Nasal Polyp Symptoms: How Well Do Physicians Know Their Patients?

Poster No. 475

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Aims

Nasal polyps (NPs) can have a significant negative impact on health-related quality of life due to symptoms such as nasal blockage, discharge, and a reduced sense of smell and taste. It is poorly understood to what extent the frequency and severity of symptoms experienced by patients with NPs are recognized by their physician, particularly non-socket symptoms such as sleep disturbance and emotional distress.

The objective of this study was to investigate the level of agreement between patients and physicians in the frequency and severity of NP symptoms among patients with moderate-to-severe NPs.

Methods

Adelphi NP Specific Programme (DSP)

Design

Randomized controlled trial design

Participants

Physicians: ENT specialists, pulmonologists, ENTs - 351

Patients: Moderate-to-severe NP patients age ≥18 years - 112

Baseline data: Baseline was collected from the patient chart, the physician chart, and a 2-week questionnaire.

Primary endpoints:

- NP symptoms
- Productivity
- Health

Secondary endpoints:

- Physician recognition of NP symptom frequency and severity
- Physician agreement with patient NP symptom frequency and severity

Data analysis:

Mean (SD) patient age: 48.8 (15.6) years

Results

Mean (SD) patient age: 48.8 (15.6) years

Selected patient characteristics:

- Allergic rhinitis: 59%
- Asthma: 33%
- COPD: 5%
- AD: 5%
- CIU: 1%

Specialist physicians:

- ENT: 92%
- Pulmonologist: 13%
- Allergist: 40%

Over 2 weeks, the most common NP symptoms reported by patients and physicians were nasal blockage, post-nasal discharge, decreased sense of smell/taste, and sinus pain.

Conclusions

- There was a high level of agreement between patient and physician recognition of the most typical NP symptoms such as nasal blockage and decreased sense of smell and taste; however, the severity of all symptoms was underestimated by physicians.
- Non-critical symptoms such as reduced concentration, waking up tired, and emotional distress were scored by all physicians with the highest disagreement between physicians and patients, and were commonly reported by patients but not correctly correlated beyond the real nasal symptoms by physicians.
- These results highlight the hidden symptom burden of NFs, which remain untreated and are not currently addressed. In addition, it is important for improved patient-physician communication of symptoms.

References


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