

## HESI Case Study: Thyroid Disorders

### Patient Profile

Ms. Eugena Cole is a 58-year-old African American female. She works full time as a high school math teacher. She is currently working on a specialist degree, taking night classes at one of the local colleges. Eugena has noticed that she is more sluggish than normal. She doesn't have the energy for girls' nights out anymore, and for the past 4 months, she has not attended her exercise classes. She has gained 10 pounds in the past 4 to 6 months. Her friends say she acts depressed and encouraged her to see a healthcare provider (HCP). Eugena makes an appointment to see her healthcare provider (HCP).

Given the initial history and vital signs, what other questions should the nurse ask?

- Have you had any changes in your bowel habits? (Hypothyroidism can cause constipation)
- Do you still feel sleepy when you wake up in the mornings despite getting a good night's sleep? (Hypothyroidism can cause sleep disturbances)
- Have you noticed any changes in your hair or nails? (hypothyroidism can cause hair loss and brittle nails)

### Diagnostic Tests

Eugena is scheduled for a radioactive iodine uptake test. This test is used to measure the rate of iodine uptake by the thyroid gland. She is also scheduled for a thyroid scan.

After the consent form is signed, what assessment data are most important to obtain prior to the radioactive iodine uptake test?

- Find out if the client has ever had a reaction to a bee sting. (allergic reaction to bee stings and shell fish should be assessed)
- Ask if she takes any OTC medications such as cough syrups. (many OTC cough medications contain some iodine.)
- Investigate the client's use of OTC multivitamin and herbal products.

Based on Eugena's history and presenting symptoms, which additional diagnostic tests does the nurse anticipate the HCP to order?

- CBC with differential (need to use to rule out other possible causes of Eugena's symptoms which could include anemia/ infection)
- Blood chemistries (to evaluate the PT's electrolyte and fluid status)
- TSH and free T4 (functioning or non-functioning of the thyroid gland)

Thyroid scans are one means of evaluating the thyroid gland for presence of a nodule. Scanning also demonstrates the size, shape, function, and position of the thyroid gland. Radioactive iodine is administered PO or parenterally, and the uptake of the iodine by

# Thyroid Disorders Hesi Case Study Answers

**Emanuel O. Brams**



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**Index Medicus** ,2003 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings     **The New Encyclopaedia Britannica: Macropaedia: knowledge in depth. 19 v** ,1981     **B.A.S.I.C.** ,1965     **Thyroid Disease** Emanuel O. Brams, 2005-08-01 Thyroid Disease A Case Based and Practical Guide for Primary Care by Dr Emanuel Brams is a supremely readable casd based approach to understanding the myriad of disorders that encompass thyroid disease Using cases derived from his busy practice Dr Brams gives us the history and physical examination details of each case along with test results Then through a series of questions similar to that which any good clinician asks while caring for a patient Dr Brams explains an optimal approach to diagnosis treatment and follow up of thyroid disease with an emphasis on the practical and common issues that primary care physicians see in their offices This is an important book for primary care

physicians because thyroid disease is common in the population we take care of and accounts for 3.5% of primary care visits. It is often cited as an area that primary care physicians find confusing. Dr. Brams clarifies thyroid disease and through his generous sharing of cases allows us to join him in making clear diagnoses as well as share in the ambiguity and decisions about approach when the diagnoses and course of treatment are not clear. In this way the book is honest and deals directly with the issues of thyroid disease as they are seen by us as physicians, not as we sometimes may wish they were seen if patients presented with the clarity of walking textbooks. Dr. **100 Questions & Answers About Thyroid Disorders** Warner M. Burch, 2008-07-03 EMPOWER YOURSELF Whether you're a newly diagnosed patient or are a friend or relative of someone suffering from a thyroid disorder, this book offers help. The only text available to provide both the doctor's and patient's views, **100 Questions & Answers About Thyroid Disorders** gives you authoritative practical answers to your questions about both hypothyroidism and hyperthyroidism. This book is an invaluable resource for anyone struggling with the medical, psychological, or emotional turmoil of this condition. **Thyroid Case Studies** Boris Catz, 1975 *Thyroid Case Studies* Boris Catz, 1981 **The Thyroid Sourcebook** M. Sara Rosenthal, 1993 *Thyroid Disorders* John O'Connor, 1996

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