The Journal of Laryngology & Otology (2015), ***129***, *502–503*.
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doi:10.1017/S0022215115000493

SHORT COMMUNICATION

Rigid endoscopy in the out-patient clinic

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Abstract

Objective: This paper presents an efficient and ergonomic system for performing rigid endoscopic examination in the out-patient clinic setting. The set-up encourages user comfort, and facilitates clear images of the nasal mucosa, nasal cavity and paranasal sinuses.

Equipment: This consisted of anti-fog solution, a 5 ml syringe, a cardboard receiver and gauze.

Conclusion: By using disposable equipment we encourage good infection control practices. We recommend that users of rigid endoscopes in the out-patient setting consider setting up for each patient in this manner.

Key words: Nasal Cavity; Nose; Nasal Mucosa

Rigid endoscopy

Rigid endoscopy accounts for a significant number of the procedures performed in our ENT out-patient clinic. Rigid endoscopy can be used to examine the nasal vestibule, and enable decrusting of the sinuses and removal of stents. The views obtained from the rigid endoscope are excellent, but will at times be limited because of fogging or debris on the lens. To limit the impact of both of these common problems, we have developed a system for setting up our anti-fog solution. This system has a number of benefits, and is simple, quick and easy to set up.

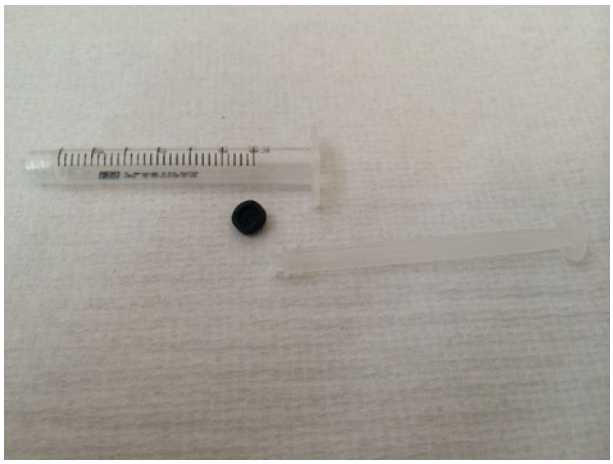


FIG. 1

In the initial set-up, a syringe is taken apart; the bung is detached and reinserted to create a watertight seal.

Equipment

This consisted of anti-fog solution, a 5 ml syringe, a cardboard receiver and gauze.

Set-up

The syringe is taken apart (Figure 1); the bung is removed from the end of the plunger and placed back into the syringe where it is gently pushed to the bottom, creating a watertight seal. The syringe is then pushed through the cardboard side of the receiver. The syringe is filled with anti-fog solution and gauze is placed into the receiver. This whole process takes less than 30 seconds.

The endoscope can now be dipped into the anti-fog solution, and can either be used directly or any excess solution can be gently brushed off with the gauze.

Advantages

This system is quick, inexpensive and easy to set up. The system can be placed on the elevated head of an examination couch to enable easy access (Figure 2). Any instruments used during the examination can be placed in the receiver for safe-keeping and easy access. By dipping the lens end of the rigid endoscope in the anti-fog solution, an even coating is ensured. The entire system can be thrown away after each patient use, promoting good infection control.

Accepted for publication 28 August 2014 First published online 10 April 2015

https://doi.org/10.1017/S0022215115000493 Published online by Cambridge University Press

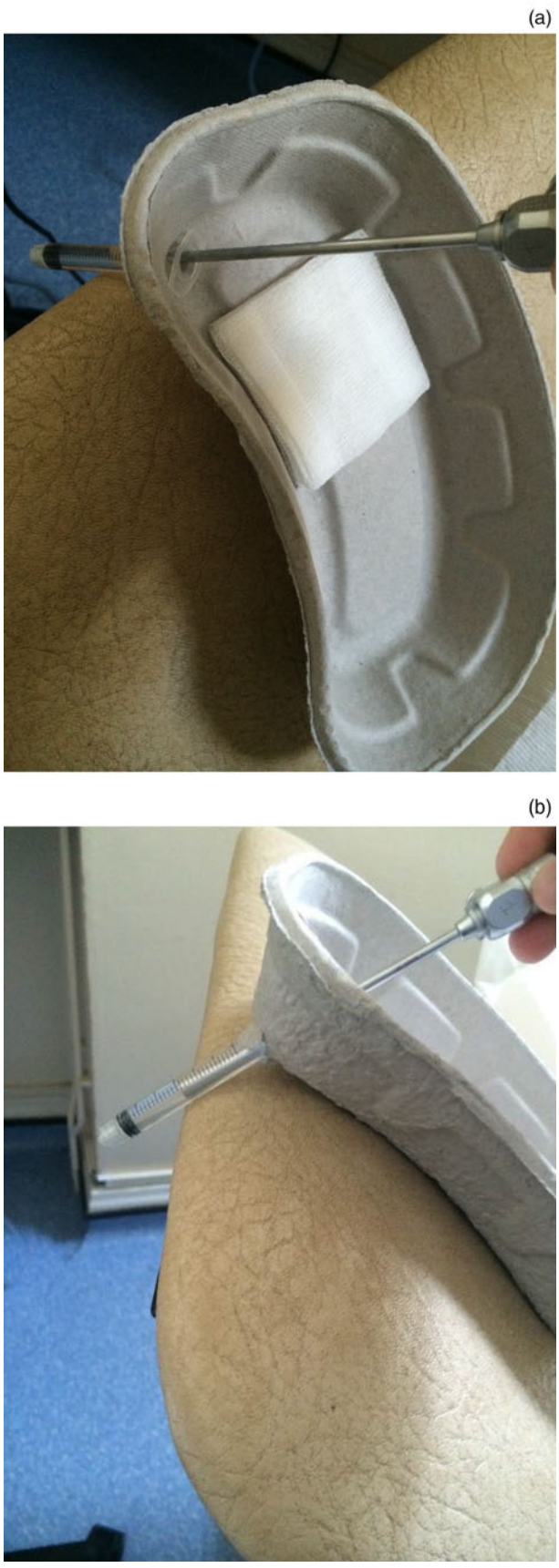


FIG. 2
Images (a and b) showing the positioning and ease of use of the anti-fog system.

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Mr R Costello takes responsibility for the integrity of the content of the paper
Competing interests: None declared

https://doi.org/10.1017/S0022215115000493 Published online by Cambridge University Press