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WHAT MATTERS MOST TO PATIENTS BEFORE AND AFTER DIAGNOSIS OF THYROID DYSFUNCTION?

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INTRODUCTION

Thyroid dysfunction (TD) has a prevalence of 3.4% in Malaysia. Although there are significant disparities in quality of life before and after diagnosis in many diseases, no study has been done to assess the impact of TD on patients before and after diagnosis. Thus, the objective of this analysis is to evaluate what matters most to patients before and after diagnosis of TD.

METHODOLOGY

This qualitative study utilised a Malay language version of the semi-structured interview guide in Malaysia. This is part of the larger research developed from interactive discussions with patients who have thyroid dysfunction. Data were collected using a dual-method approach, i.e.: face-to-face in-depth interviews in the endocrine clinic and online survey using the same set of questions in the interview guide. We analysed the responses guided by the question: What are the differences in patient experience and perspective before and after diagnosis of TD?

RESULTS

Responses from 96 patients were analysed. Most (>50%) patients had symptoms associated with TD, and a minority (15%) experienced neck swelling. These patients were unaware that their experience is related to TD. After being informed of the diagnosis of TD, 95% of patients are worried and burdened by the disease. Poor knowledge of the disease, treatment, and uncertainties of the progression of TD aggravated the emotion.

CONCLUSION

This analysis showed that the diagnosis of TD placed a significant burden on patients' lives. Our findings of the experience before and after diagnosis of TD provided a focus to address patient concerns. Thus, we need more research to provide insight into the patients' experiences and perspectives for developing management and support programmes in thyroid care.

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EFFICACY OF A WEIGHT MANAGEMENT PROGRAMME ON CLINICAL METABOLIC PARAMETERS – A SINGLE-CENTRE EXPERIENCE IN MALAYSIA

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INTRODUCTION

Weight management clinics aim to reduce obesity-related effects particularly the metabolic complications. The UiTM weight management clinic comprises a 7-visit programme over a 1-year period involving various specialties such as primary care physicians, endocrinologist, nutritionist, psychologist, and rehabilitation medicine. Each provides different aspects of obesity management focusing predominantly on lifestyle modifications. The impact of this programme on clinical metabolic parameters such as weight, waist, hip, and neck circumferences were assessed.

METHODOLOGY

This is a retrospective analysis involving 59 patients who successfully completed the weight management programme in UiTM between June 2018 and December 2020. Completion of the programme was defined as attendance to all 7 visits. All data were acquired through patients' medical records. Changes in weight, waist circumference (WC), hip circumference (HC) and neck circumference (NC) at baseline, 6 months, and 12 months were analyzed. Paired t-test analysis was performed using SPSS version 22.

RESULTS

59 patients were evaluated. Baseline weight was 123.3 ± 26.0 kg. Weight change at 6 months was -3.74 ± 7.9 kg and at 12 months was -4.37 ± 11.7 kg. The mean difference in weight between 6 and 12 months was statistically significant with p=0.006. Significant differences were also seen in the other parameters as well. WC change at 6 months was -3.49 ± 7.8 cm and -4.26 ± 7.9 cm at 12 months (p<0.001). Change in HC was -2.46 ± 5.8 cm and -3.42 ± 7.7 cm at 6 months and 12 months respectively (p=0.001). Lastly, change in NC at 6 months was -0.75 ± 2.2 cm and -0.63 ± 2.1 cm (p=0.022).