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Nasal Foreign bodies: Review of 195 patients

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Abstract:

Objectives: To assess the characteristics of 195 cases with nasal foreign bodies regarding the sex , age , types , site and complain at presentation.

Materials and Methods : One hundred ninety five patients with nasal foreign bodies , their age range of 1-12 years old visiting the private clinic from March 2010 – June 2015 retrospectively analyzed.

Results : The nasal foreign bodies mostly presented with males , the most common age group from 1-6 years and the most common foreign bodies were beads and plastic toys.

Conclusions : Nasal foreign bodies one of the most common otolaryngological emergencies in pediatric practice , although it is not life threatening , it still need special care to prevent complications.

Keywords :- Nasal Foreign body.

Introduction:

Nasal foreign bodies are common in children aged from 1-4 years old , they either noticed by the adult caregiver or presented later as unilateral foul smell discharge or nose bleed in most of cases(Bull 2002 , Walby ; 1997) It is one of the most common causes of emergency visits to Otolaryngologists (Ikin CMY, D'antonio WEPA, Balbani APS, Sanchez TG, Butugan O ; 1998) variety of foreign bodies were inserted by child ranging from soft to hard object , organic versus non organic , inert versus active bodies (Figueiredo RR, Azevedo AA , Kos AOA , Tomita S; 2006).

The most common story was unilateral foul smell purulent rhinorrhea reluctant to standard treatment , good history , physical examination will reveal the foreign body which managed by extraction under good lightening , nasal decongestant & local anesthesia , uncooperative , unrestful child may need general anesthesia for extraction (Ronald NJ , McRAE RDR , McComb AW ; 2001)(Marques MPC, Sayuri MC, Nogueira MD, Nogueirol RB, Maestri VC ;1998).

Foreign body in the nose is not a life threatening situation but in some cases like disk battery it may carry some risk due to the nature of the foreign body and its chemical contents . The main potential complication is the risk of aspiration. (Figueiredo RR, Azevedo AA , Kos AOA , Tomita S; 2006).

Material and Methods:

One hundred and ninety five children reviewed retrospectively visiting the private clinic for the period from March 2010 to June 2015 , all of them had foreign bodies at the nose , from both sexes ; 85 female and 110 male , age ranged from 18 months to 12 years.

History taken from the care giver , whole ENT examination done under good lightening and local nasal decongestant and anesthesia . Most of them presented as unilateral foul smell discharge reluctant to standard rhinorrhea medical management , few cases as a nose bleeds and others noticed directly by parents or an older siblings , most of them deny the insertion of foreign bodies.

Results:

Shows the age and sex of patients with nasal foreign bodies , the most affected age group was the 1-3 years old (47.69% of cases) , and male at the age of 3-6 years old are more affected regarding sex (49.10 % of male group).

Table 1: Age range & Sex of patients

Age / Sex	F	M	Total
1-3	44	49	93 (47.69%)
3-6	35	54	89 (45.64%)
6-9	4	5	9 (04.62%)
10-12	2	2	4 (02.05%)
Total	85	110	195

The most common affected site was the right nasal cavity (55.9%) and only 4 cases presented with bilateral (02%) foreign bodies.

Table 2: Site of presentation

Site	No.
Right nostril	109 (55.9%)
Left nostril	82 (42.1%)
Both	4 (02%)
Total	195

The most common foreign bodies were plastic toys & beads (43.59%) , followed by seeds & grains "organic" (29.23%) and then others (27.18%) like ; papers , tissues , sponges , foams , desk batteries , …etc.

Table 3: Type of foreign body

Type	M	F	No.
Beads & Plastics	49	36	85 (43.59%)
Seeds & Grains	37	20	57 (29.23%)
Paper & Tissues	9	11	20 (10.25%)
Desk battery	3	2	5 (2.56%)
Sponges & Foams	2	4	6 (3.08%)
Others	10	12	22 (11.29%)
Total	110	85	195

Most of patients presented with rhinorrhea (with excoriation of the affected nasal vestibule) , also a considerable number of them have no symptoms at presentation.

Table 4: Complain at presentation

Complain	No.
Rhinorhea	89 (45.64%)
Cacosmia	33 (16.93%)
Bleeds	12 (06.15%)
Asymptomatic	61 (31.28%)
Total	195

Discussion:

As shown by the results (tables) there were slight predominance for males , also as the child grow the incidence of foreign bodies occurrence decreases and the most common age and the vast majority of cases at the age of 1-6 years which decline after there . Also there were slight predominance for right side over the left one (may be due to right hand skills ??).

The most common type was the small parts of plastic toys and beads or seed and grains (part of child foods).

The most noticed complaint was feted purulent nasal discharge (unilateral) , but when the case presented earlier the only noticed complaint may be very mild nasal discomfort (nearly considered asymptomatic).

Conclusion:

Nasal foreign bodies were found especially in children aging from 1 to 6 years. The major complaint was unilateral rhinorrhea. The most found type was plastics Nasal foreign bodies one of the most common otolaryngological emergencies in pediatric practice, although it is not life threatening, it still need special care to prevent further complications.

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