

## The long term impact of scars satisfaction and quality of life among patients underwent thyroidectomy in King Abdulaziz University Hospital

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### Abstract

**Introduction:** This study was conducted to be the first to evaluate scar satisfaction in thyroidectomy patients using validated assessment tools. It is well known that the nature of the Arab skin is different than those from other ethnic descents, and that might warrant more investigation to look into their satisfaction with post thyroidectomy scars.

**Objectives:** The objectives of this study to assess the long-term impact of scars satisfaction and quality of life, and the relation between scar length and scar satisfaction among patients who underwent thyroidectomy in King Abdulaziz University Hospital and to validate the universally used questionnaires into Arabic so they can be utilized into the study.

**Methods:** This is a retrospective cohort study involving female and male patients who underwent thyroidectomy in King Abdulaziz University Hospital. 60 patients were seen in otolaryngology clinic at King Abdulaziz University Hospital. Using the validated questionnaires that were translated to Arabic. Scar was evaluated in two stages, first was via a Clinician, second stage was by a naïve viewer. Ratings of disfigurement were measured using the validated patient and observer scar assessment scale (POSAS). Standard statistical analysis was performed to identify patients scar satisfaction after collecting the information from the postoperative thyroidectomy patients.

**Conclusion:** In a study that included 60 patients, Most of which, showed high satisfaction level with their thyroidectomy scar appearance. While on the other hand, a few weren't very satisfied and were looking for ways to improve their scar, some of them even considered going for scar revision or other alternative options. Scar length was highly associated with patients satisfaction and observers' judgment.



### Biography

Mohammed Abdulghani Nujoom is a resident PGY-5 of otolaryngology and head & neck surgery, with a master's degree in basic science of otolaryngology and head & neck surgery. He is aspiring to be the best in the field of otolaryngology. His goal is to the pursue career in head and neck oncology and microvascular reconstruction in one of the best centers in the world to fulfill his dream

[World Congress on Otolaryngology – Head and Neck Surgery](#) | March 02-03, 2020 | Edinburgh, Scotland

**Citation:** Mohammed Abdulghani Nujoom, Sara Bandar Alrowaizen and Mariam Mustafa Ageel, The long term impact of scars satisfaction and quality of life among patients underwent thyroidectomy in King Abdulaziz University Hospital, ENT 2020, World Congress on Otolaryngology-Head and Neck Surgery, Edinburgh, Scotland, 2-3 March, 2020, pp. 09