

NR 601 Week 3 i-Human Virtual Patient Encounter- Hyperthyroidism

Let's go through the key steps and considerations for managing a patient with hyperthyroidism.

Step-by-Step Guide:

1. Patient History:

- **Chief Complaint:** Ask the patient about their main concern. Common symptoms of hyperthyroidism include weight loss, palpitations, heat intolerance, and anxiety.
- **History of Present Illness:** Gather detailed information about the onset, duration, and severity of symptoms.
- **Past Medical History:** Check for any history of thyroid disease, autoimmune disorders, or recent infections.
- **Family History:** Inquire about any family history of thyroid disorders.
- **Medications:** Review current medications, including over-the-counter drugs and supplements.
- **Social History:** Assess lifestyle factors such as diet, exercise, and stress levels.

2. Physical Examination:

- **General Appearance:** Look for signs of weight loss, tremors, and hyperactivity.
- **Vital Signs:** Check for tachycardia, hypertension, and elevated temperature.
- **Thyroid Examination:** Palpate the thyroid gland for enlargement, nodules, or tenderness.
- **Eyes:** Look for signs of exophthalmos (protruding eyes) and lid lag.
- **Skin:** Check for warm, moist skin and any signs of pretibial myxedema.
- **Neurological Exam:** Assess for hyperreflexia and tremors.

3. Diagnostic Tests:

- **Blood Tests:** Order thyroid function tests including TSH, Free T4, and Free T3. In hyperthyroidism, TSH is typically low, and Free T4 and T3 are elevated.
- **Thyroid Antibodies:** Check for thyroid-stimulating immunoglobulins (TSI) if Graves' disease is suspected.
- **Imaging:** Consider a thyroid ultrasound or radioactive iodine uptake test to evaluate the thyroid gland's structure and function.