Nebulized Medical Therapy for Chronic Sinusitis

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ABSTRACT

Background: Nebulized medical therapy (NIMT) is a novel treatment for chronic rhinosinusitis (CRS). To determine the role of NIMT in CRS, we compared 28 patients treated with NIMT versus oral medical therapy (OMT). The findings of pre and post treatment modified SNOT-20 scores and sinus cultures will be presented.

Methods: Pre-treatment nasal endoscopy with culture was obtained and a modified SNOT-20 questionnaire was completed. Patients were randomized to receive either NIMT or OMT. Ear pain and facial pressure were statistically significant with p-values of .015 and .045 respectively.

Conclusion: The use of NIMT in the treatment of CRS is an effective treatment. It is particularly valuable in those patients who cannot tolerate traditional oral therapy and whose cultures identify an organism to which an oral antibiotic is not available. Patient compliance and treatment morbidity is favorable.

REFERENCES

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CONCLUSION

The use of NIMT in the treatment of CRS is an effective treatment. It is particularly valuable in those patients who cannot tolerate traditional oral therapy and whose cultures identify an organism to which an oral antibiotic is not available. NIMT also appears to provide more favorable outcomes in poor FESS patients. Patient compliance and treatment morbidity is favorable.

This study showed a significant decrease in ear fullness and ear pain with NIMT, while also showing comparable outcomes with OMT in the remaining SNOT-20 items. In a previous study, conducted by this research team, results showed that thick nasal discharge and facial pressure were significantly decreased with the use of NIMT. Future studies will strive for a larger sample size in both groups, and improved control of confounding variables such as concurrent nasal steroid use.

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