Highlights from the current issue

Welcome to our January 2020 publication, this is our 4th edition. We have interesting papers covering various aspects of ENT, otolaryngology. Our first article by Okerosi *et al*[1] compares the growth of children post adenoidectomy and/or tonsillitis, comparing them with normal children as a control group. The findings show that surgical treatment improves the growth to statistically similar levels of otherwise normal children. It's a good sample size.

Another study is by Gacani *et al*[2] on knowledge of clinicians in the management of acute otitis media in our setting. This has a public health implication in our country because the most common cause of hearing impairment among children of the school of the deaf, is chronic suppurative otitis media, which could be or is a result of poorly managed acute otitis media. Therefore, the findings in this study can help planning. They used CDC guidelines on criteria on management of acute otitis media which is similar to WHO. Moreover, this study was done on medical staff which include clinical officers, interns, paediatricians and ENT surgeons at the casualties, the accident and emergency department of the hospitals that were included, and involved 151 health workers. The findings show very few of the clinicians knew the correct criteria for diagnosing acute otitis media as outlined by CDC guidelines. It also showed that clinicians qualifications were associated with correct dosage of medical treatments. This should be of great concern to us because it means there are gaps that the primary caregiver lacks in management of this common condition.

Allergies are very common in our environment. Very few studies have been done on allergies in this region. Therefore this study by Thinguri *et al*[3] is a welcome addition to our knowledge. The study is on sensitization to aeroallergens in adults with allergic rhinitis using skin prick test. It was found that indoor allergens were more common than outdoor allergens and the most common allergy was the house dust mite followed by moulds. It would be interesting to find out the outdoor allergens and there seasonal occurrence, although this will have to be done by further studies. It would also be interesting to find out the pattern of food allergies in our societies.

The article on stress and burnout among clinical residence of the University of Nairobi, (Post-graduate training programs) by Bonko *et al*[4] shows high prevalence amongst our students and therefore there is a need to help them with coping pressures and mechanisms i.e help the students to balance between work, school and personal lives and also financial problems.

Enjoy the other articles we have including the case reports.

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