Hypoparathyroidism (HP) is a rare endocrine disorder characterized by absent or inappropriately low levels of circulating parathyroid hormone (PTH). Patients with HP on standard of care and/or short-acting PTH therapy report debilitating physical and cognitive symptoms, which may be indicative of a reduced quality of life (QOL). Scent data are available on the economic burden of illness experienced by patients with this condition.

**METHODS**

- Using a patient-centered, qualitative study design, semi-structured individual interviews were conducted by telephone with 42 adult patients with post-surgical or idiopathic HP
- Inclusion criteria:
  - At least 18 years old
  - Ability to read, write and speak English
- A diagnosis of HP of either at least 6 months (post-surgical), or 12 months (auto-immune or idiopathic)
- Stable if defined as infrequent severe hypo- or hypercalcemia with high-normal to elevated urine calcium excretion ≥200/250 mg for adults on thiazides or ≥250/75 mg not on thiazides on standard of care (oral calcium and vitamin D supplements) and/or PTH replacement therapy at last 3 months

**RESULTS**

**Impacts of HP on Work Productivity**

- One-third of the study sample (n=14, 33%) reported that they were no longer able to work due to their HP symptoms
- Among those currently employed (n=21), 86% (n=18) reported that their HP symptoms interfered with their work productivity, including:
  - Interference with cognitive functioning/ability to perform cognitive tasks (n=12, 57%)
  - Interference with physical functioning (n=7, 33%)
- Nearly 30% reported being limited in the type of occupation they could do (n=6, 29%)
- Nearly one quarter reported needing to reduce the number of hours they work (n=5, 24%)

**Out-of-Pocket Costs of HP**

- 81% of participants (n=34) reported incurring out-of-pocket expenses associated with HP including:
  - Medications and supplements (n=28, 67%)
  - Medical visits (n=17, 40%)
- In addition to out-of-pocket costs, 45% of study participants (n=19) reported as a financial impact the loss of income due to taking unpaid time off, needing to reduce the number of hours worked, or no longer being able to work
- 12% of participants (n=5) further reported experiencing difficulty accessing health insurance plans with affordable premiums that covered their treatment needs

**LIMITATIONS**

- The patients who responded to recruitment outreach were primarily female with post-surgical HP. However, the proportions in this study are similar to those reported in other studies.

**CONCLUSIONS**

- Findings from this qualitative study suggest that the severity of symptoms experienced by many patients with HP may substantially impact their work productivity and generate multiple out-of-pocket costs
- Further research is needed to quantitatively assess the economic burden of illness associated with HP