

Hypothyroidism

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| Developed by | The Endocrine Society (ES) |
| How developed | <p>The Endocrine Society utilized a task force made up of 5 members with special interest in the area of care coordination and referral process. The task force proposed the conditions for which pertinent data sets would be developed. These were then approved by the Clinical Affairs Core Committee (CACC) with oversight by a member of our Council (Board of Directors).</p> <p>The task force members were each assigned one or more of the conditions and developed the items for the PDS. The task force members reviewed these by email and by conference call, discussed as a group and modified them as needed. They were then submitted to the CACC for review and comment. Changes were made and then resubmitted for approval with a simple majority vote of the CACC constituting approval.</p> <p>As part of the process, the task force referred to the published guidelines on the selected conditions as well as any pertinent Choosing Wisely recommendations.</p> |
| Additional essential patient information | <ul style="list-style-type: none"> • TSH • Free t4 |
| Additional patient information, if available | <ul style="list-style-type: none"> • Thyroid imaging studies • Antibody testing • Chemistry Panel • CBC |
| Alarm symptoms/conditions | <p>Severe hypothyroidism or difficulty titrating medications with any of the following conditions:</p> <ul style="list-style-type: none"> • Decompensated congestive heart failure • Pregnancy • Active coronary artery disease • Bradycardia |
| Tests/procedures to avoid prior to consult | None provided |
| Common rule-outs to consider prior to consults | None provided |
| Relevant "Choosing Wisely" elements | Do not order a total or free T3 level when assessing levothyroxine (T4) dose in hypothyroid patients. |
| Healthcare professional and/or patient resources | <p>Healthcare Professional Information:</p> <p>https://www.aace.com/files/final-file-hypo-guidelines.pdf</p> <p>Patient Information:</p> <p>http://www.hormone.org/questions-and-answers/2010/hypothyroidism</p> <p>http://www.hormone.org/hormones-and-health/myth-vs-fact/wilsons-temperature-syndrome</p> |