

344 Thyroid Disorders (ALL)

Description		
<ul style="list-style-type: none"> • 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		
<ul style="list-style-type: none"> ▪ “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		
If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“Now that I am on xx thyroid medication I feel much better.”</p>	<ul style="list-style-type: none"> • “I’m glad you are feeling better. It sounds like the medication is working well for you. What other concerns do you have today?” • “What changes have you made in your diet recently?” <p>*****</p> <ul style="list-style-type: none"> • Pregnancy • Breastfeeding 	<ul style="list-style-type: none"> • “Medication is the main treatment for thyroid disorders. There is no <i>thyroid diet</i> 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 <p>*****</p> <ul style="list-style-type: none"> • Medication may be adjusted to reduce risk miscarriage • Low thyroid can decrease milk production
Raise awareness & personalize change		
Record Plan or Goal	Thyroid controlled by medication. Accepted food guide. Follow-up regular diet needs next appointment.	
<p>Unsure →</p> <p>“I gained a lot of weight due to my thyroid problem?”</p>	<ul style="list-style-type: none"> • “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?” 	<ul style="list-style-type: none"> • Thyroid imbalance and medication can affect: <ul style="list-style-type: none"> ○ Weight gain (hypo), weight loss (hyper) ○ Cholesterol (increases) ○ Bone density (loss) ○ Bowels (constipation) ○ Iron (decreases absorption)
Raise awareness & confidence & identify barriers to change		
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.	
<p>Ready →</p> <p>“I know I can’t blame all of my weight gain on my thyroid.”</p>	<ul style="list-style-type: none"> • “What else do you think has affected your weight?” • “What do you think you want to do differently?” 	<ul style="list-style-type: none"> • “Since you like using the internet you may want to look at the <i>ChooseMyPlate</i> website. You can enter your information and print your own food plan.”
Help plan change-support		
Record Plan or Goal	Mom likes the internet, to browse ChooseMyPlate.gov website. Next appointment discusses what mom found helpful on site.	
Education Resources	<p>http://www.endocrineweb.com/conditions/thyroid/hypothyroidism-too-little-thyroid-hormone Resource- <i>Hypothyroidism</i></p> <p>http://www.webmd.com/a-to-z-guides/hypothyroidism-topic-overview Resource- <i>Hypothyroidism</i></p> <p>http://www.endocrineweb.com/conditions/hyperthyroidism/hyperthyroidism-overactivity-thyroid-gland-0 Resource- <i>Hyperthyroidism</i></p>	