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**STUDY OF PLASMA MEDIATED RADIOFREQUENCY BASED ABLATION
(COBLATION) PALATOPLASTY FOR TREATMENT OF SNORING**

Principal worker
COL SK SINGH

Unit
AFMC

OBJECTIVES

1. To perform volumetric reduction of soft palate using plasma-mediated radiofrequency based ablation(PRAP)
2. To assess objectively and subjectively the improvement in snoring following the procedure.
3. To assess the improvement in quality of life after the procedure.

METHODOLOGY

The study was conducted at a tertiary care centre in otorhinolaryngology for a period of one year with a follow up for one year. The cohort was selected from adult human subjects between 30 to 60 years of age based on inclusion and exclusion criteria. A perceptual score for snoring(PSS) was used to rate snoring by the partner. All patients were subjected to routine ENT examination and transnasal laryngoscopy. The patients underwent volumetric tissue reduction procedure under LA. The patients were then followed up in first phase on 01, 03, 07, 14 days and then in second phase on 06 weeks and 6 months using perceptual score for severity of snoring, Epworth sleepiness scale for daytime somnolence, snoring outcome survey for quality of life and polysomnography for AHI

RESULTS

The study was conducted on 30 subjects of which 18 were males and 12 females. As per pre-intervention PSS majority were in moderate to severe of snoring (25/30). Immediate post intervention scores showed remarkable reduction in these categories 08/30. These changes get reversed when long term results are analysed.

CONCLUSION

The study found that PrAp is a safe procedure and shows a significant short term improvement. however, long term efficacy of the procedure is doubtful.