

Disease: **Hypothyroidism**

Student Name: **Shayla Mitchell**

Pertinent Common Signs and Symptoms

- Lethargy
- Fatigue
- Constipation

Pertinent Physical Exam Findings/Risk Factors

- Exam Finding:
- Hair loss
 - Brittle nails
- Risk Factor:
- Women 30-40yo
 - Inadequate iodine intake

Pertinent Nursing Interventions

- monitor cardiovascular status
- monitor client's weight
- apply antibiotic stockings
- Provide extra clothing & blankets for clients who have decreased cold tolerance

Disease and Brief pathophysiology

Insufficient levels of thyroid hormone T3 and T4.

Labs

- T3/T4 Serum
- Serum cholesterol
- Serum TSH

Diagnostic Procedures

- Radioisotope Scan and uptake
- ECG

Pertinent Medications

- Thyroid hormone replacement
- ~~antibiotics~~

Client Education/Health Promotion

- Tell client to take medication on an empty stomach
- Inform client that supplements interfere with absorption of medication

Potential Problems

- Myxedema (coma)

Disease: Hyperthyroidism

Pertinent Common Signs and Symptoms

- Anxiety
- Loss of weight
- Insomnia
- Nervousness
- Hyperactivity*

Pertinent Physical Exam Findings/Risk Factors

- Examining Findings:
- Tremor
 - Tachycardia
- Risk Factors:
- Graves' Disease
 - Excessive doses of thyroid hormone

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Pertinent Nursing Interventions

- Assess mental status
- monitor nutritional status
- monitor vital signs
- Reduce room temperature
- Administer antithyroid meds

Disease and Brief pathophysiology

EXCESSIVE levels of thyroid hormone T3 and T4

↑ Thyroid stimulating immunoglobulins

Client Education/Health Promotion

- Advise client to take all medication as directed
- Adjust diet to increase metabolism
- Notify provider of fever, increased restlessness, palpitations or chest pain

Diagnostic Procedures

- Labs
- Serum TSH test
 - Free T₄ index, T₄ (total)
 - Thyroid-Stimulating immunoglobulins
 - Thyrotropin receptor antibodies

- Ultrasound
- Electrocardiogram
- Radioactive iodine uptake

Pertinent Medications

- Thionamides
- Beta Blocker
- Iodine solutions

Potential Problems

- Hemorrhage at incision site
- Thyroid storm/crisis
- Airway obstruction
- Nerve damage
- Hypocalcemia, tetany