

# Impact of Permanent Hypoparathyroidism on Quality of Life

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## Introduction

Permanent hypoparathyroidism (pHypoPT) is the most common complication post total thyroidectomy (TTx), yet there is limited data to describe its impact on quality of life (QoL). We aimed to explore the impact of pHypoPT on QoL using validated scoring systems.

## Methods

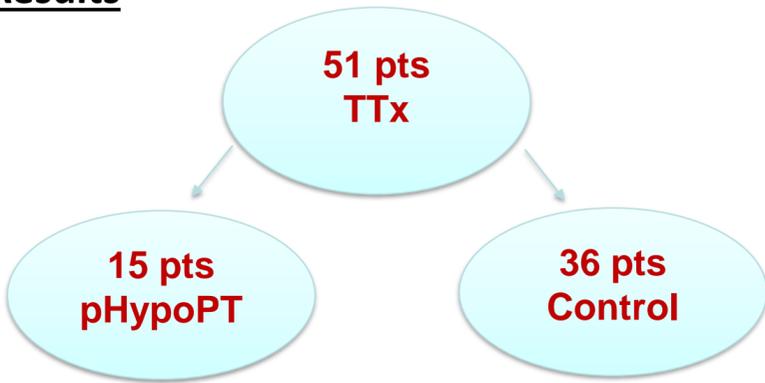
Patients with hypoPT post TTx between 2005-2021 were included

pHypoPT = Calcitriol  
>6 months

Matched control group

SF-36 &  
HPQ-28

## Results



### SF-36:

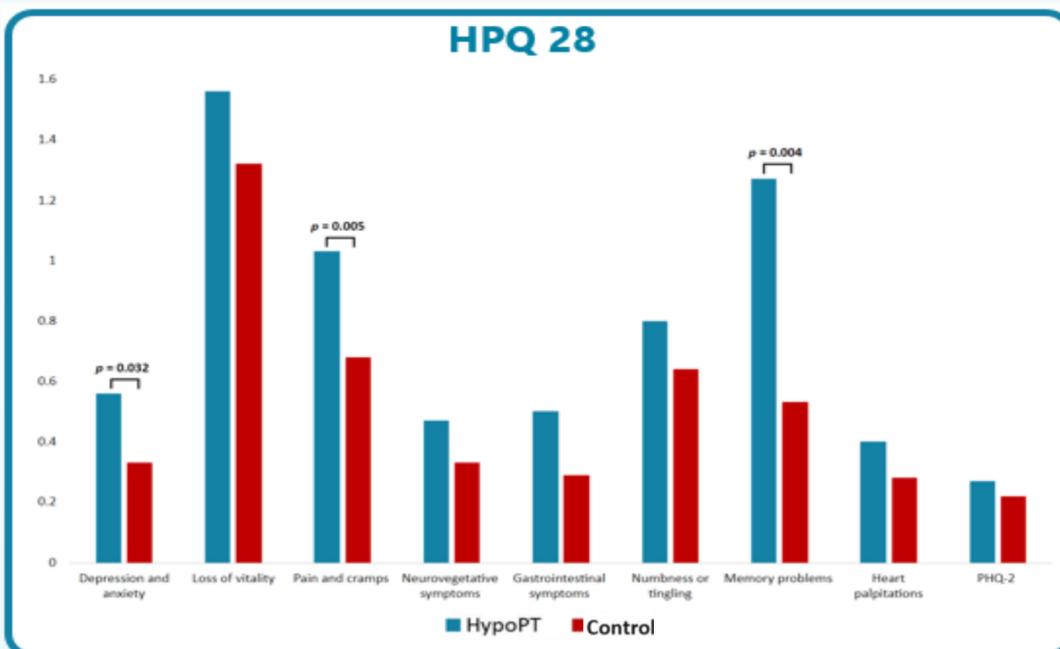
- lower mean scores in the domains of physical function (p=0.001) and general health (p=0.007), and a trend to increased loss of vitality (p=0.06)

### HPQ-28:

- more cramps (p=0.005) and memory problems (p=0.004), depression and anxiety (p=0.032)

Domains	HypoPT (n=15) Mean (SD)	Control (n=36) Mean (SD)	p Value
Health change	55.00 (23.53)	55.56 (18.04)	0.9
Physical function	72.00 (37.76)	85.69 (28.12)	<b>0.001</b>
Role limitation physical health	76.67 (42.65)	77.08 (42.18)	0.8
Role limitation emotional health	93.33 (25.23)	87.04 (33.75)	0.3*
Median (range)	100 (0 to 100)	100 (0 to 100)	
Social function	80.33 (30.11)	88.19 (21.00)	0.3*
Median (range)	100 (0 to 100)	100 (0 to 100)	
Bodily pain	73.67 (26.09)	81.67 (25.70)	0.1
Loss of vitality	53.67 (27.68)	61.11 (25.78)	0.06
Mental health	73.33 (29.47)	77.00 (30.96)	0.4
General health	56.33 (31.59)	67.78 (27.39)	<b>0.007</b>

\*p value derived from Mann-Whitney U test



## Discussion

pHypoT patients reported:

- Greater impairment in QoL – general well-being, physical function, sense of vitality
- Increased symptom burden

## Conclusion

The findings of this study can be used to:

- Enhance the understanding of pHypoPT
- Improve clinician and patient knowledge
- Improve decision making and informed consent