

METHODOLOGY

This was a retrospective review of patient medical records who were admitted to the medical department of Hospital Sibu between January 2022 to December 2022 department with hyperthyroidism and hypothyroidism. Patient demographics, clinical and biochemical data were documented and analysed

RESULT

There was a total of 94 admissions during this period. The mean patient age was 57.2 years (14 to 91 years old) with a female preponderance (61%). Most of the patients were thyrotoxic, 64% while 36% had hypothyroidism. The most common indication for hospitalization was atrial fibrillation (AF) (33%). Cardiac disease was a complication in 52% of admissions, predominantly AF and heart failure. Other thyroid-related complications included stroke, hyponatremia, hypokalaemic periodic paralysis and agranulocytosis. 2 (2%) patients were admitted for thyroid storm. Approximately one-third of patients were newly diagnosed during the admission and 5 (5%) patients had previously defaulted follow-up and treatment.

CONCLUSION

This study shows that a large proportion of patients admitted had poorly controlled thyroid function with multiple complications. This highlights the need for improved education and access to diagnostic and treatment facilities in our local population.

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RETROSPECTIVE ANALYSIS AND EVALUATION OF SPECIALISED MULTIDISCIPLINARY THYROID EYE SERVICES IN A TERTIARY CENTRE IN MALAYSIA

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Tan Ying Jie,¹ Teh When Yee,² Tan Yi Shan,² Chai Huei Xian,³ Adlina Abdul Rahim,³ Noor Raffhati Adyani Abdullah³

¹Endocrinology Unit, Department of Internal Medicine, Hospital Sultanah Bahiyah, Kedah, Malaysia

²Department of Internal Medicine, Hospital Sultanah Bahiyah, Kedah, Malaysia

³Oculoplasty Unit, Department of Ophthalmology, Hospital Sultanah Bahiyah, Kedah, Malaysia

INTRODUCTION

Thyroid eye disease (TED) is one of the major extrathyroidal manifestations of Graves' disease encountered in a variety of clinical settings from primary to tertiary care. Failure to engage appropriate therapeutic options in a timely manner

may contribute to a suboptimal outcome. The American Thyroid Association and the European Group on Graves' Orbitopathy (EUGOGO) highlighted the paramount importance of specialised multidisciplinary clinics for the management of TED. In Malaysia, combined thyroid eye clinics are not readily accessible, and many patients with TED are managed outside multidisciplinary clinics.

METHODOLOGY

We conducted a retrospective evaluation on TED patients treated in our multidisciplinary thyroid eye clinics from March 2021 to March 2023. Data collected for all patients included demographics, endocrine thyroid data, thyroid eye clinical metrics, treatments, and outcomes with comparison between the first and final visits.

RESULTS

Out of 51 patients who attended the clinics, 60.8% (31/51) were female, 76.5% (31/51) were Malays. 23.5% (12/51) were current smokers, and 91.6% (11/12) received smoking cessation advice. Mild, moderate-severe and sight-threatening TED were seen in 35.3%, 47.1% and 17.6%, respectively. Biochemical euthyroidism was attained by 76.7% (33/48) compared to 23% (10/51) from the initial visit ($p=0.001$). Active TED was seen in 33% (17/51); none were active during the last visit ($p=0.001$). IV methylprednisolone was given in 23% (12/51) throughout their follow-up. Median cumulative IV methylprednisolone was 4250 mg \pm 3937.50. Second-line immunosuppressive therapy was given in 29.4% (15/51). Orbital decompressive surgery was done in 9.8% (5/51) as part of the management of active sight-threatening disease or as rehabilitation surgery. All patients with moderate-severe and sight-threatening disease received their treatment within seven days.

CONCLUSION

Specialised multidisciplinary TED clinics demonstrated favourable outcomes for patients to attain biochemical euthyroidism and improvement in overall TED care.