



## CONCLUSION

Thyroid ultrasonography should be performed in all patients with spontaneous hypothyroidism. Individuals with thyroid hemigenesis are prone to develop additional thyroid pathologies. Close monitoring is required to detect concomitant disorders.

## PP-T-17

### PROPORTION AND FACTORS ASSOCIATED WITH THYROID DYSFUNCTION AMONG INDIVIDUALS REFERRED TO A TERTIARY CARE FACILITY IN KABUL, AFGHANISTAN

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#### OBJECTIVES

We aimed to determine the proportion and identify factors associated with thyroid dysfunction among individuals coming to a tertiary care facility in Kabul, Afghanistan.

#### METHODOLOGY

A cross-sectional study design was conducted from July to September 2018. Serum TSH levels were measured, and the patients were divided into three diagnostic categories according to their serum TSH concentrations: 1) Hypothyroidism 2) Hyperthyroidism 3) Normal thyroid function.

#### RESULTS

A total of 127 individuals were included. Majority of the study participants (77%) were females. Most of the participants (92%) did not have family history of thyroid dysfunction and majority of the female participants, (85%) were not pregnant in the last two years. Furthermore, 98% of participants were non-smokers.

#### CONCLUSION

The findings of the current study showed a high prevalence of thyroid dysfunction in individuals coming to FMIC for thyroid functions tests. The findings also indicated that age and smoking are the factors associated with thyroid dysfunction.

## PP-T-18

### TOWARDS EXCELLENCE IN THYROID SERVICE: AN ACCREDITED THYROID HOSPITAL

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#### OBJECTIVES

We described our experience at Theptarin, the first hospital in Thailand to achieve an accreditation in thyroid service from Thailand Healthcare Accreditation Institute in 2021.

#### METHODOLOGY

Our infrastructure fit the criteria of specific disease accreditation. The important components were availability of thyroidologists and multidisciplinary specialists in related fields, a large volume of patients with long-term follow-up, supporting facilities which include surgery and radioactive iodine ablation.

Key Performance Indexes (KPI) and evidence-based Clinical Practice Guidelines (CPG) for 3 common thyroid disorders (Graves' disease, thyroid nodule, and differentiated thyroid cancer) were created. Patient service was redesigned to be patient-centered and lean. Educational activities were organized for both healthcare professionals and the public. Patients' satisfaction was assessed. Research activities were also committed.

#### RESULTS

KPIs were set for 16 indicators. The consensus was reached for 7 CPG's. There were 12,150 visits by patients with thyroid disorders in 2021. The follow-up rate increased from 88.6% in 2019 to 98.5% in 2021. The rate of ultrasonography increased in patients with thyroid nodules (94.4% in 2019 to 98.5% in 2021). In patients with thyroid cancer, neither permanent hypoparathyroidism nor permanent recurrent laryngeal nerve injury occurred after surgery. Patients reported 86.9% satisfaction in 2021. Posters were displayed on world thyroid day and a multidisciplinary thyroid conference was organized. Eight researches in thyroid disorders were published in 2020-2021.

#### CONCLUSION

Accreditation for thyroid service is a testimony of excellence in patient care. It also serves as a model and set the stage for continuous improvement in outcome and safety of patient care.