



EPISTAXIS ETIOLOGY AND MANAGEMENT IN BAQUBA TEACHING HOSPITAL

¹*Dr. Hassan Alwan Hamad, ²Dr. Salih Mahmood Asker and ³Dr. Majida Hameed Rasheed

^{1,2}Diploma. Otolaryngologist Baquba Teaching Hospital, Department of Surgery.

³Diploma Gynecology and Obstetric College of Medicine, University of Diyala.

*Corresponding Author: Dr. Hassan Alwan Hamad

Diploma. Otolaryngologist Baquba Teaching Hospital, Department of Surgery.

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ABSTRACT

Epistaxis is bleeding from the nose due to any cause. The causes may be local or systemic, it may be through the anterior nares or the posterior nares. Aim of this study is to show the etiology of epistaxis in relation to gender, age and in its management. This study was performed in Baquba teaching hospital for the period from 1st March 2016 to 30 of November 2017. A review of cases records was done for all patients admitted during study period. The information were collected by special designed questionnaires including causes of epistaxis, gender, age & its management. In this study the most common causes of epistaxis was trauma 31%. Epistaxis is more common in male than female. Most cases of epistaxis occur in age group (51 – 60 year) 28%, most cases of epistaxis managed by anterior nasal packing (71) 68%.

KEYWORDS: Epistaxis, Baquba.

BACKGROUND

Epistaxis is defined as bleeding from the nose due to any cause. Local or systemic^[1] it may be through the anterior nares or the posterior nares. It is the most common ENT emergency and one of the commonest presentation in an emergency department.^[2] An estimated 60% of the population will have a nose bleeding in their life time and 6% will require medical intervention^[3] prevalence is bimodal. Two peaks are noted in children younger than 10 years of age and in adults over the age of 40.^[4,5]

Only small proportion of these patients seek medical advice. with elderly being more likely to required hospital admission.^[6]

The nose is supplied by external and intenal carotid system. Which meet at the caudal end of the septum (Littl's area).^[7]

Where confluence of following vessels occur anterior ethmoidal, septal branch of superior labial, greater palatin, septal branch of sphenopalation – artery.

This plexus is called kiessel bach's plexus. It is exposed to drying by inspiratory air currents and frequent digital trauma and it is the commonest site of epistaxis (80%) in children – and young adult.^[8]

Woodruff's plexus, it is a venous plexus on the lateral wall of the inferior meatus posteriorly. It is a well

recognized site of epistaxis in elderly (q) what is the cause ?

There are many review paper listing potential cause of epistaxis in children and adults.^[10]

Digital trauma – nose picking has been described as the main cause of nose bleeding in children.^[11] Various factors may be involved in the causation of epistaxis. The vessel wall may be damaged by trauma and may causes epistaxis.

Sudden rise of blood pressure may cause the blood vessel walls to be rupture.

Degeneration condition like hypertension, Microaneurysn are example.

Although the role of hypertension in the initial onset of epistaxis is contraversal.^[12,13]

Infective states lead to inflammation and fragility of capillary wall and predisposed to bleeding.

Vitamines deficiencies (vit. K and vit. C etc) causes weakness of the capillary wall and clotting factor deficiencies.

Coagulation disorder and certain drug like aspirin-plavex. Also causes impaired coagulation and predispose to epistaxis.^[10]

Epistaxis is a common problem during pregnancy that may be associated with increased risk of postpartum hemorrhage.^[14]

Eliciting a history of epistaxis may help to identify women at risk of disorder of hemostasis.

Aim of study

Aim of this study is to show the etiology of epistaxis in relation to gender, age and in its management.

Patient and method

This study was performed in Baquba teaching hospital for the period from 1st March 2016 to 30 of November 2017.

A review of cases records was done for all patients admitted during study period. The information were collected by special designed questionnaires including causes of epistaxis, gender, age & its management.

RESULTS

The result of this study presented by number and percentage.

Table (1): Distribution of cases according to gender.

Gender	No	%
Male	64	61.53
Female	40	38.47
Total	104	100

Table (2): Distribution of cases according to the age group.

Age	No	%
1 – 10	6	5.77
11 – 20	7	6.73
21 – 30	10	9.61
31 – 40	11	10.58
41 – 50	13	12.5
51 – 60	29	27.88
61 – 70	26	25
> 70	2	1.93
Total	104	100

Table (3): Distribution of cases according to the cause.

Causes	No	%
Trauma	32	30.76
Hypertension	27	25.96
Diseas of blood & blood vessels	18	17.34
Inflammation & Drugs	11	10.57
Enviroment	8	7.69
Endocrin e.g menstue & pregnancy	6	5.76
Neoplasm	2	1.92
Total	104	100

Table (4): Distribution of the case according to the mangmnt.

Type of mangment	No	%
Anterior nasal packing	71	68.27
Cautery including chemical & electrical	30	28.85
Posterior nasal packing	3	2.88
Ligation of the vessels e.g ext. carotal artery maxillary, ethmodal, artery	0	
Total	104	100

DISCUSSION

The distribution of cases according the gender shows that there is [64] male 61.53% and 40 female 38.47%. more common in male but all study show no sex. pnedilection.^[15]

In this study epistaxis occur in all age group but more common in middle & old age group. It is about [29] 27.88% in age group [51 – 60 year]. & in about [26] 25% in age group [61-70 year]. & about (13) case 12.5% in age [41 – 50 year]. mainly due to increased incidence of hypertension – and systemic diseases.

In this study the most common cause of epistaxis as follow Trauma [32] 30.76%, follow by hypertension [27] 25.96%, followed by disease of blood & blood vessels e.g leukemia, hemophilia. [18] 17.34%, follow by inflammation and drugs e.g. aspirin – plavaxis [11] 10.57%, follow by environment [8] 7.69%, followed by endocrine e.g menstruation pregnancy., followed by

neoplasm [2] 1.92%. The causes in this study differ than another study e.g trauma followed by neoplasm, follow by systemic diseases, drug & then infection.^[15]

According this study the management as followed anterior nasal packing [71] 68.27%. followed by cautery (chemical & electrical) [30] 28.85% followed by posterior nasal packing [3] 2.88%.

CONCLUSION

In this study the most common causes of epistaxis was trauma 30.76%. Epistaxis is more common in male than female. In a ratio [1.6:1].

Most cases of epistaxis occur in age group (51–60 year) 27.88%, most cases of epistaxis managed by anterior nasal packing (71) 68.27%.

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