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## Characteristics of Acute Pharyngitis at Dr. M. Djamil General Hospital, Padang, Indonesia

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### ABSTRACT

**Introduction:** Pharyngitis presents with a variety of symptoms, including sudden sore throat, fever, headache, lymphadenitis, and sometimes abdominal pain, nausea, fatigue, and/or rash. This study aimed to provide data on the basic characteristics of acute pharyngitis patients at Dr. M. Djamil General Hospital, Padang, Indonesia. **Methods:** This study was a descriptive observational study. This study uses secondary data obtained from medical record data at the medical records installation of Dr. M. Djamil General Hospital, Padang, Indonesia. A total of 100 research subjects participated in this study, and the research subjects met the inclusion criteria. The inclusion criteria in this study were patients diagnosed with acute pharyngitis at Dr. M. Djamil General Hospital, Padang, Indonesia, for the period January – December 2022 and who have complete medical record data. Data analysis was carried out using SPSS version 25. **Results:** The majority of research subjects are in the age range of 0-14 years. The majority of research subjects are female. The majority of research subjects had clinical symptoms of sore throat and difficulty swallowing. The symptoms that arise in acute pharyngitis depend on the microorganisms that accompany it. Acute pharyngitis caused by bacteria is characterized by severe headache, fever or chills, malaise, painful swallowing, vomiting, and possibly coughing but rarely. **Conclusion:** The characteristics of pharyngitis patients at Dr. M. Djamil General Hospital, Padang, Indonesia, are aged 0-14 years with prominent clinical symptoms of sore throat and difficulty swallowing.

### 1. Introduction

One of the most common diseases in most people is pharyngitis. Pharyngitis presents with a variety of symptoms, including sudden sore throat, fever, headache, lymphadenitis, and sometimes abdominal pain, nausea, fatigue, and/or rash. Signs of the disease include fever which can reach  $> 38.5^{\circ}\text{C}$ , and a hyperemic appearance on the walls of the airways. Atypical symptoms often appear in children, such as stomach pain or vomiting.<sup>1-3</sup>

Several differential diagnoses must be considered to determine the cause of the disease, ranging from

infection, inflammation, trauma, or neoplastic. However, most of these symptoms are of viral or bacterial origin. Acute pharyngitis has reached an incidence of about 2% of adult complaints and 6% of pediatric patients annually (more than 1 million visits). Group A  $\beta$ -hemolytic streptococcus (GABHS) is the most common pathogen and causes acute pharyngitis in up to 5-15% of adults and 15-36% of children.<sup>4,5</sup> This study aimed to provide data on the basic characteristics of acute pharyngitis patients at Dr. M. Djamil General Hospital, Padang, Indonesia.

### 2. Methods

This study was a descriptive observational study and used secondary data obtained from medical record data at the medical records installation of Dr.

M. Djamil General Hospital, Padang, Indonesia. A total of 100 research subjects participated in this study, and the research subjects met the inclusion criteria. The inclusion criteria in this study were patients diagnosed with acute pharyngitis at Dr. M. Djamil General Hospital, Padang, Indonesia, for the period January – December 2022 and who have complete medical record data. This study was approved by the medical and health research ethics committee at Dr. M. Djamil General Hospital, Padang, Indonesia. Observations on sociodemographic data as well as observations on clinical data, were carried out in this

study. Univariate data analysis was performed to present the distribution of frequencies and percentages of each variable. Data analysis was carried out using SPSS version 25.

### 3. Results and Discussion

Table 1 overview of pharyngitis patient data. The majority of research subjects are in the age range of 0-14 years. The majority of research subjects are female. The majority of research subjects had clinical symptoms of sore throat and difficulty swallowing.

Table 1. Overview of pharyngitis patient data.

Variable	Frequency	Percentage
Age		
0-14 years	67	67
15-49 years	28	28
> 50 years	5	5
Gender		
Male	31	31
Female	69	69
Clinical symptoms		
Sore throat	36	36
Difficult to swallow	29	29
Fever	10	10
Vomiting-malaise	9	9
Headache	16	16

The symptoms that arise in acute pharyngitis depend on the microorganisms that accompany it. Acute pharyngitis caused by bacteria is characterized by severe headache, fever or chills, malaise, painful swallowing, vomiting, and possibly coughing but rarely. Pharyngitis due to infection with group A *Streptococcus* bacteria can be estimated using the Centor criteria, namely fever, lymphadenopathy on the anterior cervical, exudate on the tonsils, and no cough. Viral pharyngitis usually has a severe sore throat and may be accompanied by coughing hoarseness, and substernal pain. Fever, chills, malaise, myalgias, and headache may also occur. Then, symptoms of fungal pharyngitis are sore throat and painful swallowing. On examination, white plaques were seen in the oropharynx, and the other pharyngeal mucosa was hyperemic. Viral and bacterial infections can be transmitted through the medium of saliva, which is spread when coughing (droplet infection) or through the hands or personal items of patients who are contaminated. The incubation period for strep throat is, on average, between 2-5 days. The

incubation period for the virus ranges from 3 days to 2 weeks. Influenza virus infection is contagious and spreads very easily. In flu conditions, inflammation lasts about three to ten days. Generally, inflammation is more severe in the morning and is a self-limiting disease. Other symptoms can include weakness, anorexia, fever, and cough. Sore throat is also found in other viral infections, such as varicella and measles infections. The body needs endurance to build antibodies to destroy these viruses. Mononucleosis infections are caused by the Epstein-Barr virus and take longer to heal. This virus affects the spleen system causing enlargement of the tonsils and white patches appearing on their surface. In addition, there is also swelling of the vessels in the neck. Another study succeeded in demonstrating successful bacterial culture from 23 tissue samples of patients with upper respiratory tract disease. For aerobic gram-positive bacteria, there are *S. aureus* and *S. epidermidis*, while for aerobic gram-negative bacteria, there are *Klebsiella pneumoniae*, *K. oxytoca*, and *Proteus vulgaris*. For anaerobic bacteria, only gram-

positive *Peptostreptococcus* was detected and only in one sample.<sup>6-10</sup>

#### 4. Conclusion

The characteristics of pharyngitis patients at Dr. M. Djamil General Hospital, Padang, Indonesia, are aged 0-14 years with prominent clinical symptoms of sore throat and difficulty swallowing.

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