

## Adult E-Poster

number of defaulters and adherence to prescribed dietary recommendations.

### METHODOLOGY

The audit was conducted by the Endocrine Team of Hospital Kajang starting from January till December 2024. A total of 37 patients who attended two or more sessions were included. Data was collected from patient records, including anthropometric, laboratory investigations and treatment adherence.

### RESULT

The average baseline BMI of patients is 44.47 kg/m<sup>2</sup> and 37% of patients have diabetes. A total of 75.7% of patients achieved at least 5% weight loss throughout the follow-up. Mean weight reduction was 2.997 kg ( $p = 0.012$ ). Systolic blood pressure ( $p = 0.385$ ) and LDL ( $p = 0.894$ ) did not show significant changes throughout follow-up. HbA1c among diabetes patients also showed no significant changes ( $p = 0.243$ ). Adherence to treatment was reported in 75.7%, while 97.3% of patients returned for follow-up.

### CONCLUSION

This audit demonstrates that the Obesity Clinic at Hospital Kajang is effective in facilitating weight reduction. While most patients achieved weight loss, clinical improvements in metabolic parameters were not statistically significant. Future interventions should focus on improving adherence to reinforce long-term outcomes.

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### AUDIT OF POST-THYROIDECTOMY COMPLICATIONS AT HOSPITAL TELUK INTAN

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### INTRODUCTION

Thyroidectomy is a common surgical procedure performed for various thyroid conditions. While generally safe, evaluating post-thyroidectomy complications is crucial for improving patient outcomes. This study audits the incidence and types of complications following thyroidectomy at Hospital Teluk Intan.

### METHODOLOGY

This retrospective audit analyzed medical records of patients who underwent thyroidectomy at Hospital Teluk Intan from January to December 2024. Data collected included patient demographics, surgical types, and complications within one year after surgery. Complications assessed were hypocalcemia, hemorrhage, vocal cord palsy, wound infection, and other rare events.

### RESULT

A total of 33 thyroidectomy procedures were performed in 2024, comprising 21 total thyroidectomies and 12 hemithyroidectomies. The majority of patients were female (29 cases, 88%), with a mean age of 47 years.

The leading indication for surgery was suspicious nodules on fine-needle aspiration cytology (FNAC) (23 cases, 70%), followed by multinodular goiter (6 cases, 18%) and compressive symptoms (4 cases, 12%).

Histopathological analysis identified papillary carcinoma as the most common malignancy (12 cases, 36%), followed by follicular carcinoma (5 cases, 15%), secondary thyroid metastasis (1 case, 3%), and Hürthle cell carcinoma (1 case, 3%). Among benign cases, 12 were nodular hyperplasia (36%) and 2 were benign adenomas (6%).

Post-thyroidectomy complications occurred in 51% of cases, predominantly after total thyroidectomy. Hypocalcemia due to hypoparathyroidism was the most frequent complication (13 cases, 39%), with a strong correlation to thyroid mass size (9 cases). Vocal cord palsy occurred in 4 cases, with 2 involving larger thyroid mass. No cases of significant postoperative bleeding or infection requiring reoperation were reported. A Chi-square test revealed a significant association between the type of surgery, with total thyroidectomy being more frequently associated with postoperative hypocalcemia.

### CONCLUSION

This audit highlights that post-thyroidectomy complications remain a significant concern, particularly following total thyroidectomy, with hypocalcemia being the most common adverse outcome. The findings underscore the importance of thorough preoperative assessment, surgical precision, and vigilant postoperative monitoring—especially for patients with larger thyroid masses or those undergoing total thyroidectomy.