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ORIGINAL ARTICLE

Can we use the questionnaire SNOT-22 as a predictor for the indication of surgical treatment in chronic rhinosinusitis? ☆☆☆

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KEYWORDS

Nasal surgical
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Abstract

Introduction: Chronic rhinosinusitis (CRS) is a prevalent disease that has a negative impact on the lives of sufferers. SNOT-22 is considered the most appropriate questionnaire for assessing the quality of life (QOL) of these sufferers and a very effective method of evaluating therapeutic interventions; however it is not used as a tool for decision-making.

Objective: To test the hypothesis that the SNOT-22 score can predict the outcome of surgical treatment.

Methods: A retrospective, longitudinal and analytical study. We evaluated the medical records of patients with CRS that completed the SNOT-22 at the time of diagnosis. All the patients were consecutively receiving care at an otolaryngology service in Salvador, Bahia from August 2011 to June 2012. The outcomes of the surgical treatment of these patients were obtained from their medical records. The initial score was compared to a group of patients who were not referred for surgery. All the patients completed and signed a consent form.

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Results: Of the 88 patients with CRS, 26 had evolved to surgery over the last 3 years. The groups were homogeneous regarding gender and respiratory and medication allergies. The patients of the surgical group were 44.8 ± 13.8 years old and the patients of the clinical group were 38.2 ± 12.5 years old ($p = 0.517$). The average SNOT-22 score of the case group was 49 ± 19 and the average score of the control group was 49 ± 27 ($p = 0.927$).

Conclusion: The SNOT-22 was unable to predict the outcome of surgical patients with CRS.

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PALAVRAS-CHAVE

Procedimentos
cirúrgicos nasais;
Qualidade de vida;
Sinusite

Podemos usar o questionário SNOT-22 como preditor para a indicação de tratamento cirúrgico na rinossinusite crônica?

Resumo

Introdução: A rinossinusite crônica (RSC) é uma doença prevalente que tem um impacto negativo sobre a vida dos portadores. O SNOT-22 é considerado o questionário mais adequado para avaliar a qualidade de vida (QV) desses pacientes e um método muito eficaz de avaliar intervenções terapêuticas; no entanto, ele não é usado como uma ferramenta para a tomada de decisões.

Objetivo: Testa a hipótese de que o escore do SNOT-22 pode prever o desfecho do tratamento cirúrgico.

Método: Estudo retrospectivo, longitudinal e analítico. Foram avaliados os prontuários de pacientes com RSC que preencheram o SNOT-22 no momento do diagnóstico. Todos os pacientes foram consecutivamente atendidos em um serviço de otorrinolaringologia em Salvador, Bahia, de agosto de 2011 a junho de 2012. Os desfechos do tratamento cirúrgico desses pacientes foram obtidos a partir de seus prontuários médicos. A pontuação inicial foi comparada com um grupo de pacientes que não foi encaminhado para cirurgia. Todos os pacientes preencheram e assinaram um termo de consentimento informado.

Resultados: Dos 88 pacientes com RSC, 26 evoluíram para cirurgia nos últimos 3 anos. Os grupos foram homogêneos quanto ao sexo e alergias respiratórias e a medicamentos. Os pacientes do grupo cirúrgico tinham $44,8 \pm 13,8$ anos de idade e os pacientes do grupo clínico tinham $38,2 \pm 12,5$ anos de idade ($p = 0,517$). O escore médio do SNOT-22 do grupo do caso foi de 49 ± 19 e o escore médio do grupo controle foi de 49 ± 27 ($p = 0,927$).

Conclusão: O SNOT-22 foi incapaz de prever o desfecho dos pacientes cirúrgicos com RSC.

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Introduction

Data on the quality of life of patients with CRS prove that this disease has a major impact on the activities of daily living of these patients.

It has already been proved that CRS negatively affects the QOL of sufferers in comparison to people without the disease and people with other chronic diseases like congestive heart failure and chronic obstructive pulmonary disease.¹

The main focus of these studies was the use of questionnaires to evaluate the impact of therapeutic interventions. The same questionnaire is generally applied before and after intervention to a group of patients. The impact of surgery on the betterment of patients with CRS has been exhaustively studied and there seems to be a consensus, especially in the short-term assessment.² Studies show that the improvement rates of surgery range from 76% to 97.5%.^{3,4}

The SinoNasal Outcome Test 22 (SNOT-22) is an easily applied questionnaire that has been validated for use in Portuguese.⁵ This instrument has 22 questions about possible symptoms linked to chronic rhinosinusitis. Each question receives a score from 0 to 5, where zero is the absence of this condition and five is the worst possible case of this condition. Similarly, higher total scores represent a worse quality of life. According to the 2012 European Position Paper on Rhinosinusitis and Nasal Polyps (EPOS), SNOT-22 is a good tool for assessing QOL in patients with CRS. Moreover, it can be used repeatedly and produces graphics (SNOTgrams) with SNOT-22 scores for more than a given moment in time, which clearly display the result of medicinal and surgical interventions and exacerbations over time.⁶

Since the 1990s, the benefit of functional endoscopic surgery of the paranasal sinuses has been demonstrated by assessing specific symptoms such as nasal obstruction, for example. Later, QOL became an additional parameter in this

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