

ENDOCRINOLOGY & DIABETES UNIT

Endocrine Clinic

Phone: 604-875-3611

Toll-free: 1-888-300-3088, x3611

Fax: 604-875-3231

<http://endodiab.bcchildrens.ca>



DATE: _____

TEACHING CHECKLIST: HYPOTHYROIDISM

Assessment: Include diagnostic information, familiarity with medications.

Learners (include relationship to patient): _____

Medication: _____ Dose: _____

1. _____ Obtain baseline measurements.
2. _____ Obtain parental heights if possible.
3. _____ Administration: The tablet is sweet and can be chewed and swallowed or broken into small pieces and placed in the cheek to dissolve and swallow
4. _____ For infants demonstrate:
 - A. _____ pill cutter
 - B. _____ pill crusher
 - C. _____ oral syringe
5. _____ Discuss how to make up vomited doses or missed doses. (small spit up ok, full feed vomit within 30 minutes-repeat dose, can make up missed dose next day)
6. _____ Discuss effects of absorption of L-thyroxine (Synthroid®, Eltroxin®, Euthyrox®) with soy products, calcium, antacids, Ovol® (Simethicone) and iron. Take at least 4 hours apart and inform team if starting as bloodwork may need to be done sooner.
7. _____ Advise against accepting medication in suspension form.
8. _____ Review [Hypothyroidism](#) booklet and give copy to family.
9. _____ Provide BCCH handout "Congenital Hypothyroidism" and "Management of Congenital Hypothyroidism"
10. _____ Review with staff doctor that bilirubin has been checked
11. _____ Ensure first follow-up appointment is arranged.
12. _____ Ensure parents have requisition and knows timing for bloodwork.
13. _____ Ensure patient/parent has medication prescription.

Follow-up Plan: _____

Date: _____

RN Signature: _____