


Characteristics Of The Most Most ENT-KI Diseases In Polyclinics: Literature Review

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Article Info	ABSTRACT
Keywords: Characteristics, ENT diseases	Introduction: Ears, nose and throat (ENT) are vital body organs for humans. This is because ENT is related to the hearing and respiratory systems in humans. Most cases of ENT disease come from bacterial and viral infections. Objective: This literature aims to see the characteristics of the most common ENT diseases in the Polyclinic. Method: This study used a literature review method with the Preferred Reporting Items for Systematic Reviews & Meta-Analyses (PRISMA) protocol. Scientific articles or journals were downloaded from PubMed, Garuda Portal, and Google Scholar with SINTA IV and V standards. The keywords in the search for this article were characteristics, ENT-KL disease in polyclinics, 244 articles were obtained in the search results. All articles were selected based on the inclusion criteria, resulting in 5 research articles that would be reviewed. Results: In this literature, there were 5 research articles that reported the characteristics of the most ENT diseases in polyclinics. Conclusion: The most common characteristics of ENT diseases in the polyclinic are cerumen obturans, otitis externa, rhinosinusitis and otitis media.
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INTRODUCTION

Ears, nose and throat (ENT) are vital body organs for humans. This is because ENT is related to the hearing and respiratory systems in humans. Most cases of ENT disease come from bacterial and viral infections (Imamah et al, 2019). ENT diseases are often considered trivial by some people, so that lack of treatment and the consequences will make the previous disease worse or cause other diseases. This happens because of the lack of existing information. Often we know that our body is experiencing health problems based on the symptoms we feel, but we don't know for sure what disease is attacking our body and how to treat it (Siti Nurhayati et al, 2022).

Nowadays, the world's population suffers from many diseases, especially Ear Nose Throat (ENT) disease. The high number of ENT sufferers is due to the lack of medical personnel to diagnose the diseases suffered by ENT patients. In 2006 the Household Health Survey (SKRT) stated that for every 1000 Indonesian citizens there were 190-230 people

affected by ENT disease. There are many kinds of symptoms that occur in people with ENT disease, most ENT diseases are caused by viral and bacterial infections that attack certain organs. The Indonesian Department of Health believes that the main problem in the health sector is bacterial infections (Bintang Dirgantara et al, 2021).

Based on data from the Raden Mattaher Hospital, Jambi, it is known that in 2010 there were 978 patients suffering from chronic tonsillitis out of 1365 visits, whereas in 2011, there were 789 patients out of a total of 1144 visits. This data shows the high number of ENT users, the question is whether the number of users and the number of ENT experts or specialists in each region is sufficient or not. If the number of experts is sufficient, however, the high number of users will certainly increase the queue time at each hospital, thus creating a feeling of reluctance to go to the hospital for treatment. Moreover, ENT disease is considered by most people to be a mild disease and there is no need to see a doctor. In fact, according to Savitri's research data, the number of ENT users is ranked second among diseases in Indonesia (Imamah et al, 2019).

Disease patterns at the ENT-KL Polyclinic can vary depending on the place where the research is carried out. This is due to the influence of climate, habits, heredity, and exposure to each individual. For example, otitis media is most often found in young children compared to adults, the same as tonsillitis which undergoes surgery (Bara Ade Wijaya Suprayitno et al, 2021).

Based on the description above, it can be seen that the prevalence of ENT diseases is still high in Indonesia due to a lack of public education about this disease so that it is treated too late and can even be transmitted to other people. Many studies have shown the incidence of ENT diseases in Indonesia. Therefore, it is necessary to conduct a literature study so that a conclusion can be drawn from these various studies. This is what makes researchers interested in conducting this literature review. This literature review aims to see the characteristics of the most common ENT diseases in the Polyclinic.

METHOD

This research uses a literature review method. Literature was obtained by reviewing scientific articles or journals downloaded from PubMed, Garuda Portal and Google Scholar with SINTA IV and V standards. Articles were screened based on provisions including articles published in 2015-2022, published articles can be downloaded in full text and has open access, articles with qualitative, quantitative, mixed method designs and literature reviews regarding the characteristics of the 10 most common ENT diseases in Indonesia. Key words in article searches include characteristics, ENT disease.

RESULTS AND DISCUSSION

No	Writer	Research purposes	Location	Number of Samples	Research design	Results	Determinant Factors
1.	Ida Bagus Gede Hendra Kusuma & Sari Wulan Dwi Sutanegara (2023)	Characteristics of patients in the rhinology division at the ENT Polyclinic at Sanglah Hospital Denpasar for the period 1 January 2020-31 December 2021	Prof. RSUP ENT Polyclinic. IGNG Ngoerah Sanglah Denpasar	752 cases	Retrospective descriptive	<ul style="list-style-type: none"> o The three most common cases are: inferior turbinate hypertrophy, deviated septum, and maxillary sinusitis o Men are found more often. o The average age is 31-50 years 	Rhinology, Characteristics of ENT diseases
2.	Christin Rony Nayoan, Fistra Janrio Tandirerung (2022)	Variations in cases of nose and paranasal sinus diseases at the ENT-KL clinic at Undata Hospital from January 2015 to December 2016.	Undata Regional Hospital, Palu	1040 cases	Retrospective descriptive	<ul style="list-style-type: none"> o The three most common cases are chronic rhinosinusitis, acute rhinitis and allergic rhinitis o Women are found more often o The average age is 30-39 years 	Rhinology, rhinosinusitis, disease patterns
3.	Devi Oktafiani, Yunita Mayang Sari, Christin	Patient disease patterns at the ENT-KL polyclinic RSU	ENT-KL Polyclinic RSU	506 cases	Retrospective descriptive	<ul style="list-style-type: none"> o The three most common cases in the ear are otitis 	Otitis, Rhinopharyngitis, pharyngitis

No	Writer	Research purposes	Location	Number of Samples	Research design	Results	Determinant Factors
	Rony Nayoan (2022)	Anutapura Palu for the period 1 January 2020 – 31 December 2020	Anutapura Palu			externa, OMSA, and cerumen prop <ul style="list-style-type: none"> ○ The three most common cases of the nose are acute rhinopharyngitis, rhinitis and chronic rhinosinusitis ○ The three most common cases in the throat of the head and neck are chronic pharyngitis, acute pharyngitis and thyroid nodules. ○ Women are found more often ○ The average age is 51-70 years 	
4.	Bara Ade Wijaya Suprayitno, Susianti, Suharmanto (2021)	Disease patterns in the Ear Nose and Throat Head and Neck Surgery Polyclinic (THT-KL) Ragab Begawe Caram Mesuji Regional Hospital for	ENT-KL Polyclinic Ragab Begawe Caram Hospital Mesuji	1959 cases	Retrospective descriptive	<ul style="list-style-type: none"> ○ The three most common cases are otitis externa, cerumen prop, and AOM ○ Women are found more often 	Disease pattern, Polyclinic, ENT-KL

No	Writer	Research purposes	Location	Number of Samples	Research design	Results	Determinant Factors
		the period January 2018 – December 2020	Lampung			<ul style="list-style-type: none"> ○ The highest average is at age ≤ 10 years and age ≥ 51 years. 	
5.	Bopy Grisnawati Hamaduna, I Made Sunantara Astrea, Michael Alexander Dira Damanik (2023)	Characteristics of patient visits to the ENT polyclinic at Umbu Rara Meha Regional Hospital in January 2020 – December 2020	Umbu Rara Meha Hospital, NTT	136 cases	Observational analysis with cross sectional design.	<ul style="list-style-type: none"> ○ The three most common cases are obturan cerumen, rhinosinusitis, and chronic suppurative otitis media ○ Men are found more often ○ The highest average is aged 21-30 years and 0-10 years. 	Chronic Suppurative Otitis Media; Differences in Physical Examination Results for Benign and Malignant CSOM.

Discussion

Disorders of the ear, nose and throat organs are called ENT-KL (Ear, Nose, Throat, Head and Neck) disease. ENT-KL disease is a dangerous disease because it attacks several vital human organs. Diseases around the nose, ears and throat are usually caused by germ infections, but many are also caused by abnormalities in the development of body cells, which then become tumors or cancer (Mitta Permata Sari et al, 2023).

In some conditions, THT-KL disorders can cause social, work, school and even economic problems in the community so that knowledge about this disease is expected to help policy makers to make adequate strategic planning, especially the Health Service so that first level health facility services such as Puskesmas services can be maximized, including the availability of basic ENT-KL examination tools (Bara Ade Wijaya Suprayitno et al, 2021). Based on the results of the journal review above, it was found that the characteristics of the most common ENT-KL diseases in the Polyclinic are as follows:

Cerumen Obturans

Based on research conducted by Bopy Grisnawati, et al (2023) stated that obturan cerumen was in the first position of the total ENT-KL cases, namely 25 cases (18.38%) of the total 136 cases carried out at Umbu Rara Meha Regional Hospital in 2020. Meanwhile, in the research of Bara Ade W, et al (2021), cerumen obturans occupied the first position for 2 consecutive years (2018-2019) and experienced a shift to second position in 2020. Devi Oktaviani, et al (2022) stated that cerumen obturans occupied the second position. third of the total ear cases at RSU Anutapura Palu in 2020. It can be concluded that cerumen obturans cases are the most common cases seen in polyclinics and occupy the third largest position.

Otitis External

In research conducted by Devi Oktaviani, et al (2022) stated that the distribution of the most ear cases, namely otitis externa, was in first place with 100 cases (34.6%) in the 2020 period at RSU Anutapura Palu. Research conducted by Bara Ade W, et al (2021) stated that otitis externa was in second place in 2018-2019 after obturan cerumen and in 2020 there was a change in position to first position and followed by obturan cerumen in second place which was carried out at RSUD Ragab Begawe Caram Mesuji. However, this is different from the research conducted by Bopy Grisnawati, et al (2023) where otitis externa was in fourth place in the research at Umbu Rara Meha Regional Hospital in 2020.

Rhinosinusitis

Based on research conducted by Christin Rony Nayoan, et al (2022) stated that the most common distribution of cases of nasal disease is rhinosinusitis. In this study, chronic rhinosinusitis was in first place with a percentage of 28.08% in Undata Hospital in 2015-2016. In the research of Bopy Grisnawati, et al (2023) rhinosinusitis was in second place after obturan cerumen which was carried out at Umbu Rara Meha Hospital in 2020. According to Devi Oktaviani, et al (2022) stated that the largest distribution of nasal cases was acute rhinopharyngitis while chronic rhinosinusitis occupied third position and followed by acute rhinosinusitis in fourth position which was carried out at RSU Anutapura Palu. Research conducted by Bara Ade W, et al (2021) at Ragab Begawe Caram Mesuji District

Hospital in 2018-2020 stated that rhinosinusitis was included in the list of 10 most cases for 3 consecutive years, namely in 2018-2019 it was in sixth position and in 2020 it was fourth position. Meanwhile, in research by Ida Bagus, et al (2023), sinusitis was divided based on anatomical location, where it was found that maxillary sinusitis was in first place, followed by ethmoidalis, sphenoidalis and frontalis at Prof IGNG Ngoerah Hospital in 2020-2021.

Otitis Media

In research conducted by Bara Ade W, et al (2021) at Ragab Begawe Caram Mesuji District Hospital in 2018-2020, it was stated that otitis media was included in the 5 most cases of disease where acute otitis media was in third position followed by chronic suppurative otitis media in fourth position for 3 consecutive years. According to Devi Oktaviani, et al (2022) suppurative otitis media is included in the 5 most common diseases and is divided by onset only, where acute suppurative otitis media is in second place and chronic suppurative otitis media is in fifth position at Anutapura General Hospital in 2020. In Bopy Grisnawati's research, et al (2023) chronic suppurative otitis media is in third place, while acute otitis media is not included in the ten most common diseases at Umbu Rara Meha Hospital in 2020.

Age & Gender

In research by Ida Bagus, et al (2023) stated that the highest age group frequently found in the rhinology division of the total average cases was found in men in the 31-50 year age group at Prof IGNG Ngoerah General Hospital in 2020-2021. Based on research conducted by Christin Rony Nayoan, et al (2022) stated that the most patients with complaints of the nose and paranasal sinuses were women (53.6%) with the largest age range in the 30-39 year age group at Undata Hospital in 2015-2016 . According to Devi Oktaviani, et al (2022), the highest number of patients seeking treatment at the ENT-KL polyclinic RSU Anutapura Palu are women, namely 52.4%, with an age range of 51-70 years, namely 33.4%. In research by Bopy Grisnawati, et al (2023), it was found that the dominant patients visiting the polyclinic at Umbu Rara Meha Hospital were male patients, 50.7% with the age group 21-30 years 23% and 0-10 years 18%. According to Bara Ade W, et al (2021) at Ragab Begawe Caram Mesuji Regional Hospital, male patients had more visits in 2018, while in 2019 and 2020 there were more female patients. Most visits were aged ≤ 10 years, namely 2018 (218 patients) and 2019 (226 patients), while for 2020 the age was ≥ 51 years (119 patients).

CONCLUSION

Based on the results of identification and study in this literature review, it can be concluded that the most common characteristics of ENT diseases in the Polyclinic are cerumen obturans, otitis externa, rhinosinusitis, and otitis media. The age and gender distribution of those visiting polyclinics varies greatly depending on each research location and the cases obtained. The author's suggestions require efforts to improve the medical record recording system, both in the registration process by nurses, filling in data by doctors, compiling data clearly and completely. Hopefully the results of this research can be useful and used as a

reference for future researchers.

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