

Case report

Removal of rubber earphonecover inside nose after 2 years in a general practitioner setting during covid-19 pandemic

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Abstract

Inserted a big size of rubber ear phone cover into the nose is a rare case. Foreign body regarding children is common and need to be seriously considered. Nowadays, using an earphone for music players and games is very common among children that need to be more cautious. In general practitioner's practice, several limitations seen with no fully equipped and emergency trolley, no general anaesthetic set up and no X ray. In this case report, we reported a 10-year-old child with bad smelling breath for 2 years with on and off pain and difficulty in breathing. It has become worsened until the child inform his mother regarding this incidence last weeks. Last 2 weeks, the child was examined in dental clinic for this bad smelling breath and no dental problem identify. The parents were refused to bring the child to the hospital because of this Covid-19 situation worsening in this state currently. They decided to come to nearby general practitioner where the smelly and soaked with pus in this ear was removed without any complication in that clinic without any anaesthesia using blunt crocodile forceps.

Keywords: Foreign body; rubber earphonecover; general practitioner; clinic

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Introduction

Foreign bodies among children less than 8-year-olds is commonly reported worldwide. There are several big sample size study done and it showed 75% children less than 8 years old^{1,2,3,11}. There are a few common nasal foreign bodies include button, bead, buttons, small toy, candle, hard food, paper, cloth, and small button batteries^{4,5,9}. One of the common challenge for the removal process is cooperative and refusal from children if the procedure without anaesthesia. Struggling during the procedure can lead to the nose injury and bleeding that will be the dangerous thing to consider. In this current pandemic of Covid-19 situation, most of the parents refuse to go hospital or government specialist centres. This is important to avoid injury to the ear canal and tympanic membrane. Chronic cases will lead to multiple complication such as tissues oedema, bony problem, and formation of granulation tissue⁶. Apart from that, foreign body

obstruction will present with unilateral, bad smelling nose discharge.⁷ Tick infestation into the ear drum is uncommon, and removal in a 3-year-old child is a near impossible at general practitioner (GP) setting¹².

Case report

A 10-year-old boy was reported having plastic ear plug inside his nose since 2 years ago. He keep it as secret as he was scared to be scolded by his parents. Her mother complained of bad breathing smell from her son. She brought him to visit a dentist 2 weeks ago for full dental check-up and the result showed normal finding.

In the clinic, the child looked scared and crying. The mother decided to bring the child to a GP since the problem occurred during this pandemic covid-19 time. His vital signs were stable with no fever, pain and ear discharge seen. On nose examination, there was a blackish colour mass in the right nose. It was

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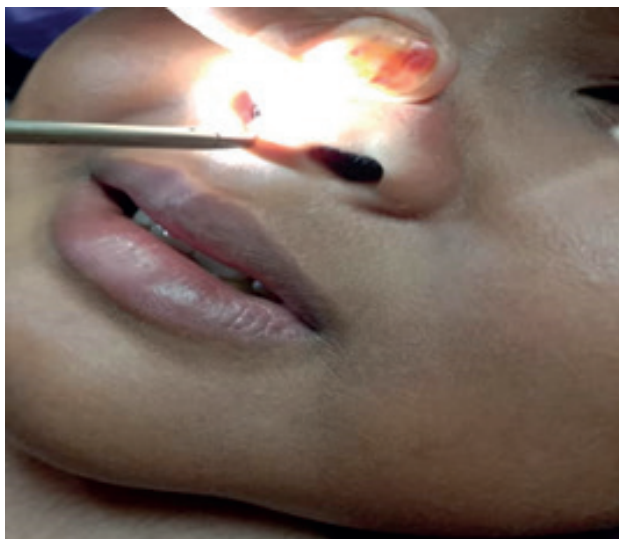


Figure 1 : Rubber ear phone coverin the nose for 2 years durations

identified as awax and soaked with pus rubber ear plug, located in the inner of the nose (Figure 1).

The child was crying and looked scared during the whole session. We asked the mother to hold her child since he looks scared and restless in order to minimize movement and trauma. By using the blunt crocodile forceps with suction (Figure 2), the rubber earplug was successfully removed. The procedure took 10 minutes to get the huge living tick removed. Based on our observation, the tick has been resting into his eardrum probably within 2 or 3 days. There were blackish faecal materials inside the ear canal. We prescribed paracetamol syrup and Augmentin syrup to cover the pain and infection. We advised to bring the child back to the clinic or nearest hospital if there is any sign of infection such as fever, ear discharge, or and pain.

Discussion

Earphone plug inserted inside the nose is one of rare incidence especially for those with age more than 8 years old. Since at this age they already aware about the dangerous about that thing. Children are more likely to present to hospital than adults with a foreign body in the ear or nose-the reason must be mentioned.^{4,9,10}

Ignorant and long standing of the foreign body inside

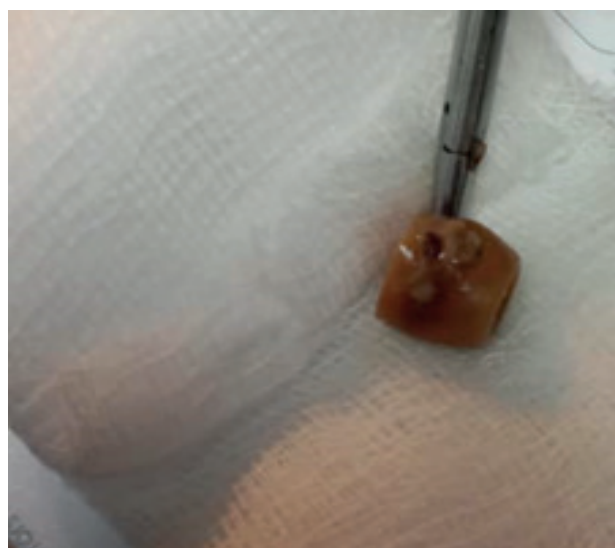


Figure 2: Removal rubber earphoneplugcover (2cm) by using the blunt crocodile forceps

nose or ear will contribute to multiple complication. Common complication such as infection, bleeding, bruising, ruptured the eardrum, bad smelling breathing, nose block and others⁸. Study showed incidence of enema, bony damage, formation of tissue effect from long standing foreign body⁶. Patients often present with unilateral, foul-smelling nasal discharge⁷. Common nasal foreign bodies include beads, buttons, toy parts, pebbles, candle wax, food, paper, cloth, and button batteries.^{4,5}

In most of the cases, this foreign body in the nose will not cause any significant problems, but it can occasionally lead to complications if the duration of incidence is high and the size of foreign body is big. Regardless of the dangers, that foreign body must be removed as quick as we can. Oral and topical analgesics are sometimes required in some cases to reduce the pain before referral to the tertiary centre. Awareness and knowledge sharing among children and parents are essential to reduce the occurrence of incidence and further complication⁶.

Removal of the foreign bodies can be encouraged in general practitioner of private clinic in certain cases in this pandemic COVID-19 pandemic. Children are a high-risk group to be infected and that need to be cautiously managed and avoid due to unnecessary exposure.

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