Voice Hoarseness with Reflux as Suspected Etiology

Outcomes Based on Clinical Evaluation

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Introduction

- Voice hoarseness due to reflux is a difficult diagnosis to make
- There are many different tests available to evaluate hoarseness
- It's unclear if the use of these tests result in actual benefit to the patient

Methods

- Retrospective chart review (n=134)
- Chi-squared test
- Fisher's exact test

Results

- No one specific type of diagnostic evaluation was associated with symptom improvement
- No difference in symptom improvement between patients undergoing or not undergoing additional evaluation (p=0.71)

Conclusion

- Additional evaluation may not provide measurable benefit to patients seeking relief for voice hoarseness due to suspected reflux



Additional procedural diagnostic **evaluation** for voice **hoarseness** was **not significantly associated** with **symptom improvement** after treatment

More results:

- 88 patients (66%) received additional evaluation
- Treatments received: protein-pump inhibitors, H2-blockers, speech therapy, antireflux surgery, lifestyle changes, nasal spray, vocal hygiene measures, vocal cord surgery

Additional Evaluation Type	Total Number Received	No Symptom Improvement	Symptom Improvement	p-value
Endoscopy	38	16 (42%)	22 (58%)	0.62
Barium swallow	18	8 (44%)	10 (56%)	0.60
pH monitoring	28	8 (29%)	20 (71%)	0.21
Videostroboscopy	59	22 (37%)	37 (63%)	0.75
Manometry	24	8 (33%)	16 (67%)	0.54
Receving any additional evaluation	88	36 (41%)	52 (59%)	0.49
No Additional Evaluation	47	17 (34%)	30 (64%)	

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