



Australian Government
Department of Veterans' Affairs

Policy Development Branch

SOP Bulletin No. 228

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THE FOLLOWING RMA SOPS TAKE EFFECT ON 31 JANUARY 2022

New conditions	Nil
Revocations & Replacements	Hashimoto thyroiditis hypothyroidism hyperthyroidism and thyrotoxicosis Graves disease goitre narcolepsy aortic stenosis colorectal adenoma gingivitis malignant neoplasm of the colon and rectum
Amendments	Nil

NOTEWORTHY FEATURES

Thyroid diseases

There are five SOPs for benign thyroid disease that have been updated together. They cover two specific diseases (Graves disease and Hashimoto thyroiditis), two functional states (low and high thyroid hormone levels) and a physical enlargement of the thyroid gland (goitre).

There is potential for significant overlap between these conditions (e.g. Graves disease typically manifests with a goitre and high thyroid hormone levels (hyperthyroidism). The RMA's approach has been to make the SOPs stand alone, so that only one SOP will apply in any one circumstance (with one exception). There will be no need to propagate from one thyroid SOP to another.

There is extensive commonality to the factors across the SOPs.

There is a hierarchy to the way these SOPs are organised:

The Graves disease and Hashimoto thyroiditis SOPs each cover all manifestations of those diseases.

The goitre SOP covers all goitres except those due to Graves disease, Hashimoto thyroiditis, congenital goitres and trauma. This included goitres with normal, low or high thyroid hormone levels (euthyroid, hypothyroid and hyperthyroid).

The hyperthyroidism/thyrotoxicosis SOPs cover only what is left after the above conditions (particularly Graves disease and toxic goitre) have been excluded (and so cover only a minority of cases).

The hypothyroidism SOP excludes Hashimoto thyroiditis, which is the major cause of low thyroid hormone levels. The hypothyroidism SOP overlaps with the goitre SOP, so that in someone with a hypothyroid goitre, either SOP can apply. The factors are nearly identical in both SOPs.

The following table provides further direction for the most commonly seen conditions.

Condition	SOP that applies
Goitre and/or hyperthyroidism due to Graves disease	Graves disease only
Goitre and/or hypothyroidism due to Hashimoto thyroiditis	Hashimoto thyroiditis only

Adenoma of thyroid - toxic or with normal thyroid function	Goitre SOP only
Multinodular goitre - toxic or with normal thyroid function	Goitre SOP only
Adenoma of thyroid or multinodular goitre - with low thyroid hormone function (hypothyroidism)	Either Hypothyroidism or Goitre SOP - factors are near identical. Use more beneficial SOP.
Hypothyroid goitre (not due to Hashimoto thyroiditis)	Either Hypothyroidism or Goitre SOP - factors are near identical. Use more beneficial SOP.

General SOP changes:

- The definitions have all been updated in format.
- The definitions each note that the condition may present with thyrotoxic crisis (in the case of excess thyroid hormone), or myxoedema coma (low thyroid hormone), as relevant for the condition. Those presentations are covered by the SOPs and there are corresponding new onset factors for precipitating events.
- There are changes and additions to the drugs factors across the SOPs.

Hashimoto thyroiditis	Revocation – 1 & 2 of 2022 Replaces 31 & 32 of 2013 as amended
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- There are new RH and BOP factors for: obesity; and postpartum thyroiditis.
- There are new RH only factors for: smoking cessation; and posttraumatic stress disorder.
- The ionising radiation dose factor has been removed.

Hypothyroidism	Revocation – 3 & 4 of 2022 Replaces 29 & 30 of 2013 as amended
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- There are new RH and BOP factors for: obesity; and a deiodinase 3 overexpressing neoplasm.
- There is a new RH only factor for Hepatitis C infection.

Hyperthyroidism and Thyrotoxicosis**Revocation – 5 & 6 of 2022**

Replaces 27 & 28 of 2013

- There are new RH and BOP factors for: minocycline; iodine-containing drugs; having a malignant neoplasm involving the thyroid gland; and having functional extrathyroidal tissue (in a tumour located outside the thyroid).

Graves disease**Revocation – 7 & 8 of 2022**

Replaces 33 & 34 of 2013 as amended

- There are new RH and BOP factors for: pregnancy/postpartum period; ethanol injection into the thyroid (as treatment for a thyroid cyst/tumour); and trauma to the eye.

Goitre**Revocation – 9 & 10 of 2022**

Replaces 23 & 24 of 2013 as amended

- There is a new RH and BOP factor for taking a medication containing iodine.
- The ionising radiation dose factor has been retained.

Narcolepsy**Revocation – 11 & 12 of 2022**

Replaces 7 & 8 of 2014 as amended

- The definition has been updated and now provides a broader clinical description rather than the previous more precise technical criteria. The SOP still covers narcolepsy with and without cataplexy and excludes early onset narcolepsy that occurs with genetic syndromes.
- In factor changes:
 - Concussion and moderate to severe traumatic brain injury have been rolled into a single factor;
 - The brain surgery factor has been refined, to now cover procedures involving the hypothalamus, midbrain or brainstem;
 - The dose factor for ionising radiation has been removed, but the course of therapeutic radiation factor is retained;
 - The previous specified neurological disorder factor has been generalised to diseases/disorders of the hypothalamus, midbrain or brainstem and it now has an example list;

- Mass lesions (neoplasm and other space occupying lesions) of the hypothalamus, midbrain or brainstem are now covered by a separate factor;
- Previously RH only factors for Pandemrix influenza vaccine and streptococcal pharyngitis have been added to the BOP SOP;
- There is a new RH only factor for H1N1 influenza.

Aortic stenosis

Revocation – 13 & 14 of 2022

Replaces 21 & 22 of 2013 as amended

- The definition has been updated, but with no change in SOP coverage.
- The previous factor for SLE and rheumatoid arthritis has been expanded to cover systemic autoimmune connective tissue diseases.
- There are new RH and BOP onset and worsening factors for: diabetes; and overweight and obesity.
- Previously RH only factors for hypertension and smoking have been added to the BOP SOP.
- A factor for alkaptonuria has been removed.
- There are new worsening only factors (RH and BOP) for pregnancy and surgery.

Colorectal adenoma

Revocation – 15 & 16 of 2022

Replaces 35 & 36 of 2013

- The definition has been updated in format but is effectively unchanged.
- Being overweight has been added to the existing obesity factor in the RH SOP only.
- A previously RH only factor for diabetes has been added to the BOP SOP.
- Several other previously RH only factors have been extended to the BOP SOP but are also now restricted to adenoma of the colon only. These concern inability to exercise and consumption of red meat and processed meat.
- There is a new RH only factor for inability to consume fruit and vegetables.
- Previously RH only factors have been removed for ulcerative colitis, Crohn's disease, inability to consume milk and inability to consume folate.

Gingivitis

Revocation – 17 & 18 of 2022

Replaces 45 & 46 of 2013 as amended

- The definition has been reformatted but is otherwise unchanged.

- There are new RH and BOP factors for: direct allergen exposure; transplantation; and gingival infection.
- There are new RH only factors for: obesity; and a category 2 stressor (for acute necrotising ulcerative gingivitis only).
- Factors for category 1A or 1B stressors, previously for RH and BOP, are now RH only.
- Factors for having an oral piercing and for drug-induced gingival hyperplasia have been removed.
- Sub-factors covering graft versus host disease and use of a progesterone-only oral contraceptive pill have been removed.

Malignant neoplasm of the colon and rectum

Revocation – 19 & 20 of 2022

Replaces 37 & 38 of 2013 as amended

- There has been a minor name change, from “colorectum”.
- The definition has been updated in format and now explicitly includes the appendix.
- There are new RH and BOP onset factors for: being prevented from accessing clinical screening for colorectal precancerous lesions or colorectal cancer; being prevented from accessing appropriate treatment for colorectal precancerous lesions; and chronic schistosomiasis.
- Being overweight has been added to the existing RH obesity factor.
- Previously RH only factors have been extended to the BOP SOP for: diabetes; acromegaly; red meat consumption; processed meat consumption; and low fibre intake.
- There are new RH only factors for: low fruit and vegetable consumption; transplant; cholecystectomy; ureterosigmoidostomy; psoriasis; sarcoidosis; bilateral oophorectomy; bilateral orchiectomy; and androgen deprivation therapy.
- A previous RH only factor for folate consumption has been removed.

Contact for this bulletin:

[Dr Jon Kelley](#)