

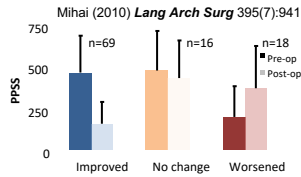
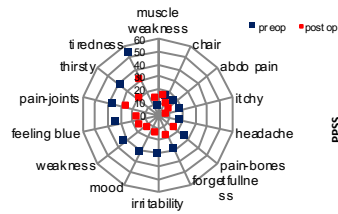
Symptomatic improvement after parathyroidectomy: personal views of patients with primary hyperparathyroidism

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Background

The Pasioka symptoms score and SF-36 questionnaire have been used to quantify improvement in the quality of life after parathyroidectomy but standardised questionnaires might fail to identify the personal experience of individual patients.



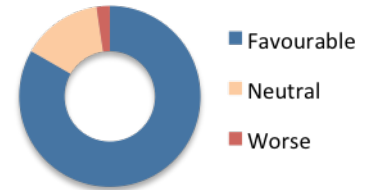
Methods



Unselected patients who underwent successful parathyroidectomy were asked to express in writing their views about the impact of parathyroidectomy on any aspect of daily life they considered significant (open question, no 'headings' suggested).

Results

- 78 patients with PHPT (16M:62F, age 22-89 yrs) were contacted by post in Jan 2015
- All patients were normocalcaemic (2.1-2.45 mmol/l) at 1-24 months (median 14 months) after parathyroidectomy
- Replies were received from 42 patients (51%).



'Favourable' replies (n=35) were classified into several themes (Table)

I sleep better, more refreshed when I wake up / much brighter / shorter nap in the afternoon / my energy levels multiplied

less irritable / improved interest in life / anxiety dissipated /

Not avoiding social situations any more / I can fit a lot more tasks within a day without feeling burnt out / socializing with friends and family

Timing of symptomatic improvement

immediately after the op / straightaway / felt better really the next day / it was probably about 2-3 weeks before I realised an improvement in my general state of mind

Personal experience after parathyroidectomy - general themes -	n	
General improvement	8	<i>light switch had been turned on / Feeling more 'myself' / feel in charge of my life again</i>
Less tiredness	9	<i>short term memory improved / Unconfused / assimilation, concentration, emotions and confidence level started picking up / I had no motivation to do anything</i>
Improvement in mental ability	10	
Psychological well-being	11	
Physical ability improved	20	<i>better energy levels / good progress with walking, movement / I can go swimming during the evenings and swim for longer</i>
Favourable social interactions	8	
<i>Since the op I met several people with this condition. What is interesting is the similarity of all their symptoms. It is like a 'bundle', easily recognisable when viewed en masse.</i>		

Conclusion

Majority of patients surveyed expressed very positive comments about changes in multiple aspects of their daily life. Future studies investigating the benefits of parathyroidectomy in patients with mild hypercalcaemia should include an unstructured 'open question' assessment of patients' personal views about their daily activities and quality of life.