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**A study on patient information, treatment side effects and patient satisfaction of radioiodine treated patients**

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Radio Active Iodine (RAI) therapy is given to patients with thyroid malignancy and hyperthyroidism. Study objectives were to obtain patient information, psychosocial informational support received, side effects of RAI therapy and patient satisfaction on RAI therapy at the Nuclear Medicine Unit (NMU), Karapitiya.

In this study, only outpatients were considered. A prospective cross sectional study was conducted among all the patients (n = 147) who received a therapeutic dose of <sup>131</sup>I from the NMU, Karapitiya. A self-administered questionnaire was used to gather data.

The response rate was 68%. Thyroid diseases were more common among females. The probability of occurrence of a thyroid disease increased with age. Rapid heart rate and palpitations, moist skin and increased perspiration were the most common symptoms reported. Thyroid nodules were frequent among female patients. Bulging eyes was more frequent among male patients. As the method of diagnosis, 93% of the patients had undergone blood tests. Patients were offered additional support at the stage of diagnosis at a satisfactory level. RAI therapy protocols had provided clear information about the stage of diagnosis. A few number of patients sought psychological support. None of the male respondents had more than one RAI treatment, whereas female respondents had undergone treatment twice or thrice. Dry mouth, taste disturbance, sore neck and skin problems were most frequent side effects of RAI therapy and some female patients had changes in their menstrual cycle. 22% had declared that they did not suffer from any side effects. 64% of the RAI treated patients returned to their normal range of activities in less than a month. 53.1% of the respondents had stopped taking any medications after RAI therapy. Symptoms related to thyroid disease did not significantly reappear after RAI therapy ( $p = 0.011$ ). Additional support at the stage of diagnosis, returning to normal range of activities and discontinuing medication indicates outpatient RAI therapy had increased patient satisfaction at Karapitiya NM unit. Hence patients can expect a positive outcome of the disease free status after RAI therapy.

Keywords: patient information, thyroid disease, Radio Active Iodine