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Amiodarone and thyroid function - Quality Assessment Protocol

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Background & Aim: Amiodarone is an effective drug in the treatment and prophylaxis of cardiac arrhythmias, however it presents multisystemic toxicity, in particular in the thyroid gland. Most patients remain euthyroid, but you may see a thyroid dysfunction. Therefore, the General Health Directory (GHD) published guidelines that define the monitoring of thyroid function six in six months, in these cases. **Aim:** Assess and ensure the quality of monitoring of thyroid function, of patients taking amiodarone, according to GHD's guidelines.

Method: Observational, cross-sectional, internal evaluation of the technical and scientific quality. The study will take place during the year 2016, in two stages: 1 January to 30 June - 1st evaluation; 1 July to 31 December - 2nd evaluation. Population: adult patients treated with amiodarone, enrolled in three Family Health Units. Exclusion criteria: patients with diagnosis of thyroid disease prior to the initial prescription of amiodarone; patients who did not return to a medical appointment during the study period. Quality Criteria: prescription blood tests with TSH and free T4, according to the above mentioned GHD's guideline. according to the above mentioned GHD's guideline. Corrective measures: presentation and discussion of these GHD's guidelines; preparation of document summary of GHD's guidelines to support the medical appointment; analysis and discussion of the first assessment at a meeting of the medical team; brainstorming with teams on strategy implementation. Data source: computerized medical records. Data analysis: software Microsoft Excel 2010® and SPSS version 18.0®.

Results: The results will be reviewed in January 2017 and presented as soon as possible.

Conclusions: The thyroid pathology associated with amiodarone may appear as hypo- or hyperthyroidism. Therefore, it is essential that the family physician's role in the follow-up of these patients with specific needs, consists in making proper management of the chronic therapy.

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