

## THE JOURNAL OF THE IRISH HEAD AND NECK SOCIETY

**Title:** Radiofrequency Ablation for Thyroid Nodules – Experience from an Irish ENT Centre

**Body:** Background:

Ultrasound guided radiofrequency ablation (RFA) is a minimally invasive approach to treatment of benign thyroid nodules supported by the NICE guidelines. This case series assesses the size outcomes of RFA and associated complications in one Irish centre.

Methods:

A retrospective case series of 4 patients who have undergone radiofrequency ablation for thyroid nodules in Tallaght University Hospital between November 2023 and January 2025.

Results:

5 radiofrequency ablations were performed on 4 patients. Prior to RFA, a fine needle aspiration confirmed the nodules were benign. RFA was performed percutaneously with local anaesthetic, using US guidance with an AMICA radiofrequency probe to ablate the nodules. 4/4 (100%) resulted in a reduction in nodule size on post procedural ultrasound scan. One patient is pending post procedural scan. One patient had 2 procedures performed. One RFA resulted in post procedural pain which self resolved after 2 weeks. There were no additional complications.

Conclusions:

Radiofrequency ablation can be employed as a non-operative approach to reduce the size of thyroid nodules. Consideration should be given to whether RFA would make future operative management more difficult. Longer follow up is required to determine recurrence rates for these patients.

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