely disturbed in 23.3±1.7% (n=138) cases; rarely disturbed in 38.0±2.0% (n=226), often in 36.3±2.0% (n=216) and constantly in 2.4±0.6% (n=14) cases.

All 3 analyzed symptoms (nasal congestion, nasal discharge and frequent sneezing) bothered patients mostly rarely. A characteristic feature is that all 3 symptoms occurred in three-quarters of patients, and every fourth respondent indicated that these symptoms bothered them very rarely. It was found that in more than half of cases (55.3±2.0%, n=329), the respondents associated symptoms of vasomotor rhinitis with allergies, in 21.2±1.7 (n=126) cases, the presence of the disease was associated with various stresses. 81 respondents (13.7±1.4%) associated the above symptoms with colds, only 58 people (9.8±1.2%) associated their illness with various environmental factors (water, soil, climatic and atmospheric).

Thus, indicators of physical discomfort and functional impairment in patients with vasomotor rhinitis were expressed to varying degrees, three-quarters of the examined patients were more or less (often, constantly) concerned about nasal congestion (73.9%), nasal discharge (81.5%) and frequent sneezing (76.7%). Respondents often associated the development of vasomotor rhinitis with allergies (55.3%) and various stresses (21.2%). There were also many who associated the disease with a cold (13.7%). Attention is drawn to the fact that 58 respondents (9.8%) attributed the cause of their vasomotor rhinitis to environmental factors. In our opinion, this is not the true cause of the disease, but the result of constant reminder of environmental problems through the media and TV, as well as in personal conversations with specialists.

Conclusions. Discomfort in the nasal cavity (53.8%) and sleep disturbance (58.5%) patients with vasomotor rhinitis in most cases were not associated with their disease. Patients were constantly (9.6%) and often (36.5%) upset because of problems with vasomotor rhinitis (emotional state) in a smaller number than those who paid little attention to it (53.9%), in those who had this indicator was 96.3%. The patients did not lose their composure (89.4%), were cheerful (72.6%), despite the fact that they had vasomotor rhinitis. 99.1% of the patients had the same parameters. The reasons for this emotional state were satisfaction with the results of treatment (80.1%), confidence in full recovery (89.6%), high medical culture and gratitude to doctors (93.1%). Patients have a positive social status, expressed by the absence of fear for their lives due to this disease (87.7%), satisfaction with the diagnosis and treatment of this ailment (72.1%), trust in otorhinolaryngologists (92.1%). Patients mostly (67.3%) did not need treatment for this disease, for which large sums were spent from the family budget.

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