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CLINICO-AUDIOLOGICAL STUDY OF OTOENDOSCOPIC TYMPANOMEATAL DEGLOVING TECHNIQUE TYMPANOPLASTY IN KASHMIR - A PROSPECTIVE STUDY

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ABSTRACT

Background: Chronic suppurative otitis media (CSOM) constitutes a major public health problem in children and adults in the developing world. Tympanic membrane perforations are seen often in daily clinical practice and results from events such as: otologic infection, trauma, or after placing grommets. Different types of tympanic membrane perforation include (i) Central, (ii) Marginal, (iii) Attic, (iv) Subtotal, and, (iv) Total. Endoscopic management for perforations involving more than 50% is challenging but by the introduction of the newer degloving tympanomeatal flap technique the issue is solved.

Objectives: The present study was conducted to evaluate the outcome of otoendoscopic tympanomeatal degloving technique tympanoplasty in management of subtotal and total tympanic membrane perforations.

Methods: Patients having safe type of CSOM with tympanic membrane perforation involving more than 50% of pars tensa with conductive hearing loss for evaluation and management during the study period were taken for the study. Patients with safe type of CSOM with >50% tympanic membrane defect with conductive hearing loss were included in the study, and, the middle ear was dry for at least 6 weeks.

Results: Ear discharge and hearing loss were the presenting symptom in all studied subjects. Tinnitus and Otalgia were associated symptoms seen in 2 (4.4%) each. On pure tone audiogram (PTA), 31 (68.9%) patients had preoperative AB gap of 31-40dB and 14 (31.1%) had AB gap in the range of 21-30 dB. All patients underwent otoendoscopic Degloving technique tympanoplasty type I. Autogenous temporalis fascia graft was used in 43 (95.6%) patients whereas tragal perichondrium graft was used in only 2 (4.4%) patients. Postoperative AB gap closure was compared at 3 months and 6 months follow up with a mean AB gap closure of 24.8±1.752 at 3 months and 25.5±1.584 at 6 months follow up. Graft was intact in 42 (93.5%) patients at 3 months follow up. Small residual perforation was seen in 3 (6.7%) patients at 3 months follow up which healed spontaneously and graft was intact in all 45 (100%) patients at 6 months follow up. In postoperative period follow up, 2 of the study subjects developed infection which was managed conservatively.

Conclusion: Otoendoscopic tympanomeatal degloving technique for tympanoplasty is new technique which showed good results in terms of postoperative graft uptake and also has good

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postoperative hearing results. It is cosmetically better as less tissue injury is involved in the procedure and recovery is fast.

Keywords: CSOM, Tympanoplasty, Tinnitus and Otalgia, Autogenous temporalis fascia graft, AB gap closure, Tragal perichondrium graft.

INTRODUCTION

Chronic suppurative otitis media (CSOM) constitutes a major public health problem in children and adults in the developing world^{1,2}. It is an infection characterized by recurrent middle-ear discharge through a persistent tympanic membrane perforation. However, in the developing world, risk factors such as malnutrition, over-crowding, substandard hygiene, frequent upper respiratory tract infections, and under-resourced healthcare compound the problems and make the disease prevalent among children and adults^{1,3,4,5,6}. Tympanic membrane perforations are seen often in daily clinical practice and results from events such as: otologic infection, trauma, or after placing grommets⁷. Different types of tympanic membrane perforation include (i) Central, (ii) Marginal, (iii) Attic, (iv) Subtotal, and, (iv) Total. Marginal perforation is a perforation in which bone forms any of the edge of the perforation⁸. Tympanoplasty is the final step in the surgical conquest of conductive hearing losses and the goal of Tympanoplasty is to control the disease and to restore normal anatomy and hearing⁹.

The goal of tympanoplasty is to restore sound pressure transformation at the oval window by coupling an intact tympanic membrane with a mobile stapes footplate via an intact or reconstructed ossicular chain and to provide sound protection for the round window membrane by a closed air containing and mucosa lined middle ear¹⁰. Tympanoplasty can be performed under microscope or using otoendoscope.

For decades the use of endoscopes in ear surgery was primarily for anatomical studies of the middle ear and use was limited to simple observations of tympanic cavity through perforations and an adjunctive method to aid traditional microscopic procedures ^{11,12}. However, in the last two decades it has been used exclusively for otologic surgical procedures which were earlier classically performed under operating microscopes, such as myringoplasties, ossiculoplasties, stapedotomies and cholesteatoma surgeries^{12,13}. Exclusive endoscopic approach during tympanoplasty has been applied to produce the concept of minimally invasive otologic surgery, a great improvement over the microscopic approach^{14,15}. Endoscopic ear surgery first tried in the 1990s¹⁶, has become popular with anatomic and physiologic concepts¹⁷. Advantages of endoscopic ear surgery compared to the conventional microscopic surgery include avoiding endaural vertical and postauricular incisions in securing the surgical field in the middle ear surgery^{18,19}.

Endoscopic management of subtotal and total tympanic membrane perforations is challenging but by the introduction of the newer degloving tympanomeatal flap technique the issue is solved. In this technique whole of the tympanomeatal flap is elevated round the clock with superiorly based pedicle so that whole of the bony annulus is exposed and as such any size of the perforation is reconstructed. Advantages with tympanomeatal degloving technique tympanoplasty: (i) Since whole flap is elevated around 360 degree angle, perforation of any size and any site can be taken care of. (ii) No chances of lateralization of graft. (iii) No chances of medialization of graft.

In the present study we used the otoendoscopic transcanal approach and the degloving technique to perform the tympanoplasty in patients having safe type of CSOM with any size of tympanic membrane perforations with conductive hearing loss.

AIMS AND OBJECTIVES

The present study was conducted to evaluate the outcome of otoendoscopic tympanomeatal degloving technique tympanoplasty in management of subtotal and total tympanic membrane perforations with the aims and objectives:- (a) To evaluate the anatomical outcome i.e. uptake of tympanic membrane graft using otoendoscopic tympanomeatal degloving technique tympanoplasty.

(b) To evaluate the functional outcome in terms of hearing improvement (audiometrical results) and AB gap closure in patients undergoing tympanomeatal degloving technique tympanoplasty.

MATRIAL AND METHODS

The present prospective study was conducted in the Postgraduate Department of Otorhinolaryngology and Head and Neck Surgery, Government Medical College, Srinagar from November 2017 to April 2019. Patients having safe type of CSOM with tympanic membrane perforation of >50% with conductive hearing loss who came to the Department of Otorhinolaryngology and Head and Neck Surgery SMHS hospital for evaluation and management during the study period were taken for the study.

Inclusion Criteria: Patients with safe type of CSOM with >50% tympanic membrane defect with conductive hearing loss were included in the study, and, the middle ear was dry for at least 6 weeks. Endoscopic examination included status of tympanic membrane remnants (pars tensa) and pars flaccida. Preoperative Endoscopic assessment of the middle ear was performed and findings of otoscopic examination confirmed or modified. The endoscope used was 2.7mm and 4mm in diameter, 10cm in length, 0° and 30° view angle. Procedure was done by using 3-Chip video camera and high definition monitor (Stryker). After preoperative assessment patients underwent transcanal otoendoscopic tympanomeatal degloving technique tympnoplasty under local or general anesthesia. Graft material was autogenous temporalis fascia (ATF) or tragal perichondrium graft. Infiltration of external auditory canal with 1:10000 Xylocaine / Adrenaline in four quadrants at 3, 6, 9, 12 O'clock position, 0.2ml each site. Margins of the perforation were freshened and squamous epithelium was removed from the inner surface of tympanic membrane margins. Endomeatal circumferential incision was made 6mm from the tympanic annulus, a single tympanomeatal flap was elevated from underlying bone and annulus was lifted from the sulcus. The entire flap had a superior based pedicle attached with the canal skin. Ossicular status and middle ear status was checked. Temporalis fascia graft was prepared and proper size cut and placed over the bony annulus. Tympanomeatal flap was repositioned back so that the temporalis fascia graft was sandwiched between the bony annulus and tympanomeatal flap. Canal was packed with gelfoam and antibiotic ointment applied. Patients were discharged on first post-operative day.

Statistical Analysis: Continuous variables were summarized as mean and standard deviation. Categorical variables were summarized as frequency and percentage. Change in continuous measurements over time was analyzed by paired t-test. Two tailed p-values was reported and a p-value <0.05 was considered statistically significant.

RESULTS

Majority of patients 16 (35.6%) belonged to the age group of 20-29 years. The youngest patient was 14 years old and the eldest was 52 years. Females outnumbered males with 68.9% versus 31.1%. Majority of patients in the present study belonged to rural areas 31 (68.9%) and 14 (31.1%) belonged to urban area. Ear discharge and hearing loss were the presenting symptom in all studied subjects. Tinnitus and Otalgia were associated symptoms seen in 2 (4.4%) each. Tympanic membrane perforation having size about 80-90% of pars tensa was present in 24 (53.3%) patients, and tympanic membrane perforation having size of 70-80% of pars tensa was present in 14 (31.1%) while as tympanic membrane perforation having size of 90-100% of pars tensa was present in 7 (15.6%) patients. On pure tone audiogram (PTA), 31 (68.9%) patients had preoperative AB gap of 31-40dB and 14 (31.1%) had AB gap in the range of 21-30 dB.

All patients underwent otoendoscopic Degloving technique tympanoplasty type I. Majority of the patients i.e. 35 (77.8%) were operated under general anaesthesia whereas only 10 (22.2%) were operated under local anaesthesia. Autogenous temporalis fascia graft was used in 43 (95.6%) patients whereas tragal perichondrium graft was used in only 2 (4.4%) patients. At 3 months follow up 34 (76.0%) patients had AB gap between 0-10dB and 11 (24.4%) patients had AB gap between 11-20dB as recorded on pure tone audiogram (PTA). At 6 months follow up 37 (82.0%) patients had AB gap between 0-10dB and 8 (17.8%) patients had AB gap between 11-20dB as recorded on PTA. Preoperative AB gap i.e. 32.4+1.647dB had reduced to 7.6+1.194dB at 3 months and 6.9+0.953 dB at 6 months postoperative follow up which was statistically significant in both (p < 0.001). Postoperative AB gap closure was compared at 3 months and 6 months follow up with a mean AB gap closure of 24.8+1.752 at 3 months and 25.5+1.584 at 6 months follow up. Graft was intact in 42 (93.5%) patients at 3 months follow up. Small residual perforation was seen in 3 (6.7%) patients at 3 months follow up which healed spontaneously and graft was intact in all 45 (100%) patients at 6 months follow up. In postoperative period follow up, 2 of the study subjects developed infection which was managed conservatively.

Table 1: Various characteristics of the study population					
		Frequency	Percentage		
Presenting	Ear discharge	45	100		
Symptoms	Hearing Loss	45	100		
Duration of	< 1 Year	22	48.9		
Discharge (years)	1-2 Years	23	51.1		
	> 2 Years	0	0.0		
	Total	45	100		
	Mean±SD (Range)=1.08±0.558 (6 Mon	ths-2 Years)			
Laterality of	Bilateral	3	6.7		
impaired hearing	Left	23	51.1		
	Right	19	42.2		
	Total	45	100		
Duration of	< 1 Year	22	48.9		
impaired hearing	1-2 Years	23	51.1		
(years)	> 2 Years	0	0.0		
	Total	45	100		
	Mean±SD (Range)=1.08±0.558 (6 Mon	ths-2 Years)			
Preoperative	0-10dB	0	0.0		
conductive	11-20dB	0	0.0		
hearing loss on	21-30dB	6	13.3		
PTA	31-40dB	39	86.7		
	Total	45	100		
Preoperative AB	0-10dB	0	0.0		
gap (dB)	11-20dB	0	0.0		
	21-30dB	14	31.1		
	31-40dB	31	68.9		
	Total	45	100		
Ear to be	Right	21	46.7		
operated	Left	24	53.3		
	Total	45	100		
Type of graft used	Autogenous temporalis fascia graft	43	95.6		
	Tragal perichondrium graft	2	4.4		
	Total	45	100		

Table 2: Air conduction hearing threshold on PTA before and after otoendoscopic Degloving technique tympanoplasty type-I						
Air conduction hearing thershold (dB) Mean SD Range Comparison P-value					P-value	
Preoperative	34.2	0.679	27-39	-	-	
At 3 Months	8.7	0.719	8-14	Preop vs 3 Months	<0.001*	
AT 6 Months	8.3	0.458	7-13	Preop vs 6 Months	<0.001*	

Table 3: A-B Gap before and after otoendoscopic Degloving technique tympanoplasty type-I						
A-B gap	Mean	SD	Range	Comparison	P-value	
Preoperative	32.4	1.647	25-34	-	-	
At 3 Months	7.6	1.194	5-8	Preop vs 3 Months	<0.001*	
AT 6 Months	6.9	0.953	4-7	Preop vs 6 Months	<0.001*	

^{*}Statistically Significant Difference (P-value < 0.05)

Table 4: Postoperative A-B gap Closure in study patients at 3 and 6 months					
A-B gap Closure	Mean	SD	Min	Max	
At 3 Months	24.8	1.752	20	26	
AT 6 Months	25.5	1.584	21	28	

Table 5: Postoperative complications in study patients at 3 and 6 months follow up					
Destanguative complications	3 Mont	hs	6 Mont	6 Months	
Postoperative complications	No.	%age	No.	%age	
Infection	2	4.4	0	0.0	
Residual perforation	3	6.7	0	0.0	
Perichondritis	0	0.0	0	0.0	
Worsening hearing results	0	0.0	0	0.0	
Canal crusts	0	0.0	0	0.0	

DISCUSSION

In our study, majority of patients 16 (35.6%) belonged to the age group of 20-29 years, and 13 (28.9%) patients belonged to 30-39 years age group. 10 (22.2%) patients belonged to age group of 10-19 years, 4 (8.9%) patients belonged to the age group of 40-49 years and 2 (4.4%) patients belonged to age group of 50-59 years. The youngest patient was 14 years old and the eldest was 52 years with mean age of presenting being 27.7 years. Our results are comparable with the findings Somashekara KG et al (2014)²⁰ who in their study found minimum age of 17 years and maximum age of 49 years with mean age of 31.68 years. Shetty S (2012)²¹ did a study in which majority of patients were 11 to 40 years of age. In their study titled Kumari S et al (2017)²² found mean age of 26.2 years in endoscopic group with youngest and eldest patients as 11 years and 42 years old. In their study mean age was 27.2 years in microscopic group with youngest and eldest patients as 12 years and 43 years old.

In this study majority of patients were females 31 (68.9%) and males were 14 (31.1%) with a male to female ratio of 2.2:1. Our observations were comparable with the findings of Kumari S et al (2017)²² who in their study reported a male to female ratio of 1:1.5. Bunzen D et al (2006)²³ in their study titled had 68 (70.10%) women and 29 (29.90%) men. This is also similar to a study titled by Singh PP et al (2009)²⁴ where the females were 9 (60%) while as males were 6 (40%). Indorewala S et al (2015)²⁵ did a study found female preponderance with 335 (52.6%) females and 302 (47.4%). Hsu YC et al (2018)²⁶ also found female predominance with 31 (58.5%) and 22 (41.5%) females and males in their study.

Majority of patients in the present study belonged to rural areas 31 (68.9%) and 14 (31.1%) belonged to urban area. Our results are comparable with the findings of Mudhol RS et al (2000)²⁷ who reported a higher preponderance of patients from rural areas in their study. They had 60% patients from rural areas and 40% patients from urban areas. Similar observations were also found by Kumari S (2017)²² where rural urban ratio was 3:1 in endoscopic group and 2.22:1 in microscopic group. Islam MS et al (2010)²⁸ assessed the pattern and degree of hearing loss in CSOM on 150 patients in which 98 (65.33%) patients were from rural areas and 52 (34.67%) patients belonged to urban areas.

In our study, ear discharge and hearing loss were the presenting symptom in all studied subjects. Tinnitus and Otalgia were associated symptoms seen in 2 (4.4%) each. Bhusal CL et al (2004)²⁹ in their study conducted on 50 patients found discharge and hearing loss as presenting symptoms in all 50 (100%) patients and tinnitus in 10 (20%) patients. Similar observations were made by Kumar S (2017)²² in their study in which intermittent ear discharge and impaired hearing were the presenting complaint in all the studied patients.

Left ear was involved in 23 (51.1%) patients, right ear in 19 (42.2%) patients while as bilateral disease was seen in 3 patients (6.7%). Similar observations were found by Somashekara KG et al (2014)²⁰ who conducted a study "A study of hearing improvement after tympanoplasty by means of pure tone audiometry" on 50 patients in which 26 (52%) had left ear disease and 24 (48%) had right sided disease. Abdel-Naby Awad OG et al (2015)³⁰ conducted a study in which right sided disease was present in 50 (62.5%) patients while as left sided diseases was seen in 30 (37.5%).

In our study, autogenous temporalis fascia graft was used in 43 (95.6%) patients whereas tragal perichondrium graft was used in only 2 (4.4%) patients. Kumari S et al (2017)²² conducted a study in which autogenous temporalis fascia graft was used in 15 (75%) patients whereas tragal perichondrium graft was used in 5 (25%) patients.

Postoperative pure tone audiometry was done at 3 months and 6 months of follow up. At 3 months follow up, 34 (76.0%) patients had AB gap between 0-10dB and 11 (24.4%) patients had AB gap between 11-20dB as recorded on PTA. At 6 months follow up, 37 (82.0%) patients had AB gap between 0-10dB and 8 (17.8%) patients had AB gap between 11-20dB as recorded on PTA. Preoperative AB gap i.e. 32.4 with standard deviation of 1.647dB had reduced to 7.6 with standard deviation of 1.194dB at 3 months and 6.9 with standard deviation of 0.953 dB at 6 months postoperative follow up which was statistically significant at both (p < 0.001). There was a mean AB gap closure of 24.8 with a standard deviation of 1.752 at 3 months and 25.5 with a standard deviation of 1.584 at 6 months follow up. Kolo ES, Ramalingam R (2014)³¹ conducted study on Type I Tympanoplasty in which mean pre-operative and post-operative AB-Gap was 46.47 dB and 34.65 dB respectively and gain in mean AB-Gap was 11.82 dB. Aslam N et al (2001)³² did a study and found preoperative and postoperative mean AB gap of 30.0dB and 15.0dB respectively. In a study done by Shetty S (2012)²¹ on 50 patients type I tympanoplasty was done in 37 patients in which mean pre-operative and post-operative AB - gap observed by him was 39.87 dB and 21.07 dB, respectively. Swamy KM et al (2018)³³ also observed mean preoperative and postoperative AB gap of 30.56 dB and 16.53 dB respectively in type 1 tympanoplasty in their study. Tegnoor MS et al (2017)³⁴ studied audiometric evaluation of type 1 tympanoplasty for hearing results in which mean preoperative and postoperative AB gap was 23.92 dB and 13.10 dB, respectively.

In our study, postoperative otoendoscopic examination was carried out at 3 months and 6 months follow up and it was found that graft was intact in 42 (93.5%) patients at 3 months follow up. Small residual perforation was seen in 3 (6.7%) patients at 3 months follow up which healed spontaneously and graft was intact in all 45 (100%) patients at 6 months follow up. Gulsen S et al (2019)³⁵ did a study and compared the surgical and audiological outcomes of endoscopic transcanal and conventional microscopic approach in type 1 tympanoplasty. The graft success rate in their study was 94.8% and 92.9% in endoscopic transcanal group and conventional microscopic group, respectively. Tseng CC et al (2017)³⁶ in their study observed graft success rates of 85.1%. Choi N et al (2017)³⁷ compare the outcome of endoscopic and microscopic tympanoplasty in their study of 73

patients with 100% graft success rate in endoscopic group and 95.8% in microscopic group in their study. Escalderon JRDJ et al (2018)³⁸ did a study and compared surgical outcomes obtained by endoscopic transcanal tympanoplasty and microscopic post-auricular tympanoplasty in patients with inactive chronic otitis media. Their study demonstrated 100% post-operative tympanic membrane graft uptake among both groups of patients with inactive chronic otitis media.

CONCLUSION

Tympanoplasty is an effective procedure that can lead to improvement in hearing function in patients and prevent recurrent ear discharge. Endoscopic tympanoplasty gives comfort to the patient during postoperative period and is time saving. It is a minimally invasive surgical technique to repair tympanic membrane perforations. Otoendoscopic tympanomeatal degloving technique for tympanoplasty is new technique which showed good results in terms of postoperative graft uptake and also has good postoperative hearing results. It is cosmetically better as less tissue injury is involved in the procedure and recovery is fast. Further, tympanic membrane perforation of any size and site can be addressed by this technique. In this study follow up was only 6 months, so further evaluation of this technique is required to confirm the outcomes of this technique on long term basis.

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