

WPM-A.6 16:15 Use Of A Patient Survey To Evaluate Compliance With And Quality Of Instructions Given To Patients Treated With Radioiodine, R J Vetter*, Mayo Clinic; D Van Nostrand, Washington Hospital Center; G Khorjekar, Washington Hospital Center; M D Ringel, Ohio State University; E A Carter, MedStar Research Institute; G Bloom, ThyCa: Thyroid Cancer Survivors' Association

Abstract: Notice of a survey for patients treated with ¹³¹I for well-differentiated thyroid cancer was emailed to all people on the contact lists of ThyCa: Thyroid Cancer Survivors' Association. They were encouraged to share the notice with other patients they knew who were treated for well-differentiated thyroid cancer. Responses were evaluated for compliance with instructions, perceptions of radiation exposure to family members and others, level of worry about radiation exposure, and patients' judgment of the quality of instructions. Out of more than 15,000 notices sent, over 1800 patients responded. Of these, 97% judged that they followed both oral and written instructions completely or almost completely. Most patients considered the oral (81%) and written (78%) instructions to be clear, concise and easy to understand. Most (93 – 96%) patients perceived that their contact with family members, pregnant women, young children, co-workers, friends, and other members of the public was negligible or minimal. However, only 82% perceived that their contact with roommates was negligible or minimal. "Level of worry about radiation exposure" was not defined in the survey but was ranked on a scale of 1 (negligible) to 5 (high). Of the patients who responded, 14% ranked their level of worry at 1, 15% at 2, 26% at the midrange of 3, 19% at 4, and 26% at the highest level of 5. Patients were asked about the length of time that they used separate towels and linens, used separate bathrooms and minimized contact with pregnant women as well as other similar questions. Results of this survey suggest that patient instructions could be improved to reduce radiation exposure to others and to reduce patient anxiety.