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PP48 Assessment Of Risk Factors And Post Thyroidectomy Complications Among Patients Attended To Teaching Hospital Karapitiya –A Retrospective Study
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Introduction

Worldwide thyroid disorders are counted as the second most common endocrine disorder. Studies on incidence of thyroidectomy complications and their predicting factors are very limited in Sri Lanka. Therefore the aim of this study is to assess risk factors and post thyroidectomy complications among patients attended to teaching hospital karapitiya.(THK)

Methodology

Retrospective - descriptive cross sectional study involving 384 patients over 18 yrs who underwent total thyroidectomy/lobectomy at surgical units at THK were assessed.

Results

Out of 384 patients, 54 (14.06%) developed complications. Further 91.1% were belonged to benign and 9.9% were belonged to malignant disorders.

Hypocalcaemia accounted for 9.89% , out of 14.06% of total complication rate followed by recurrent laryngeal nerve injury (1.04%) and hematoma (1.04%). Furthermore superior laryngeal nerve injury(0.52%), seroma (0.78%), stridor (0.52%), thyroid storm (0.26%) were observed.

With regards to the thyroid status, 54 patients developed complications. Out of them, 21(38.88%) were hyperthyroid , 19(35.18%) were hypothyroid and 14(25.92%) were euthyroid

Majority of the patients who developed complications 36(66.67%) were more than 60yrs, while the 18-30yrs category developed 7.4% of complications. 68.51% of the total complications were followed by total thyroidectomy with central compartment lymphadenectomy, whereas 31.49% were following total thyroidectomy. Complications related to diabetes mellitus were (44.44%) whereas hypertension and ischemic heart diseases showed rates of 12.96% and 18.51% respectively. Twenty four percent developed complications without any comorbidities.

Conclusion

Current study revealed a drastic positive correlation between post thyroidectomy complications vs. patient age, type of surgery, thyroid pathology, medical comorbidities and thyroid status. Hypertension, hyperthyroidism and hypothyroidism were identified as modifiable risk factors.