Annual Review: A Retrospective Chart Analysis of Pediatric Tonsillectomies

Carla Ramos

Sri Kiran Chennupati MD

Lehigh Valley Health Network, sri_k.chennupati@lvhn.org

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Annual Review: A Retrospective Chart Analysis of Pediatric Tonsillectomies

Carla Ramos, Sri Kiran Chennupati, MD, FAAP
Department of Pediatric Surgical Specialties

Lehigh Valley Health Network, Allentown, Pennsylvania

BACKGROUND/INTRODUCTION

• More than half a million of pediatric tonsillectomies are performed in the U.S. each year.
• Tonsillectomies are recommended for recurrent throat infections, sleep disorder breathing, chronic mouth breathing, dysphagia, enlargement of tonsils and/or adenoids.
• Patients with a complex medical history are at higher risk of experiencing surgical complications.

Purpose: Analyze the complications and outcomes associated with pediatric tonsillectomies to develop safer clinical outcomes and better quality of life for patients.

METHODS

• Created protocol and codebook for pediatric tonsillectomy procedures
• Submitted for electronic Institutional Review Board approval as a research project
• Analysis of complex medical history, polysomnography, complications (2 weeks post-op), and 3-month post-op questionnaire
• Retrospective chart review of 453 pediatric tonsillectomy patients using Epic database
• Calculation of descriptive statistics

RESULTS

Table 1: Complex Medical History Risk Factor for Tonsillectomy Complications

<table>
<thead>
<tr>
<th>Complex Medical History (Total)</th>
<th>Complication</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neurological</td>
<td>12 (24)</td>
<td>50%</td>
</tr>
<tr>
<td>Genetic</td>
<td>7 (24)</td>
<td>29.2%</td>
</tr>
<tr>
<td>Muscular/Musculoskeletal</td>
<td>6 (19)</td>
<td>31.6%</td>
</tr>
<tr>
<td>Sickle Cell Trait</td>
<td>2 (7)</td>
<td>28.6%</td>
</tr>
<tr>
<td>PFAPA</td>
<td>0 (2)</td>
<td>0%</td>
</tr>
<tr>
<td>Craniofacial Abnormality</td>
<td>5 (12)</td>
<td>41.7%</td>
</tr>
<tr>
<td>Down Syndrome</td>
<td>3 (7)</td>
<td>42.9%</td>
</tr>
<tr>
<td>Underweight</td>
<td>6 (15)</td>
<td>40%</td>
</tr>
<tr>
<td>Obese/Overweight</td>
<td>25 (94)</td>
<td>26.6%</td>
</tr>
</tbody>
</table>

Figure 2: Postoperative Tonsillectomy Complications

CONCLUSIONS/FUTURE STUDIES

• 1.3% of patients required reoperation compared to the national average of 4%
• All types of visits even those of post-operative pain were included
• 59.5% of patients who experienced post-operative complications were known to have a complex medical history
• Further statistical review should be conducted
• To address some post-operative questions, a post-operative tonsillectomy pamphlet should be created
• Add complex respiratory history and the severity of patients’ sleep disorder breathing as variables in codebook.

References: