

Abstract

Background: Chronic rhinosinusitis (CRS) is a common disease with a significant impact on quality of life. Most patients can be treated with medical therapy. Some patients do not respond to medical therapy, and undergo endoscopic sinus surgery.

Purpose: The purpose of this study is to assess how health-related quality of life changed after endoscopic sinus surgery in patients with CRS.

Material and methods: This is a review of prospectively collected data from a local quality registry in St. Olavs Hospital in Trondheim. Quality of life were assessed before, and 6 months after surgery. We used a disease specific quality of life questionnaire, the Sino Nasal Outcome Test (SNOT-20), and a generic health related quality of life questionnaire, the Short Form Health Survey (SF-36). Additionally all patients reported symptoms on a Visual Analog Score (VAS) before, and 6 months after surgery. Forty-nine patients were included in the study, 18 women (36, 7 %) and 31 men (63, 3 %).

Results: The SNOT-20 was significantly (P -value $< 0,05$) improved six months postoperatively in all twenty questions, and in all four domains in our study. Patients significantly (P -value $< 0,05$) improved their generic health related quality of life in six of eight domains/aspects. Patients with CRS had significantly higher mean SNOT-20 score 6 months after surgery, compared with a reference group without CRS.

Conclusions: We found generic health related quality of life and disease specific quality of life improved 6 month after endoscopic sinus surgery in patients with chronic rhinosinusitis.

Relevance

International studies have shown an effect of endoscopic sinus surgery for people with CRS on disease-specific and generic health-related quality of life. In this study a comparison is also made of the patients' scores on the disease-specific questionnaire Sino Nasal Outcome Test (SNOT-20) and a references group score. Based on our knowledge, it is not made such a comparison in previous studies.