Audit of Day Case Thyroidectomy – Is it Safe?

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Background:

With innovation in anaesthetic techniques, surgical tools and improved preoperative preparation, ENT day surgery rates have increased¹ despite lack of specific identified variables for safe day surgery thyroidectomy² and BAETS position on day surgery³.

Objectives:

To review results from 2 audit cycles and compare with the 5th national audit 2017⁴. Results were used to inform department guidelines.

Methods:

- Retrospective audit of consecutive patients undergoing thyroid lobectomy or hemithyroidectomy (35 patients) in 2017 and (30 patients) in 2015 were included
- Data collected from electronic hospital systems: patient factors; length of stay; surgical factors and significant complications
- Standards – based on complications significant to day surgery: Haematoma (reported rates: 0.9%-2.1% & could be life threatening); 30 day mortality; Readmission rate
- Presented and discussed at department audit meeting

Results 1: Patient Demographics: Gender

2017 Sex ratio 1: 4

2015 Sex ratio 1: 6.5

BAETS: no significant change in demographic profile...strong female predominance.. 4:1

Results 1: Patient Demographics: Age

2017 Mean age 57y; Median age 58y

2015 Mean age 55.4y; Median age 57y

Results 2: Patient Factors: ASA grading

Suggested Guidelines for Thyroidectomy

Day Case

GA lasting < 100min
ASA Grade 1, some Grade 2
Young patients < 60y
Not on anticoagulants
Hemithyroidectomy/ Lobectomy

Inpatient

Retrosternal Goitre
Hyperthyroidism
On anticoagulants
Drain insertion
ASA Grade 3
Completion / Total Thyroidectomy
Prolonged surgery

Results 2: Patient Factors: Histology

2017

2015

Our series 50% (2015) -54% (2017) malignant

BAETS: Between 19%-36.7% had primary cancer diagnosis (all types)

Results 3: Length of Stay: Number of Postoperative days in hospital

60% of patients went home on the day of surgery in 2017 and 46% in 2015

Results 4: Surgical Factors: First Surgeon/Consultant

Results 4: Surgical Factors: Time under General Anaesthesia (Surgical + Anaesthetic time) in Minutes

Summary and Conclusions

- Consecutive audits indicate Day Surgery (partial) Thyroidectomy can be carried out safely (by high volume surgeons) in carefully selected patients, who are Fit, Young and have General Anaesthesia lasting ≤100 minutes.
- While none of the day surgery patients required readmission or suffered significant complications, there were readmissions for sepsis, haematoma and seroma among the inpatients.

References

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- Fifth National Audit Report 2017; The British Association of Endocrine and Thyroid Surgeons