

## البحث الثامن

(بحث مشترك مقبول للنشر غير مشتق من رسالة علمية)

**عنوان البحث :** موقف اطباء الأطفال تجاه التحويل لعمل استئصال اللوزتين مع أو بدون اللحمية.  
Attitude of pediatricians towards referral for tonsillectomy and/or adenoidectomy.

**المشاركون في البحث :**

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### Abstract

**Background:** Tonsillectomy is a procedure of antiquity, and dates as far back as the first century A.D. Tonsillectomy and adenoidectomy remain as some of the most common procedures performed by otolaryngologists all over the world. When performed for appropriate indications, they contribute to improvement in the quality of life and at times can help with airway difficulties. Several recent publications have shown that the current indications for tonsillectomy and/or adenoidectomy (T&A) in children vary considerably between and even within countries. **Objectives:** The aim of this study is to assess the attitude of the pediatricians, towards referral for tonsillectomy and/or adenoidectomy **Methods:** A prospective, cross-sectional survey study was carried out on 1000 physicians. We prepared a questionnaire about common indications for tonsillectomy and/or adenoidectomy and distributed it among 1000 physicians in Fayoum and Cairo governorates; only 675 from these questionnaires are given back and validated. Data was gathered and analyzed from valid questionnaires by appropriate tests. **Results:** 675 of the respondents completed the questionnaire. Seventy eight percent refer for operation in case of sleep apnea or mouth breathers and also consider that tonsillectomy may affect the child immunity. More than 65% of physicians consider recurrence for 5 times per year of tonsillitis as a strong indication for tonsillectomy. Minimum age for tonsillectomy is 3 years (47%) followed by 4 years (39%). Fifty percent of physicians consider tonsillectomy as a good preventive measure of rheumatic fever. Forty percent of them said that they follow guidelines for referral. A small number of physicians refers for tonsillectomy in cases of failure to thrive, halitosis, upon request of the parents or elevated anti-streptolysin O titer. **Conclusion:** Majority of the respondents built their attitude towards referral of children for tonsillectomy and/or adenoidectomy upon clinical indication or their experience, and only about 40% on real guidelines.

**Key words:** tonsillectomy, adenoidectomy, referral, pediatrician

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