

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME _____

CONCEPT Hypothyroidism

REVIEW MODULE CHAPTER _____

Related Content

(E.G., DELEGATION,
LEVELS OF PREVENTION,
ADVANCE DIRECTIVES)

Definition: A condition in which the thyroid gland produces an abnormally low amount of thyroid hormone.

prevention: Avoid too much fat foods, drink filtered water containing fluoride, n avoid smoking and stress, take a screening test and involving medications.

Types: Primary, secondary and tertiary hypothyroidism

Underlying Principles

Deficiency of thyroid glands that disrupt heart rate, body temperature and metabolism

Example: Hashimoto's thyroiditis- autoimmune disease as a result of hypothyroidism

The risk can be lowered by using Thyroid hormone replacement

Nursing Interventions

WHO? WHEN? WHY? HOW?

- Promoting rest of the patient
- Managing respiratory symptoms like pulse oximetry, pattern and rate
- Increasing fluid intake and providing food with higher fibers
- Ensuring proper intake of medications as prescribed