

Assessment of efficacy with radioiodine treatment in Benign Hyperthyroid disease across two centres

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INTRODUCTION

- The indications of Radioiodine (¹³¹I) in benign thyroid disease include therapy for hyperthyroidism - Graves' disease, Toxic goitre (solitary toxic adenomas or multinodular goitre) and euthyroid goitre

AIMS OF THE PROJECT

- Establish demographics and prevalence of the treatment population
- To ensure dosage and indication compliance with national guidelines
- To determine the efficacy of the treatment through thyroid function outcomes

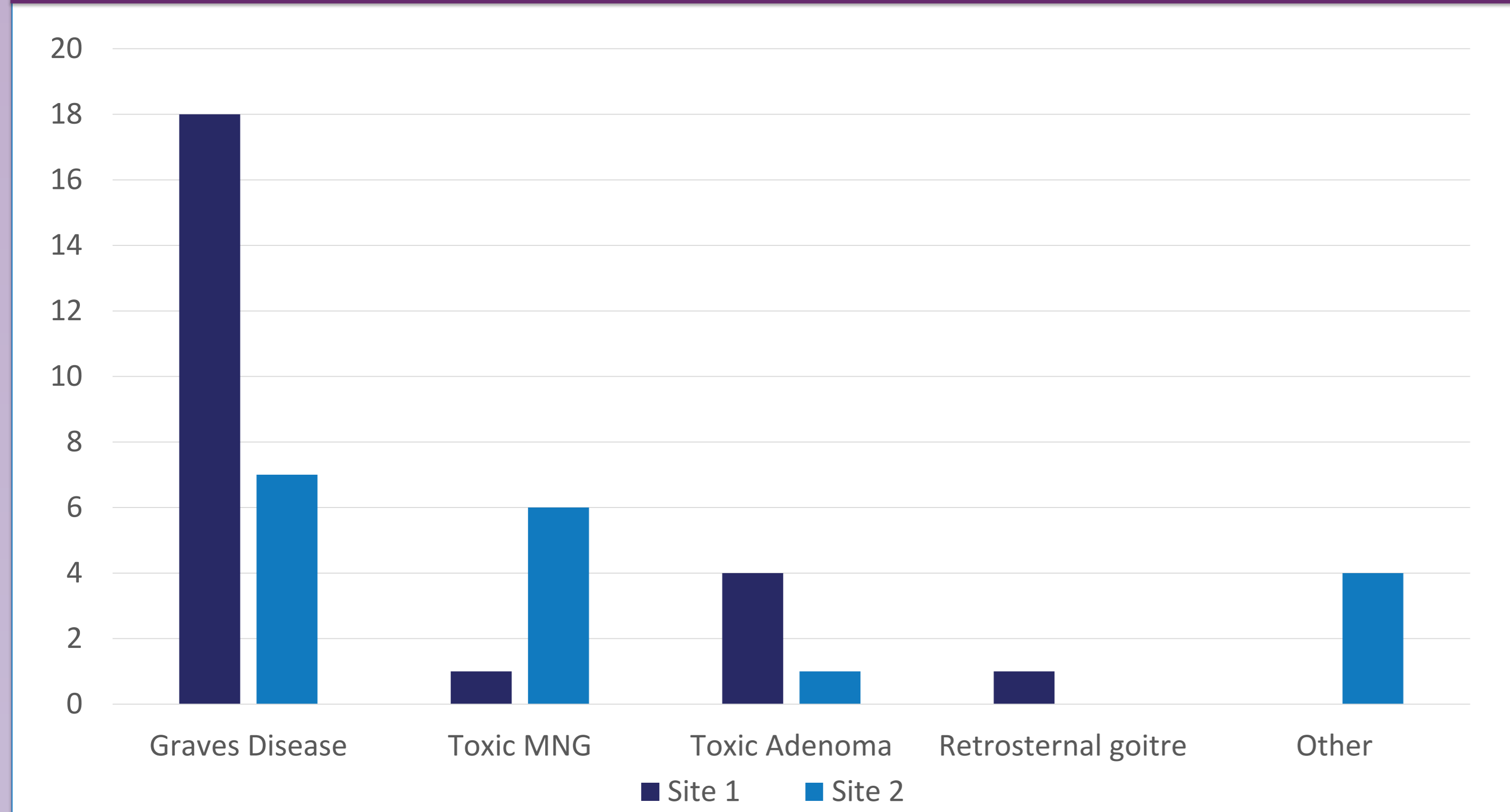
METHOD

- Retrospective data collection
- Excel database used
- Data collected for all patients receiving Radioiodine treatment for benign thyroid conditions between 1st June 2015 and 1st June 2016
- Across two prescribing sites:
 - Site 1 = endocrinology trained prescriber
 - Site 2 = oncology trained prescriber

RESULTS

45 patients identified having radioiodine treatment during time period analysed, two of whom were lost to follow up and therefore excluded

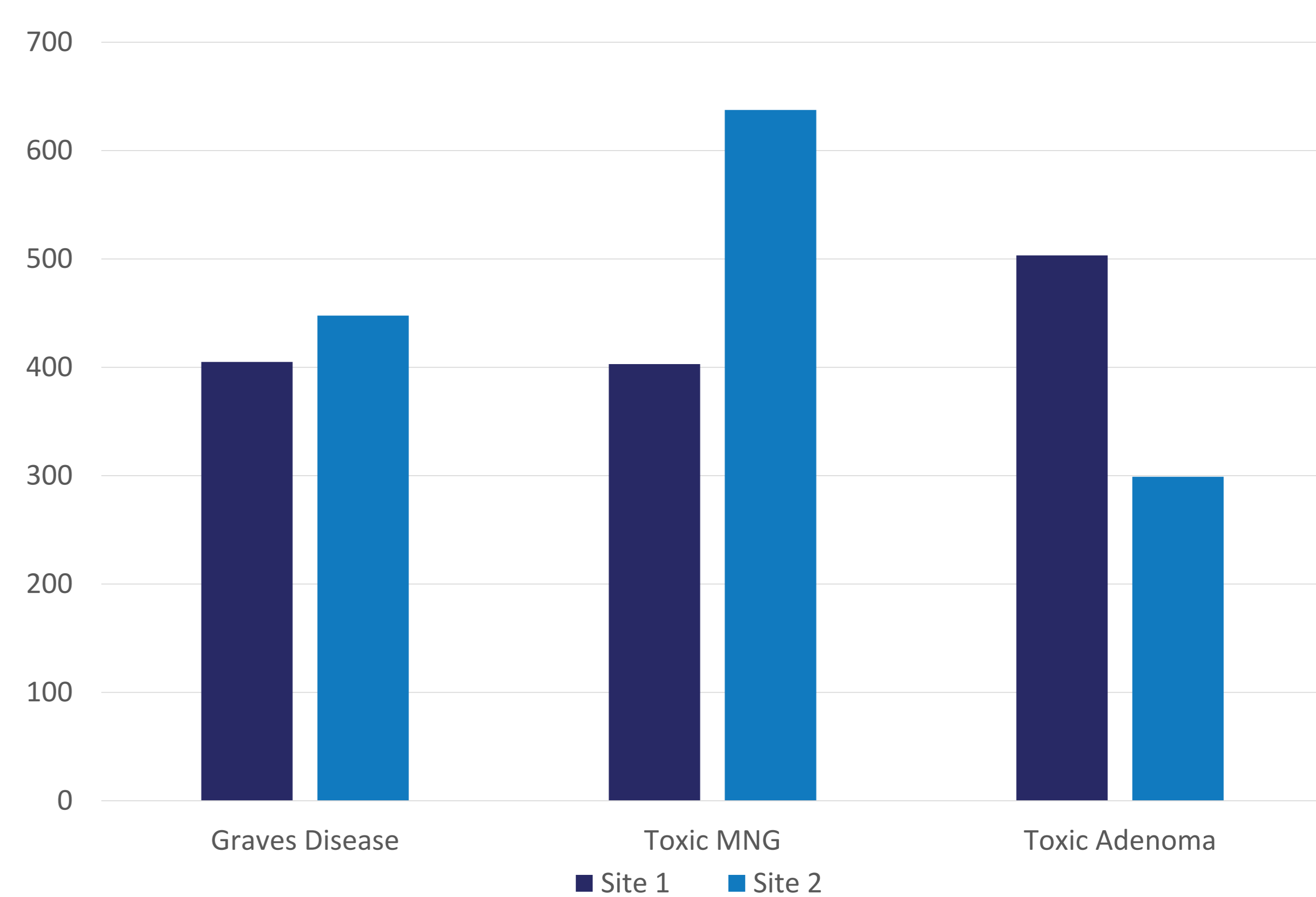
AETIOLOGY FOR RADIOIODINE THERAPY



EYE DISEASE

All patients had active eye disease excluded

DOSAGE PRESCRIBED



TREATMENT OUTCOME

The overall data showed a cure rate (those achieving euthyroidism or hypothyroidism) for Graves' Disease of 100% by 12 months

CONCLUSION

- There was appropriate adherence to national guidance* at both sites and lower doses were used with similar efficacy. Hence further comparisons with other centres using dosage calculations may be a useful guide in reflective practice
- Thyroid eye clinics for exclusion and stabilisation of eye disease prior to radioiodine treatment should be utilised (where possible) to exclude active Thyroid Eye Disease
- Raising awareness of effectiveness and safety of radioiodine to instigate earlier referral in recurrent thyrotoxicosis of benign thyroid disease
- Need to have longer term follow up to include relapse rates & also future hypothyroidism in RAI treated patients

REFERENCE

*Royal College of Physicians. Radioiodine in the management of benign thyroid disease Clinical guidelines. Report of a Working Party 2007