THE IMPACT OF HYPOPARATHYROIDISM ON QUALITY OF LIFE

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HYPOPARATHYROIDISM

▶ Hypoparathyroidism
▶ Different types and different causes
EFFECT ON QUALITY OF LIFE

- Lifelong medication
- Regular clinic appointments
- Side effects of fluctuations in calcium levels
AIMS

- To evaluate the health-related quality of life in patients with post surgical hypoparathyroidism
- How does their quality of life compare with a 'normal population'
METHODS

- Anonymised survey was sent to members of Hypopara UK
- Patient information group
- Hypopara UK is a patient organisation for those living with a parathyroid condition in the UK
- Inclusion criteria: >12 months post surgery, >18 years old
- Survey: demographics, aetiology, current medications, SF-36.
- SF-36: 8 domains of HRQOL
- Results were analysed using IBM SPSS
- Mean values across the 8 domains were compared with those of a control population using a non-paired t-test
- Normative data set
RESULTS

- 273 responses
- 248 included (>18 years old, >12 months since surgery, post surgical hypoparathyroidism)
- Median age 35 years (range 19 – 83)
- Male to female ratio 19:229
- Median number of years since surgery – 7 (range 1 – 52)
**RESULTS**

Reason for surgery:

- **17.54%**: Parathyroid disease
- **43.28%**: Benign thyroid disease (non-cancerous) e.g. Grave's disease, multinodular goitre, large thyroid gland causing compressive symptoms
- **35.45%**: Thyroid cancer or investigation of thyroid cancer
- **2.24%**: Other neck surgery e.g. laryngectomy
- **1.49%**: Parathyroid disease secondary to kidney disease
RESULTS

Current Medications

- 42% Both calcium and active vitamin D
- 19% Vitamin D3
- 19% Active Vitamin D (Alfacalcidol or Rocaltrol) only
- 6% Calcium only
- 14% Magnesium

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I have easy access to a service for blood tests to check my calcium levels.

I have difficulty accessing a service for blood tests to check my calcium levels.
MEAN SF-36 OUTCOMES IN NORMAL POPULATION AND HYPOPARATHYROID GROUP

- **GENERAL HEALTH**: Mean SF-36 outcome = 71.3
- **PAIN**: Mean SF-36 outcome = 78.1
- **SOCIAL FUNCTIONING**: Mean SF-36 outcome = 86.2
- **EMOTIONAL WELL BEING**: Mean SF-36 outcome = 75.1
- **ENERGY FATIGUE**: Mean SF-36 outcome = 60.6
- **ROLE LIMITATIONS DUE TO EMOTIONAL HEALTH**: Mean SF-36 outcome = 85.3
- **ROLE LIMITATIONS DUE TO PHYSICAL HEALTH**: Mean SF-36 outcome = 79
- **PHYSICAL FUNCTIONING**: Mean SF-36 outcome = 81.8
**General Health**

- **NORMATIVE DATA SET**: 71.3
- **GROUP AVERAGE**: 29.5
- **OTHER NECK SURGERY**: 37
- **RENAL HYPERPARATHYROIDISM**: 22.4
- **PARATHYROID**: 29.2
- **THYROID CANCER**: 31.1
- **BENIGN THYROID**: 28.3

**Mean SF-36 Score**
LITERATURE

- Norwegian Study
- Danish Study
Mean SF-36 scores across 3 studies

- Physical Functioning
- Role limitations due to physical health
- Role limitations due to emotional problems
- Energy fatigue
- Emotional well being
- Social functioning
- Pain
- General Health

Our study, Norwegian study, Danish Study
CONCLUSIONS

- The study has found that the average quality of life in this group of patients is significantly lower than that of the UK population.
- A large number of patients suffer with fatigue, role limitations due to their physical health and overall a low level of general health.