Hyperthyroidism

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INTRODUCTION

What is Hyperthyroidism?
It is the 2nd most prevalent endocrine disorder. Grave's disease is the most common type of hyperthyroidism, results from an excessive output of thyroid hormones caused by abnormal stimulation of the thyroid gland.

May appear after emotional shock, stress or infection.

Overview

Introduction cont.

Causes:
- Excessive output of hormones (Graves Disease)
- Thyroiditis
- Excessive ingestion of thyroid hormone
- Molar pregnancy
- Choriocarcinoma
- Hyperemesis Gravidarum

Signs and Symptoms

Emotional hyperexcitability
Irritability
Apprehension
Restlessness
Palpitations
Nervousness

Signs and Symptoms cont.

Rapid heart rate
Heat intolerance
Flushed skin (warm, soft, moist)
Increased appetite, weight loss, abnormal muscle fatigability & weakness
Clinical Manifestations

Objectives

- Identify the diagnostic tests used to determine alterations in function of the thyroid gland
- Develop a plan of nursing care for the patient with hyperthyroidism

Assessment

- Palpate the thyroid gland for enlargement; it is soft and may pulsate; a thrill may be felt and a bruit heard over thyroid arteries
- Lab tests show a decrease in serum TSH, an increase in serum thyroxine (T4) level and an increase in $^{123}$I or $^{125}$I uptake in excess of 50%.

Assessment cont.

- Obtain a health history, include family history of hyperthyroidism, note reports of irritability or increased emotional reaction and the impact of these changes on patient's interaction with family, friends and coworkers.
- Assess stressors and patient's ability to cope with stress.

Assessment cont.

- Evaluate nutritional status and presence of symptoms
- Assess & monitor cardiac status periodically
- Assess emotional state and psychological status.
Enlarged Thyroid Gland

Imbalanced Nutrition: less than body requirements related to exaggerated metabolic rate, excessive appetite and increased G I activity.

- Improving Nutritional Status
  - Provide several small, well-balanced meals to satisfy patient's increased appetite
  - Replace food/fluids lost through diarrhea & diaphoresis
  - Reduce diarrhea by avoiding highly seasoned foods & stimulants such as coffee, tea, cola, and alcohol
  - Encourage high calorie, high protein foods
  - Monitor I&O's, daily weight

- Improve Self-Esteem: Restate understanding of concerns regarding problems w/ appearance, appetite, and weight
  - Provide eye protection if experiencing eye changes secondary to condition. Instruct in correct instillation of eye drops/ointment to soothe/protect exposed cornea
  - Arrange for pt to eat alone, if desired & if embarrassed by large meals consumed due to increased metabolic rate. Avoid commenting on intake

Evaluation

- Expected patient outcomes:
  - Shows improved nutritional status
  - Demonstrates effective coping methods in dealing with family, friends, and coworkers
  - Achieved increased self-esteem
  - Maintains normal body temp
  - Displays absence of complaints
Patients with hyperthyroidism are characteristically:

- A) apathetic and anorexic
- B) calm
- C) emotionally stable
- D) insensitive to heat

Appropriate treatment for hyperthyroidism would be:

- A) Radioactive iodine therapy
- B) Antithyroid medications
- C) Partial/complete thyroidectomy
- D) All of the above

One of the most common types of hyperthyroidism is:

- A) Cushing’s syndrome
- B) Graves’ disease
- C) Myxedema
- D) None of the above
Question

The Nurse is obtaining a health history on a 36-year-old female who reports an increase in appetite, weight loss, intolerance to heat and nervousness. On physical assessment, the client is noted to have thin hair and moist skin. Based on this information, the nurse would suspect which of the following?

A) Hypothyroidism  
B) Hyperthyroidism  
C) Hypoparathyroidism  
D) Hyperparathyroidism

Question

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Exophthalmos causes the eyes to:

A) Protrude more than usual  
B) Focus differently  
C) Become red

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THE END