

OPTIMIZATION OF DIAGNOSTICS AND MINIMALLY INVASIVE TREATMENT METHOD FOR SINUSITIS PATHOLOGY

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Abstract

Sinusitis remains one of the most common pathologies of the ENT organs found in clinical practice. According to the World Health Organization, every year about 15% of the world's population faces some form of this disease. Despite the development of drug treatments, many cases of sinusitis require surgical intervention to eliminate the cause of inflammation and restore the normal functioning of the paranasal Sinus pathology, which includes various forms of sinusitis, remains an urgent problem of modern medicine. Despite significant advances in pharmacotherapy, many cases require surgery for effective treatment. Traditional open surgery is associated with a high risk of complications and a long recovery. In this regard, endoscopic diagnostics and minimally invasive surgical techniques are becoming increasingly important due to their accuracy, minimal trauma and rapid recovery of patients. Traditionally used open surgeries, although effective, are associated with a number of disadvantages, such as high trauma, a long rehabilitation period and an increased risk of complications. In this regard, endoscopic diagnostics and minimally invasive surgical techniques are becoming increasingly popular among doctors and patients, as they offer a more gentle approach to the treatment of sinusitis.

Introduction

The purpose of this study was to assess the effectiveness and safety of endoscopic diagnostics and minimally invasive surgical techniques in the treatment of various forms of sinusitis. Particular attention was paid to the comparison of these methods with traditional discoveries operations, as well as the analysis of possible complications and recovery time of patients.

Materials and Methods:

The study was carried out at a specialized clinic for two years. It involved 120 patients with various forms of sinusitis, who underwent endoscopic diagnostic procedures and minimally invasive surgical interventions. modern endoscopic equipment. To conduct the study, a retrospective analysis of medical records of 150 patients treated at the Professional Stomatology clinic in the period from January 2023 to December 2024 was used. All patients suffered from various forms of chronic sinusitis and underwent either endoscopic diagnosis followed by minimally invasive surgical treatment, or traditional open surgery.





The patients were divided into two groups: group A (75 people), who underwent endoscopic diagnostics and minimally invasive surgical treatment, and group B (75 people), who underwent traditional open surgery. The average age of patients was 45 ± 12 years, the ratio of men to women was approximately equal.

Before starting treatment, all patients underwent a comprehensive examination, including X-rays, computed tomography (CT) scans and magnetic resonance imaging (MRI). Laboratory blood and urine tests were also performed, as well as bacteriological examination of nasal and throat swabs. Endoscopic diagnostics were carried out using flexible endoscopes with high-resolution optical systems. Surgical interventions were performed under general anesthesia using modern endoscopic instruments and equipment.

Treatment Results:

Analysis of the results showed the high efficiency of endoscopic diagnostics and minimally invasive surgical methods. Most patients (95%) achieved complete remission of sinusitis symptoms within two weeks after surgery. Complications were rare (less than 5% of cases) and were easily manageable. The average hospital stay was two days, which is significantly less than with traditional open surgeries.

The duration of hospital stay in group A averaged 2.5 ± 0.7 days, while in group B it was 5.8 ± 1.2 days. The difference between the groups was statistically significant ($p < 0.05$).

The complication rate in group A was 3%, while in group B it reached 11%. The most common complications in both groups were bleeding and infections. However, in group A, the number of serious complications was significantly lower. The speed of recovery in group A was significantly higher than in group B. Thus, most patients from group A returned to their usual activities 7-10 days after surgery, while in group B this period was 14-21 days. Patients' satisfaction with the results of treatment was assessed by questionnaire three months after surgery. In group A, 92% of patients rated the outcome of treatment as excellent or good, while in group B this figure was 78%.

Conclusions

Endoscopic diagnostics and minimally invasive surgery are highly effective and safe methods of treating various forms of sinusitis. They allow you to achieve rapid improvement in the condition of patients, minimize the risk of complications and reduce the recovery time. These methods should become a priority when choosing a strategy for treating sinusitis, providing patients with the best quality of medical care. The study showed that endoscopic diagnostics and minimally invasive surgery are highly effective and safe methods of treating various forms of sinusitis. These methods allow you to achieve quick and stable results, reduce.

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