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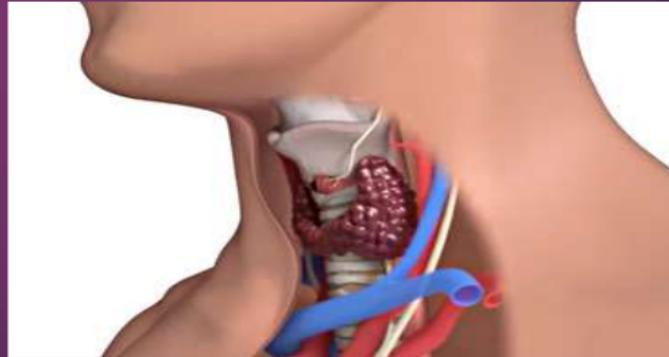
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Kelly's Case Study

Introduction

- Kelly is a 38-year-old Hispanic woman
- Kelly complains of difficulty in swallowing and a painless nodule protruding from the neck
- Kelly is concerned about her symptoms





Background detail

- Kelly has a history of type 2 diabetes and dyslipidemia
- Kelly has been on medication to help in managing her condition
- There is no relevant family history relating to thyroid cancer
- Kelly has not undergone any surgeries in the past

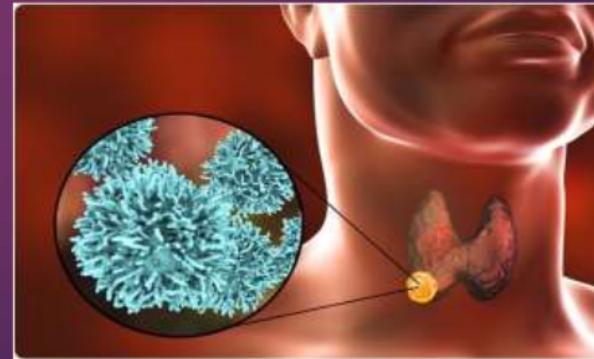


Clinical assessment

- For Kelly's assessment, I conducted a physical examination
- Vital signs of the patient were also recorded
- Diagnostic tests were also conducted, which involved ultrasound and biopsy.
- The results of the assessment confirmed that the patient has lung cancer.

Clinical assessment continuation...

- Thyroid cancer is a form of cancer that occurs in the thyroid
- The symptoms associated with thyroid cancer include swelling and pain in the neck
- Other symptoms that are associated with thyroid cancer include difficulty swallowing, voice changes which increases hoarseness.





Pathophysiology

- Thyroid cancer is caused as a result of the cells in the thyroid undergoing genetic mutation.
- The increased number of cells results in a tumor (Roman, Morris & Davies, 2017).
- The risk factors that contribute to thyroid cancer include exposure to radiation and genetics.

Recommendation

- The treatment goal for the patient will be to ensure that all the cancer cells are removed.
- The treatment option for the patient will involve surgery followed by thyroid hormone therapy.
- Monitoring of the patient during the treatment period will also be important.
- The emotional well-being of the patient will also be a priority.



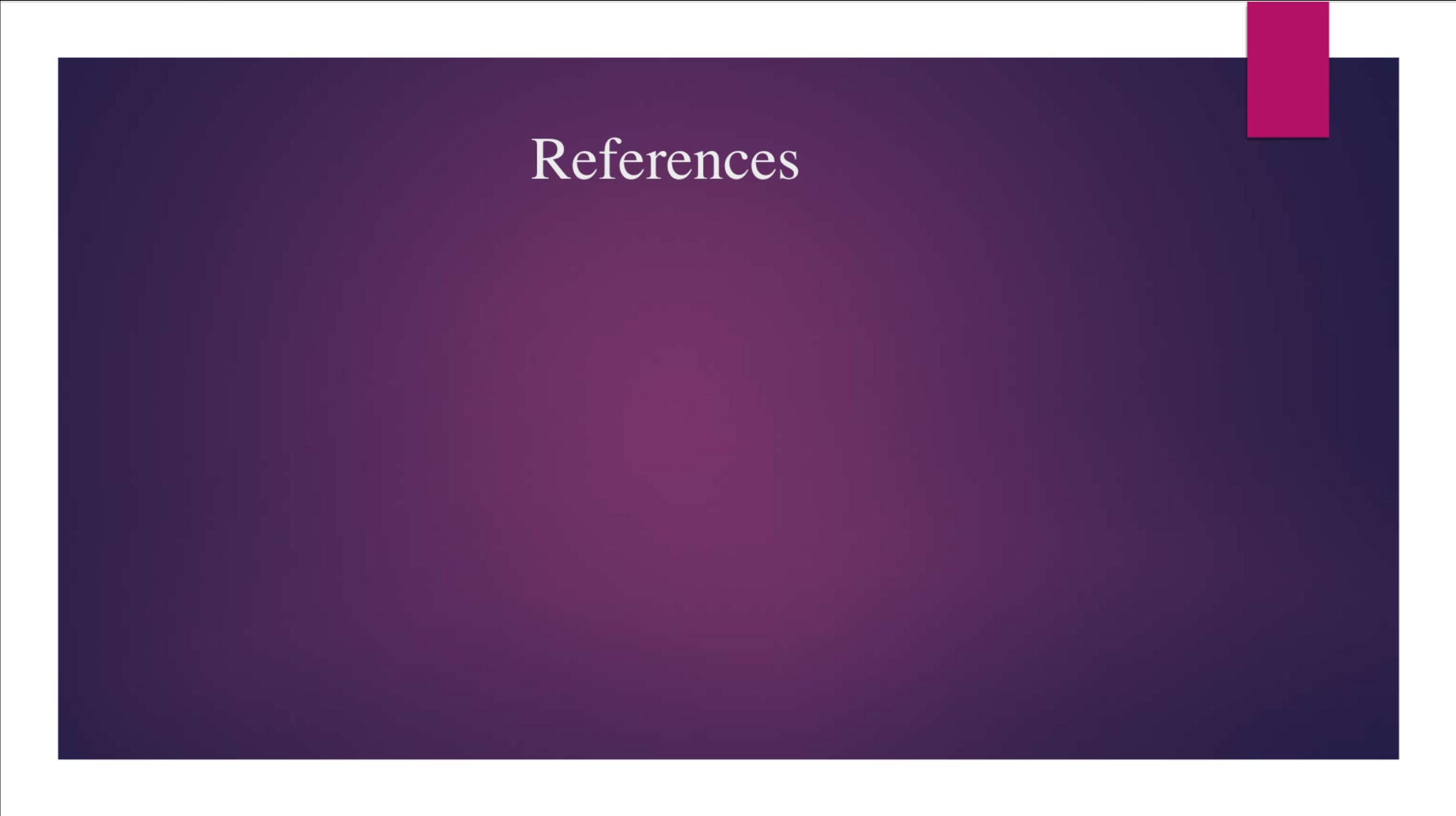
Recommendation continuation...

- I will emphasize the importance of the patient to adhere to the treatment schedules.
- I will also advise Kelly to led a healthy lifestyle for a quick recovery
- Emotional support for Kelly and her family members is also important.



Application to future practice

- A future nurse should be aware of the causes, symptoms, risk factors, assessment, and treatment options for thyroid cancer.
- The current area of research on thyroid cancer involves new medication
- The alternative treatment for thyroid cancer includes chemotherapy
- There are about 44,280² new cases of thyroid cancer with 2200 deaths and therefore increased likelihood of nurses encountering patients with thyroid cancer.



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James W. Little, Donald A. Falace, Craig S. Miller, Nelson L. Rhodus. "Thyroid Diseases", Elsevier BV, 2013

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