

## Pathophysiology

- There is too much thyroid hormone in the body (T3 and T4).
- Thyroid hormone is responsible for balancing the body's metabolism.
- When there is too much thyroid hormone, the body's metabolism will be faster.

## Signs and Symptoms

- Irritability and difficulty sleeping
- Shakiness or tremors
- Weight loss
- Sweaty (intolerance to heat)
- Elevated HR, RR, BP
- Cardiac palpitations and arrhythmias
- Soft skin and hair
- Diarrhea
- Menstrual changes
- Goiter
- Bulging eyeballs

## Topic/Disorder

# ENDOCRINE HYPERTHYROID

## Nursing Assessment

- Assess for common signs and symptoms
- ECG and cardiac assessment
- Monitor blood pressure
- Daily weight checks
- Palpate thyroid gland
- Lab values:
  - T3
  - T4
  - TSH

## Nursing Interventions

- Continuously assess cardiac status
- Monitor vital signs
- Maintain a cool and calm environment
- Encourage rest
- Daily weight checks
- Encourage high calorie foods
- Medication management:
  - Antithyroid
  - Antiarrhythmics
  - Antihypertensives
- Assess for thyroid storm

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**4 CORE METHOD**  **CONCEPT MAP**

Build Your Study Plan  **NursingSOS**