



Canadian Society of Otolaryngology-Head and Neck Surgery

74th ANNUAL MEETING
September 26 – November 14, 2020

“Quality and Excellence in Otolaryngology-Head and Neck Surgery”

RHINOLOGY WORKSHOPS

THURSDAY, OCTOBER 1

08:00 p.m. - 08:50 p.m. **Rhinology Forum with the Experts: Medical & Surgical Management of Common Rhinologic Conditions – A. Janjua**, Vancouver, BC, **T. Smith**, Portland, OR, **R. Douglas**, Auckland, NZ, **N. Adappa**, Philadelphia, PA

THURSDAY, OCTOBER 22

08:00 p.m. - 08:50 p.m. **Rhinology Forum with the Experts: Take 2 – Y. Chan**, Toronto, ON, **A. Janjua**, Vancouver, BC, **T. Smith**, Portland, OR, **N. Adappa**, Philadelphia, PA

LEARNING OBJECTIVES

1) By the end of the workshop, the audience will be able to distinguish the presentations of a number of common rhinologic diseases. 2) By the end of the workshop, the audience will be able to evaluate some of the commonly encountered rhinologic conditions. 3) By the end of the workshop discussion, the audience will be able to consider the most appropriate management strategy, medical vs surgical, for patients with difficult to manage rhinologic diseases.

ABSTRACT

Objectives: To provide insights into the PRACTICAL medical & surgical management approaches in common rhinologic conditions including chronic rhinosinusitis, nasal polyposis and allergic fungal sinusitis. **Methods:** Case-based interactive discussion on the management of several common rhinologic pathologies with a panel of expert rhinologists including our keynote speakers from around the world. **Results:** Discussion will include the diagnosis, medical management and surgical management of common rhinologic conditions, as well as complex presentations of these conditions. Ambulatory management such as the use of various intra-nasal topical therapies and the role of office-based procedures will be discussed. Further discussion about surgical decision-making and features that would lead these experts to be more comprehensive at the time of surgery, will also be explored. Audience participation will be encouraged to gauge the current management strategies that are currently widely employed, or those that require further education/discussion. **Conclusion:** The aim of this workshop is to stimulate a discussion about the different management strategies for both common and difficult to manage rhinologic conditions. This will be done via a case-based interactive forum with input from an international panel of rhinologists, to highlight similarities and become enlightened by any significant differences.

SATURDAY, NOVEMBER 7

11:00 a.m. - 11:50 a.m. **Chronic Rhinosinusitis with Nasal Polyps: The Misery, the Mystery, and the Mastery – M. Desrosiers**, Montreal, QC, **A. Thamboo**, Vancouver, BC, **S. Kilty**, Ottawa, ON, **I. Witterick**, Toronto, ON

LEARNING OBJECTIVES

Upon completion of this learning activity, participants should be able to: i. Describe how the individual components of CRS pathophysiology (immune function, microbiome, and barrier function) contribute to pathophysiology ii. Formulate and synthesize how these interact to produce the phenotypic changes characteristic of CRS. iii. Be able to articulate evidence-based management strategies to implementing them into the care of the CRS patient.

ABSTRACT

The Misery: Chronic rhinosinusitis with Nasal Polyposis (CRSwNP) represents a significant unmet need in respiratory disease. Affected patients report a severely decreased quality of life. from obstructed nasal breathing, impaired ability to smell, but also by disordered sleep patterns and aggravation of underlying asthmatic conditions. **The Mystery:** Current treatment of CRSwNP currently corticosteroids and antibiotics, with surgery for persistent disease. Unfortunately, up to 40% of patients will show endoscopic signs of recurrence at 4 months and 20% of patients will require a second ESS within 5 years. **The Mastery:** The pathophysiology of CRSwNP implicates Type 2 inflammation, which contributes to disease not only by activating and attracting inflammatory cells, but also by via pleiotropic effects which impact the epithelial barrier and by contributing to microbiome dysbiosis. In this presentation, we present a review of CRSwNP pathophysiology, highlighting the importance of the T2 inflammation concept, and discuss implications for future management of CRSwNP. Case histories illustrating concepts in CRS management will be discussed with audience participation.

12:00 p.m. - 12:50 p.m.

Take 2 Bacteria and Call Me in the Morning: The Ever-changing World of the Sinus Microbiome - M. Desrosiers, A. Renteria, Montreal, QC

LEARNING OBJECTIVES

At the end of this workshop, participants will 1) Be capable of describing the elements of the microbiome and mechanisms by which the microbiome can contribute to maintenance of health, 2) Understand the direct and indirect mechanisms by which microbiome dysbiosis can contribute to disease development and persistence 3) Appreciate how to adapt their management strategies to address these concepts.

ABSTRACT

The concept of the bacterial microbiome is altering our conception of the role pathogens play in health and disease and challenging numerous concepts in medicine. The intestinal microbiome is increasingly implicated in having effects far beyond maintenance of health in the digestive tract, with roles suspected in obesity and diabetes, neuropsychiatric disorders, and in metabolism of medication for cancer and Parkinson's disease. In the reproductive tract, early contact of the neonate with bacteria is believed to regulate lifelong development of allergies, and in the skin to contribute to atopic dermatitis. The nasal passages and sinuses possess a microbiome which is less studied but no less fascinating. Bacterial communities have been identified on the mucosal surface, and conventional and culture-independent sequencing techniques have identified both a healthy flora and numerous pathogens. In this workshop, we describe the microbiome of the nose and sinuses, exploring the mechanisms by which these contribute to development of disease, and identifying therapeutic opportunities suggested by recent findings. Implications for disease management and health promotion will be highlighted and will be illustrated by clinical examples from the author's own practice. Audience participation will be solicited actively, based on the results of a pre-test administered at the beginning of the session to identify learning needs.

12:50 p.m. - 01:40 p.m.

Contemporary Management of Aspirin-Exacerbated Respiratory Disease – L. Sowerby, London, ON, J. Janjua, Vancouver, BC, M. Desrosiers, Montreal, QC, D. Sommer, Hamilton, ON, R. Chandra, Nashville, TN

LEARNING OBJECTIVES

After attending this workshop, participants will: 1: better understand the pathophysiology of AERD, and indications for more radical surgical intervention (middle turbinectomy, frontal drillout), 2: understand the potential benefits of ASA desensitization, as well as have greater comfort with implementing this treatment, 3: have a better appreciation for the role of dietary salicylates in symptom exacerbation and control, 4: be able to have a broader discussion with patients about potential future therapies, including monoclonal antibody therapy.

ABSTRACT

Objective: Aspirin-Exacerbated Respiratory Disease (AERD), or Samter's Triad, is a clinical condition of nasal polyposis, asthma and aspirin sensitivity, caused by an abnormality in arachidonic acid metabolism. These patients present a challenge to the Otolaryngologist, as nasal polyposis returns rapidly after surgery. The pathophysiology behind this disease provides some unique challenges, but also offers some unique therapeutic options. **Methods:** A panel of 4 Rhinologists will present the evidence for multi-modal therapy for these patients. Discussion around implementation of aspirin desensitization, a low-salicylate diet, medical therapy, the optimal extent of surgery and future treatments, including monoclonal antibody therapy, will be discussed in an interactive fashion amongst the panel and audience. Case discussions will further augment discussion. **Conclusion:** Treatment of AERD patients is challenging, but some novel adjunctive therapies are available to improve symptoms of both asthma and nasal polyposis. This workshop will help Otolaryngologists across the country incorporate evidence-based practice into optimizing outcomes for these patients.