

Tilmelding af Foredrag

Foredragets titel

Hemithyroidectomy as outpatient procedure - a randomized clinical trial in Denmark

Forfatter(e)

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Uddannelsesniveau

K4 HU.

Introduktion

Currently no randomized controlled trial has been performed evaluating the safety and satisfaction with hemithyroidectomy as an outpatient procedure in patients with benign pathology.

Materiale/metode

Patients referred to hemithyroidectomy due to benign pathology and meeting our inclusion criteria, was enrolled in this study and randomly assigned to inpatient or outpatient procedure. Data on complications, satisfaction, sleep quality, pain and nausea were collected.

Resultater

In all, 97 patients completed the study (51 outpatient and 46 inpatient). Due to minor complications, vertigo and nausea, 31% of outpatient procedures were converted to inpatient. Swelling was the most serious complication and happened in 10% in the outpatient group and 0% in the inpatient group. No significant difference in satisfaction or pain was registered. Time until discharge, time to resume normal activity and quality of sleep the first day was the only significant differences between group.

Diskussion

Outpatient hemithyroidectomy is safe in patients with benign thyroid pathology using our inclusion criteria. This will reduce time to discharge and increase quality of sleep, else it is comparable to the normal inpatient procedure.

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