### Thyroid Disorders (ALL)

**Description**
- Hypothyroidism or hyperthyroidism diagnosed by provider
- Increased calorie needs with hyperthyroidism (too much thyroid) & weight management with hypothyroidism (too little thyroid)

**Assess Readiness for Change:** with open ended questions

- “What medication has the Dr prescribed for your thyroid problem?”
- “Tell me about any complications you have had due to your thyroid?”

#### Discussion, Counseling and Education

<table>
<thead>
<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<tbody>
<tr>
<td><strong>Not ready</strong></td>
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| “Now that I am on xx thyroid medication I feel much better.” | - “I’m glad you are feeling better. It sounds like the medication is working well for you. What other concerns do you have today?”
|                    |                           | - “Medication is the main treatment for thyroid disorders. There is no thyroid diet to follow. Eating healthy is still important. May I share a food guide with you?” |
|                    |                           | - Offer feeding suggestions for disease/condition |
|                    |                           | - Not high risk, refer to RD if above your comfort level |
| **Raise awareness & personalize change** |                          |              |
|                    | - Pregnancy               | - Medication may be adjusted to reduce risk miscarriage |
|                    | - Breastfeeding           | - Low thyroid can decrease milk production |

**Record Plan or Goal**
Thyroid controlled by medication. Accepted food guide. Follow-up regular diet needs next appointment.

| **Unsure** |                           |              |
|            | - “Changes in your weight can be a side effect of thyroid problems. What weight do you want to be?”
|            | - “On a scale of 1-10, how confident are you that you can get to that weight?”
|            | - “Where do you think you can make changes in what you eat?”
|            |                           | - Thyroid imbalance and medication can affect:
|            |                           |  o  Weight gain (hypo), weight loss (hyper)
|            |                           |  o  Cholesterol (increases)
|            |                           |  o  Bone density (loss)
|            |                           |  o  Bowels (constipation)
|            |                           |  o  Iron (decreases absorption)

**Record Plan or Goal**
Mom feels weight gain due to thyroid, not intake. Doesn’t feel needs diet changes. Check weight, re-asses next appointment.

| **Ready** |                           |              |
|           | - “What else do you think has affected your weight?”
|           | - “What do you think you want to do differently?”
|           |                           | - “Since you like using the internet you may want to look at the ChooseMyPlate website. You can enter your information and print your own food plan.”

**Record Plan or Goal**
Mom likes the internet, to browse ChooseMyPlate.gov website. Next appointment discusses what mom found helpful on site.

**Education Resources**
- [http://www.endocrineweb.com/conditions/thyroid/hypothyroidism-too-little-thyroid-hormone](http://www.endocrineweb.com/conditions/thyroid/hypothyroidism-too-little-thyroid-hormone) Resource- Hypothyroidism
- [http://www.endocrineweb.com/conditions/hyperthyroidism/hyperthyroidism-overactivity-thyroid-gland-0](http://www.endocrineweb.com/conditions/hyperthyroidism/hyperthyroidism-overactivity-thyroid-gland-0) Resource- Hyperthyroidism