Patient satisfaction post adenotonsillectomy (coblation and non-coblation) for children <16 yrs in a District General Hospital in the United Kingdom.

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Introduction:
Recurrent tonsillitis and/or obstructive sleep apnoea (OSA) is a common condition presenting in primary care. Research into post-operative patient satisfaction (PROMS) is highly sought in the United Kingdom.

Aim:
Identify patient satisfaction based on symptom control post (adeno-)tonsillectomy in children <16 yrs.

Method:
• A questionnaire based cross-sectional study consisting of 14 questions was conducted among 109 children <16 yrs
• All patients underwent coblation or non-coblation (adeno-)tonsillectomies between May and September 2014
• The questionnaire was implemented before and two years after the procedure
• Scores from 0 (no problem) to 5 (problem as bad as it could be)
• A score from 0 – 2 was defined as “no or mild problem”, a score >2 was defined as a symptom that is still problematic

Results:
Demographics
• Total 109 patients,
• Group 1 (G1) = 46% (n=50) coblation
• Group 2 (G2) = 54% (n=59) non-coblation
• Group 1: female 56% (n=28), male 44% (n=22), and <9years 90% (n=45)
• Group 2: female 46% (n=27), male 54% (n=32), and <9years 86% (n=51)

<table>
<thead>
<tr>
<th>Indication</th>
<th>Coblation G1</th>
<th>Non-Coblation G2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recurrent Tonsilitis</td>
<td>28% (n=14)</td>
<td>39% (n=23)</td>
</tr>
<tr>
<td>OSA</td>
<td>30% (n=15)</td>
<td>29% (n=17)</td>
</tr>
<tr>
<td>Recurrent Tonsilitis &amp; OSA</td>
<td>42% (n=21)</td>
<td>32% (n=19)</td>
</tr>
</tbody>
</table>

Procedures
• Procedures undertaken in G1 vs G2, were adenotonsillectomies in 82% (n=41) vs 71% (n=42) and tonsillectomies in 18%(n=9) vs 27%(n=16).

Post-op questionnaire results
G1 vs G2 (Fig 1 & 2):
• Snoring: 6% vs 2%
• Apnoea: 6% vs 0%
• Noisy breathing: 8% vs 3%
• Poor eating habits: 4% vs 0%
• Ear infections: 4% vs 2%
• Throat infections: 2% vs 0%
• GP calls/visits: 2% vs 0%
• Antibiotics need for <2/52: 2% vs 0%
• Day-time sleepiness, repeated antibiotics for >2/52 or missed school days: 0%

• In both groups, 2% had documented complications (post-operative haemorrhage)

Conclusion:
Results show overall positive outcomes with low complication rates, no dissatisfaction and low ENT re-referral rates, highlighting the importance of early adenotonsillectomy in improving the patients’ life quality.