



# Educational Resources in International Languages

## 甲状腺次全切除术 **Subtotal Thyroidectomy**

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病人信息：

病人是一位23周岁的女士，脖子长了一个肿块。病人不确定该肿块存在多久了，但注意到过去四周肿块变大了。

医生应该向患者解释哪些内容：

手术治疗说明：

甲状腺次全切除术是一项切除部分甲状腺的手术。该手术是为了获得甲状腺样本。然后我们能够在显微镜下检测样本，以做出诊断并解释您的症状。

该手术通常在全麻状态下进行。在颈部开一个小的水平切口，接着异常的腺体通常可以被确定和切除。随后缝合颈部肌肉，创面缝合会使用可溶材料。手术后，可能会有一根小的引流管插在伤口上。管子连接到一个塑料瓶，盛流出的液体。引流管通常在24小时后取下。

手术有一定风险。一般风险包括：

- 疼痛
- 出血
- 感染
- 心肺损害，比如：深静脉血栓形成、肺栓塞、肺不张、肺炎、心肌梗死和中风
- 全麻风险

手术特殊风险包括：

- 伤口血肿（皮下出血形成血块）。血块会逐渐消散或从伤口渗出。为了控制出血，偶尔可能需要进行二次手术。
- 喉返神经损伤。这条神经线靠近手术区域。喉返神经损伤可能发生和导致嗓音嘶哑、呼吸困难。
- 低钙。甲状旁腺切除术后，剩下的腺体需要几天才能恢复正常功能。
- 甲状旁腺功能亢进治疗失败和复发。这种情况发生在不到5%的患者身上。偶尔在手术中没有发现甲状旁腺。因此需要进一步的检查和/或手术。
- 一些症状未能改善。

您还有其它问题吗？

病人：手术恢复期是多久？

医生：术后你可能感到疲惫和虚弱。完全恢复可能需要数周时间。术后第一周你可能很容易疲劳，出院后两三周的时间里白天短暂地休息一下通常很有帮助。住院时间因人而异，这取决于多久你能从手术和麻醉中恢复过来。

病人：我什么时候可以开始进食？

医生：大部分病人醒来以后就可以喝水，很快也可以吃东西。

病人：我什么时候可以开始驾车？

医生：除非你能确保完成一个紧急刹车，否则建议不要驾车。健康状况不佳的情况下驾车可能使你的保险失效。

病人：我什么时候可以回去工作？

医生：一旦你感觉良好就可以回去工作了。这取决于你自己的感觉和你的工作类型。

病人：我应当怎样护理伤口？

医生：你出院的时候还包扎着敷料，但是术后第五天基本上就不再需要敷料了。一开始，建议你只是淋浴。切口缝合通常用的是皮肤可吸收的缝合材料。任何用于缝合伤口的夹子或非可溶性缝合线在约五天后都需要拆除。切口很可能在一到两周内泛红和不适，一定程度的淤青和肿大也是常见的。

医生：请问还有关于手术的其它问题吗？

病人：没有了。

医生：您是否同意进行此项手术？是的话，能否在此签字？  
非常感谢。



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## Courses (a selection):

### Undergraduate:

- Final Year Medicine and Surgical Revision Courses
- Training the Clinical Anatomy Trainer
- Clinical Anatomy as Applied to Trauma and Emergency Medicine
- Surgical Anatomy of Important Operative Procedures
- Future Surgeons: Key Skills (RCSEd delivered)
- Structured Introduction to Surgical Skills

### Postgraduate:

- MRCS Part A
- MRCEM Part A
- MRCS Part B OSCE
- DOHNS: Intensive Revision & OSCE
- Intercollegiate Basic Surgical Skills (RCSEd delivered)
- MRCP PACES Part 2
- FRCS (General Surgery) Exit Exam
- Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course
- Ultrasound-Assisted Botulinum Toxin Injection for Neuromuscular Disorders
- Live Advanced Laparoscopic Colorectal Course



## Forthcoming key events:

- **International Medical Summer School**  
*Manchester, 6<sup>th</sup> to 10<sup>th</sup> August 2018*
- **International Academic and Research Conference**  
*Manchester, 11<sup>th</sup> August 2018*
- **World University Anatomy Challenge**  
*Manchester, 9<sup>th</sup> and 10<sup>th</sup> August 2018*

## Publications



[publications.doctorsacademy.org](http://publications.doctorsacademy.org)

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### Resources for:

- Medical Students
- Dental Students
- International Entrance Exams
- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
- DOHNS Exams

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