

**“A CLINICAL STUDY OF NOSE SCORE AS AN INSTRUMENT FOR
EVALUATION OF SYMPTOMATIC IMPROVEMENT IN
SEPTOPLASTY WITH BILATERAL INFERIOR TURBINOPLASTY”
– A PROSPECTIVE OBSERVATIONAL STUDY**

by

Dr. SATHVIKA B.



**SHRI
DHARMASTHALA
MANJUNATHESHWARA
UNIVERSITY**

Dissertation Submitted to the

Shri Dharmasthala Manjunatheshwara University, Dharwad, Karnataka

In partial fulfillment

of the requirements for the degree of

MASTER OF SURGERY

IN

OTORHINOLARYNGOLOGY

under the guidance of

Dr. RAGHUNATH D. SHANBAG. MS, DNB

PROFESSOR



**DEPARTMENT OF OTORHINOLARYNGOLOGY
SHRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF MEDICAL
SCIENCES AND HOSPITAL, DHARWAD, KARNATAKA**

2019 - 2022

ABSTRACT

Background and Objectives:

NOSE score is a reliable self-reporting disease-specific questionnaire for subjective assessment of nasal obstruction. Nasal obstruction is a common symptom and it can be due to various factors. Among the various reasons for nasal obstruction, deviated nasal septum is a common reason. Often, DNS is associated with hypertrophy of the inferior turbinate. Septoplasty is the surgical procedure for correction of DNS and it is often conducted along with bilateral inferior turbinoplasty. The extent of nasal obstruction as experienced by the patient often does not correlate with the clinical findings. The objective of this study is to assess the effectiveness of NOSE score as a tool to measure the improvements in subjective symptoms of pre and post septoplasty with bilateral inferior turbinoplasty.

Materials and Methods:

The study was conducted on 60 patients of age 18-60 years, who have nasal obstruction for more than 3 months. Diagnosis was based on history, clinical examination, DNE and CT PNS. Proforma was prepared for all the cases. The surgical procedure done was standard septoplasty with bilateral inferior turbinoplasty under general anaesthesia. NOSE score assessment was done before surgery, 1 week after surgery, 3 weeks after surgery and 12 weeks after surgery.

Results:

NOSE score analysis showed significant reduction in the NOSE score after 1 week of surgery, and was highly statistically significant when compared to NOSE score before surgery. Average NOSE scores before surgery, 1 week after surgery, 3 weeks after surgery and 12 weeks after surgery were 56.08, 17.58, 6.58 and 0.33 respectively.

Conclusion:

NOSE score is a promising assessment tool for subjective assessment of surgical outcome and quality of life after septoplasty with bilateral inferior turbinoplasty. The NOSE score tool was brief and easy to understand. Also, it was easy to adapt the tool for Kannada language. After 12 weeks of surgery, most of the patients had a NOSE score of 0 and it shows complete cure from symptoms of nasal obstruction.

KEYWORDS: *septoplasty, turbinoplasty, Kannada, nasal obstruction*