Frontal Sinus Surgery: Indications and Outcomes in Chronic Rhinosinusitis

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1.2.2 Quantifying disease severity ................................................................. 16
1.2.3 Medical Therapy .................................................................................. 21
1.2.4 Endoscopic Sinus Surgery ................................................................... 24
1.3 The Frontal Sinus .................................................................................... 33
1.3.1 Background ......................................................................................... 33
1.3.2 Frontal Sinus Surgery ......................................................................... 43
1.3.3 Evidence for Frontal Sinus Surgery ...................................................... 47
1.3.4 Extended Frontal Sinus Surgery ............................................................. 51

SUMMARY OF THE LITERATURE REVIEW .................................................. 56

AIMS ............................................................................................................... 60

QUALITY OF LIFE ASSESSMENT IN CHRONIC RHINOSINUSITIS USING THE
ADELAIDE DISEASE SEVERITY SCORE ....................................................... 61

STATEMENT OF AUTHORSHIP .................................................................. 63

2.1 ABSTRACT ............................................................................................... 64

2.2 INTRODUCTION ....................................................................................... 66

2.3 MATERIALS AND METHODS ................................................................. 69

2.3.1 Study Design ....................................................................................... 69

2.3.2 Data Collection ................................................................................... 69

2.3.3 Data analysis ....................................................................................... 70

2.4 RESULTS ................................................................................................ 71

2.5 DISCUSSION ............................................................................................ 73

2.6 CONCLUSION .......................................................................................... 77

LONG TERM RESULTS AFTER PRIMARY FRONTAL SINUS SURGERY.......... 78

STATEMENT OF AUTHORSHIP .................................................................. 80

3.1 ABSTRACT ............................................................................................... 81

3.2 INTRODUCTION ........................................................................................ 83
3.3 MATERIALS AND METHODS

3.3.1 Study Design

3.3.2 Inclusion and Exclusion Criteria

3.3.3 Recording of Data

3.3.4 Surgical Technique

3.3.5 Statistical Analysis

3.4 RESULTS

3.5 DISCUSSION

3.6 CONCLUSION

RISK FACTORS AND OUTCOMES FOR PRIMARY, REVISION AND MODIFIED LOTHROP (DRAF 3) FRONTAL SINUS SURGERY

STATEMENT OF AUTHORSHIP

4.1 ABSTRACT

4.2 INTRODUCTION

4.3 MATERIALS AND METHODS

4.3.1 Study Design

4.3.2 Inclusion and Exclusion Criteria

4.3.3 Recording of Data

4.3.4 Surgical Technique

4.3.5 Statistical Analysis

4.4 RESULTS

4.5 DISCUSSION

4.6 CONCLUSION

LONG-TERM OUTCOMES FOR THE ENDOSCOPIC MODIFIED LOTHROP/DRAF III PROCEDURE – A 10-YEAR REVIEW

STATEMENT OF AUTHORSHIP

5.1 ABSTRACT
5.2 INTRODUCTION ................................................................................................................................. 134

5.3 MATERIALS AND METHODS ............................................................................................................. 135

5.3.1 Study Design ................................................................................................................................... 135

5.3.2 Inclusion and Exclusion Criteria .................................................................................................... 135

5.3.3 Recording of Data .......................................................................................................................... 138

5.3.4 Surgical Technique ....................................................................................................................... 143

5.3.5 Statistical Analysis ....................................................................................................................... 145

5.4 RESULTS ............................................................................................................................................. 145

5.5 DISCUSSION ....................................................................................................................................... 152

5.6 CONCLUSION ...................................................................................................................................... 157

THESIS SYNOPSIS .................................................................................................................................... 158

BIBLIOGRAPHY ......................................................................................................................................... 163
Thesis declaration

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Dr Yuresh Naidoo
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Long-term results after primary frontal sinus surgery

Naidoo, Y., Wen, D., Bassiouni, A., Keen, M., Wormald, P. J.

Risk factors and outcomes for primary, revision, and modified Lothrop (Draf III) frontal sinus surgery.

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Washington, USA, September 2012

Frontal Sinus Surgery – Philosophy, Decision Making, Tips and Pitfalls
The Australian Society of Otolaryngology Head & Neck Surgery Scientific Meeting (SA), Adelaide, November 2012.

Philosophy, Decision Making and Outcomes of Frontal Sinus Surgery
14th Advanced Functional Endoscopic Sinus Surgery Course
Adelaide, November 2011
Philosophy, Decision Making and Outcomes of Frontal Sinus Surgery

Australasian Rhinological Society Meeting

Coolum, Queensland, Australia, October 2012
## Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADSS</td>
<td>Adelaide Disease Severity Score</td>
</tr>
<tr>
<td>AFS</td>
<td>Allergic fungal sinusitis</td>
</tr>
<tr>
<td>AFRS</td>
<td>Allergic fungal rhinosinusitis</td>
</tr>
<tr>
<td>AR</td>
<td>Allergic rhinosinusitis</td>
</tr>
<tr>
<td>ARS</td>
<td>Acute rhinosinusitis</td>
</tr>
<tr>
<td>A-P</td>
<td>Anterior-Posterior</td>
</tr>
<tr>
<td>CL</td>
<td>Caldwell-Luc</td>
</tr>
<tr>
<td>CRS</td>
<td>Chronic rhinosinusitis</td>
</tr>
<tr>
<td>CRSsNP</td>
<td>Chronic rhinosinusitis without nasal polyps</td>
</tr>
<tr>
<td>CRSwNP</td>
<td>Chronic rhinosinusitis with nasal polyps</td>
</tr>
<tr>
<td>CFT</td>
<td>Canine Fossa Trephination</td>
</tr>
<tr>
<td>CT</td>
<td>Computed Tomography</td>
</tr>
<tr>
<td>rCRS</td>
<td>Refractory CRS</td>
</tr>
<tr>
<td>EM</td>
<td>Eosinophilic mucus</td>
</tr>
<tr>
<td>ESS</td>
<td>Endoscopic sinus surgery</td>
</tr>
<tr>
<td>EM-CRS</td>
<td>Eosinophilic Mucus Chronic Rhinosinusitis</td>
</tr>
<tr>
<td>ECRS</td>
<td>Eosinophilic Mucus Chronic Rhinosinusitis</td>
</tr>
<tr>
<td>EMLP</td>
<td>Endoscopic Modified Lothrop Procedure</td>
</tr>
<tr>
<td>FDO</td>
<td>Frontal Drillout</td>
</tr>
<tr>
<td>FESS</td>
<td>Functional Endoscopic Sinus Surgery</td>
</tr>
<tr>
<td>IgE</td>
<td>Immunoglobulin E</td>
</tr>
<tr>
<td>Abbreviation</td>
<td>Full Form</td>
</tr>
<tr>
<td>--------------</td>
<td>-----------</td>
</tr>
<tr>
<td>INCS</td>
<td>Intranasal Corticosteroids</td>
</tr>
<tr>
<td>L-M</td>
<td>Lund-Mackay</td>
</tr>
<tr>
<td>MMA</td>
<td>Middle Meatal Antrostomy</td>
</tr>
<tr>
<td>MRI</td>
<td>Magnetic resonance imaging</td>
</tr>
<tr>
<td>NAFES</td>
<td>Non Allergic Fungal Eosinophilic Sinusitis</td>
</tr>
<tr>
<td>NANFES</td>
<td>Non Allergic Non Fungal Eosinophilic Sinusitis</td>
</tr>
<tr>
<td>NSAID</td>
<td>Non-steroidal Anti-inflammatory Drug</td>
</tr>
<tr>
<td>OMU</td>
<td>Osteomeatal Unit</td>
</tr>
<tr>
<td>OR</td>
<td>Odds Ratio</td>
</tr>
<tr>
<td><em>P. aeruginosa</em></td>
<td><em>Pseudomonas aeruginosa</em></td>
</tr>
<tr>
<td>PROM</td>
<td>Patient Reported Outcome Measure</td>
</tr>
<tr>
<td>QoL</td>
<td>Quality of Life</td>
</tr>
<tr>
<td>S. aureus</td>
<td><em>Staphylococcus aureus</em></td>
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<tr>
<td>SNOT-20</td>
<td>Sino-nasal Outcome Test 20</td>
</tr>
<tr>
<td>VAS</td>
<td>Visual Analogue Scale</td>
</tr>
</tbody>
</table>
List of tables

Table 1.1: Subdivision of EM-CRS based on the presence of fungi in the mucosa and systemic fungal allergy................................................................................................................................................................. 10

Table 1.2: Lund Kennedy Endoscopy Staging System................................................................................................. 20

Table 1.3: Wormald Classification of Frontal Recess and Frontal Sinus Cells (adapted from the Kuhn classification) .................................................................................................................................................... 36

Table 1.4: Draf Classification of Endonasal Frontal Sinus Procedures ........................................................................... 45

Table 3.1: Patient Reported, Surgeon Recorded Symptom Scores ....................................................................................... 86

Table 3.2: Comparison between Included and Excluded Groups......................................................................................... 91

Table 3.3: Lund-Mackay (LM) scores for each cohort ........................................................................................................ 93

Table 3.4: Impact of Frontal Ostium Size on Patency ........................................................................................................ 98

Table 4.1: Patient Reported, Surgeon Recorded Symptom Scores ....................................................................................... 116

Table 4.2: Demographic and clinical data-Primary and Revision ESS group ........................................................................ 121

Table 4.3: Primary ESS: Risk of requiring FDO by Cohort ................................................................................................. 122

Table 4.4: Revision FESS-Risk of requiring FDO by cohort ................................................................................................. 123

Table 4.5: Overall risk of FDO by cohort .......................................................................................................................... 124

Table 5.1: Patient Reported, Surgeon Recorded Symptom Scores ....................................................................................... 139

Table 5.2: Demographic and clinical data-EMLP and Revision EMLP group ........................................................................ 146

Table 5.3: Failed EMLP group ........................................................................................................................................... 151
List of figures

Figure 1.1: Boundaries of the frontal recess ................................................................. 34
Figure 1.2: Small Agger cell ......................................................................................... 37
Figure 1.3: Large Agger ............................................................................................... 37
Figure 1.4: T1 cell ........................................................................................................ 38
Figure 1.5: T2 cell ........................................................................................................ 38
Figure 1.6: T3 cell ........................................................................................................ 39
Figure 1.7: Axial, Coronal and Parasagittal views of a T4 cell ................................. 40
Figure 1.8: Suprabullar cell ......................................................................................... 41
Figure 1.9: Parasagittal scans showing a Frontal bulla cell ....................................... 42
Figure 1.10: Intersinus septal cell ............................................................................... 42
Figure 2.1 Adelaide Symptom Severity Score ......................................................... 68
Figure 2.2: SNOT-22 and ADSS versus Lund-Mackay CT score and Lund-Kennedy Endoscopy Score .......................................................... 71
Figure 2.3: ADSS vs Lund Kennedy Score ................................................................. 72
Figure 2.4: ADSS vs Lund Mackay Score ................................................................. 72
Figure 3.1: Preoperative Symptom Score .................................................................. 94
Figure 4.1 Patient Questionnaire ............................................................................. 118
Figure 5.1: The Frontal “T” ...................................................................................... 140
Figure 5.2: Intraoperative measurement of Frontal neo-ostium .............................. 141
Figure 5.3: Post operative Symptom and Quality of Life Survey proforma ............. 143
Figure 5.4: Overall symptom improvement post EMLP ........................................ 147
Figure 5.5: Symptom improvement post EMLP in the revision group .................... 148
Figure 5.6: Classification of Patients by Symptom Severity Post EMLP .................. 149
Figure 5.7: Frontal Sinus Patency over a 5 year period ........................................... 150
Figure 5.8: Relationship of Revision EMLP to patency of frontal ostium, AFS, and Staph A .... 153
Thesis summary

The research described in this PhD thesis follows an extensive literature review of the role of the medical and surgical management of CRS. Despite the utilization of surgery to alleviate the symptoms of CRS refractory to medical therapy, there are clear deficiencies in our understanding of what type of surgery to perform, and how extensive this surgery should be so as to maximize long-term symptom alleviation and control. Particular controversy exists regarding addressing the frontal sinus with a wide variety of philosophies employed, but with limited scientific rationale to support such approaches.

Chapter two describes a prospective study to validate a quality of life tool, the Adelaide Disease Severity Score. This study showed a simple 5 question tool directly related to sinus symptoms and visual analogue quality of life score correlated very highly with other more complex rhinological quality of life tools – the SNOT 20/22. It further correlated with radiological disease burden (Lund Mackay CT score) and endoscopic disease (Lund Kennedy endoscopic score) burden. This study validated our use of this tool to measure quality of life and symptom improvement in patients undergoing surgery.

Chapter three describes a detailed retrospective study of the outcomes of primary frontal sinus surgery. This is the largest study in the literature of
primary frontal surgery and forms the basis to support an approach where the diseased frontal sinus should be addressed surgically to optimize long-term outcomes. It also identified that certain anatomical factors such as a narrow frontal ostium seemed to play a role in persistence of symptoms. This raised questions as to whether these outcomes were as successful for revision and extended frontal sinus surgery. Were there identifiable risk factors for success and failure?

The fourth chapter describes the outcomes of primary and revision standard frontal sinus surgery and investigates which patient, anatomical and disease factors were poor prognostic factors for failure. It identified a select cohort of patients that would benefit not just from frontal sinus surgery, but extended frontal sinus surgery (EMLP) in the first instance.

The final chapter investigates the outcomes of extended frontal sinus surgery (EMLP) and seeks to determine the risk factors for its success and failure. This study found that the EMLP had excellent outcomes in the majority of patients, but there was a significant minority of patients that had persistence of symptoms. The relevance of the host immune system response to sinonasal microorganisms, and anatomical risk factors was also explored and lays open the basis for further study.