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鼻内镜下口鼻联合径路行腺样体切除治疗腺样体肥大的疗效观察

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摘要:目的 观察鼻内镜下口鼻联合径路行腺样体切除治疗腺样体肥大的疗效。方法 86例腺样体肥大患儿, 按照不同的治疗方式分为研究组和对照组, 每组43例。研究组采取鼻内镜下口鼻联合径路行腺样体切除术, 对照组采取常规腺样体刮除术。比较两组的疗效、手术时间、术中出血量及干预前后鼻咽部最小横截面积、并发症发生率(感染、鼻腔狭窄、鼻腔粘连等)及复发率、干预前后的日常生活能力(QOL)评分。结果 研究组的疗效优于对照组, 手术时间、术中出血量少于对照组($P<0.05$ 或 0.01); 干预后, 研究组的鼻咽部最小横截面积大于对照组($P<0.05$), 食欲、精神、睡眠、疲乏及日常生活评分均高于对照组($P<0.01$)。研究组复发率为4.65%, 明显低于对照组23.26%($P<0.05$)。两组并发症发生率分别为4.65%、18.60%, 差异尚未达统计学意义($P>0.05$)。结论 鼻内镜下口鼻联合径路行腺样体切除用于腺样体肥大中效果显著, 减少治疗时长, 降低并发症发生率和复发率, 提升生活质量, 促进早日康复。

关键词: 疗效观察; 腺样体肥大; 鼻内镜; 腺样体切除; 腺样体刮除术

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Effect of adenoidectomy via oral and nasal approach under nasal endoscope in the treatment of adenoidal hypertrophy

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Abstract: Objective To observe the clinical effect of adenoidectomy via oral and nasal approach under nasal endoscope in the treatment of adenoidal hypertrophy. Methods A total of 86 children with adenoidal hypertrophy were divided into the Study Group and Control Group according to different therapies, 43 cases in each group. The Study Group underwent adenoidectomy via oral and nasal approach under nasal endoscope while the Control Group underwent traditional adenoidectomy. The therapeutic effect, operation duration and intraoperative blood loss as well as the minimum cross-sectional area of nasopharynx, the incidence of complications (infection, rhinostenosis, nasal cavity adhesion, etc.), recurrence

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