



RAMA
UNIVERSITY

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FACULTY OF NURSING



UNIT – 8 M.S.N 1ST

HYPORTHYROIDISM

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HYPOTHYROIDISM

DEFENITION: In this type of disorder decreases production of thyroid hormone (T₃ & T₄) and affect the B.M.R.

CAUSES

- Thyroid surgery
- Over response of hyperthyroidism treatment
- Autoimmune disease
- Medication
- Nutritional deficiency

CLINICAL MANIFESTATION

- Obesity
- Constipation
- Bradycardia
- Increase B.P.
- Decrease B.M.R
- Cold intolerance
- Weakness
- Lethargy
- Cretinism
- Myxedema

DIAGNOSIS

- Physical examination
- Check T₃ & T₄ level
- Weight assessment
- M.R.I
- C.T. Scan
- Lipid profile

MANAGEMENT

- Levothyroxine drug
- Lactulose for constipation
- Glucose drinks

- **NURSING MANAGEMENT:** Give the advice to the patient take medicine in a empty stomach.
- Avoid white food.
- Repeated weight assessment
- Advice to repeated thyroid assessment