

HYPOTHYROIDISM PATHOCHART

PATHOPHYSIOLOGY

Hypothyroidism is the underproduction of hormones by the thyroid gland. The most common cause of hypothyroidism is an autoimmune disease called Hashimoto's Thyroiditis. Other causes include iodine deficiency or thyroidectomy. This undersecretion causes a decreased metabolic rate and slower bodily functions.



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ASSESSMENT FINDINGS

- Hypometabolic state
- Cold intolerance
- Anorexia
- Weight gain
- Edema
- Hypoglycemia
- Goiter
- Bradycardia, hypotension
- Anemia
- Constipation
- Fatigue, muscle aches
- Dry skin

DIAGNOSTICS

- ↓ T3, T4, Free T4 hormones
- ↑ TSH levels
- Decreased radioactive iodine uptake

NURSING PRIORITIES

- Maintain Normal Temperature
- Support Hormone Balance
- Manage Nutritional Needs
- Support Adequate Perfusion

THERAPEUTIC MANAGEMENT

- Cardiac Monitoring
- Maintain open airway, especially with goiter
 - Have tracheotomy supplies available
- IV fluids to support hemodynamics
- Administer glucose/dextrose as needed
- Encourage nutrition intake
- Assess thyroid hormone levels

MEDICATION THERAPY

- Levothyroxine (Synthroid)
- Monitor for hyperthyroidism with overdose