

# Thyroid Dysfunction Management

This playbook outlines the procedure for managing thyroid dysfunction, focusing on medication adherence, diet modifications, and regular health monitoring for both overactive and underactive thyroid conditions.

## Step 1: **Diagnosis Confirmation**

Confirm the diagnosis of an overactive or underactive thyroid by reviewing the patient's medical history, symptoms, and conducting appropriate thyroid function tests.

## Step 2: **Medication Prescribing**

Prescribe the appropriate medication for the thyroid condition. For hypothyroidism, this typically includes synthetic thyroid hormone replacement. For hyperthyroidism, the prescription may involve antithyroid medications or beta-blockers.

## Step 3: **Medication Adherence**

Educate the patient on the importance of medication adherence. This includes understanding the dosing schedule, potential side effects, and the necessity of taking the medication for the long term.

## Step 4: **Dietary Advice**

Provide dietary advice tailored to the thyroid condition. This should include guidance on foods to eat or avoid and the role of iodine and other nutrients in managing thyroid function.

## **Step 5: Regular Monitoring**

Set up a schedule for regular monitoring of thyroid function through blood tests. Adjust medication dosages as needed based on test results and clinical presentation.

## **Step 6: Lifestyle Counselling**

Offer lifestyle counseling to support thyroid health, including managing stress, getting enough sleep, and engaging in regular physical activity.

# **General Notes**

## **Patient Education**

Ensure the patient understands their condition, the reasons behind each prescribed action, and the importance of maintaining their health through regular check-ups and medication.

## **Referral Consideration**

Consider referring the patient to an endocrinologist or a dietitian if the condition is complex or if specialized dietary management is needed.

## **Regular Follow-Up**

Advise the patient to schedule regular follow-up appointments to review medication effectiveness and adapt the treatment plan as necessary.