

Endocrine

Hyperthyroidism (Graves) vs. Hypothyroidism (Hashimoto)

S/S ↑ Thyroid	S/S ↓ Thyroid
Enlarged thyroid, weight loss, ↑appetite, diarrhea, heat intolerance, tachycardia, palpitations, diaphoresis, nervousness, ↑BP, insomnia, exophthalmos	Fatigue, thin/dry/brittle hair, thick/brittle nails, constipation, ↓BP, bradycardia, goiter, periorbital edema, facial puffiness, cold intolerance, dull emotions and mental processes, husky voice, slow speech

Lab Values	Lab Values
↑ T3, T4, ↓TSH	↓T3, T4, ↑TSH

Treatment	Treatment
Meds – PTU, methimazole Radiation to destroy cells (use appropriate precautions) Thyroidectomy	Meds – levothyroxine

Nursing	Nursing
Post thyroidectomy – watch for bleeding, laryngeal edema, check for tetany- how? Have trach, O2, suction machine and calcium gluconate at bedside – why?	Teach med is lifelong, will need serum hormone levels to determine dose

Complications	Complications
Thyroid storm – assess for fever, tachycardia, agitation, anxiety and HTN. Maintain airway	Myxedema coma – assess mental status, assess respiratory and cardiac. Maintain airway, could need vent support

Addison Disease vs. Cushing Syndrome

Addison S/S	Cushing S/S
Weakness and fatigue, N/V, hyperpigmentation, ↓BP, ↓BS, ↓Na, ↑K+, ↓ in steroids Can lead to crises	Moon face, truncal obesity, buffalo hump, muscle atrophy, thinning of skin, hirsutism, striae, sexual dysfunction, amenorrhea, ↑BP, osteoporosis, peptic ulcer disease, immunodepression, ↑BS, ↑Na, ↓K+, ↑in all the steroids

Treatment	Treatment
Meds – adrenocorticoid replacement such as hydrocortisone and fludrocortisone For crises - treat with IV fluids, IV glucose, IV hydrocortisone and fludrocortisone PO	Meds – hormone suppression of excessive cortisol production May need an adrenalectomy

Nursing	Nursing
Teach lifelong hormone replacement Need close medical supervision Need medical alert jewelry S/S of overdose or underdose Increase fluids Diet ↑ in sodium and carbs, ↓ in potassium Need for ulcer prophylaxis	Teach to avoid infection – what are the s/s? Good skin hygiene Monitor weight & I/O Diet ↓ sodium and foods ↑ in Vit D and calcium