

THYROID STATUS HISTORY

Intro:

Pc:

HPc

CNS: hyperkinetic/hyperaesthetic/restless c

MOOD: irritable, insomnia, restless vs tired, lethargic, depressed

METABOLIC: hot/cold preference

SYSTEMATIC: CV

GRAVES: eyes, skin and hands (acropachy etc), pretibial

APPEARANCE: complexion, eyebrows, hair-thinning, muscle bulk, hands, neck lump

COMPRESSIVE: dysphonia, dysphagia, psypnoea, painful enlargement (haemorrhage into cyst/tumour)

PHMx:

Neck surgery, autoimmune disease, radiation exposure (DXT)

MEDx:

thyroid meds

Specific meds interfering with thyroid function

FHx:

Thyroid disease

Thyroid cancers

Autoimmune disease

SHx:

occupational radiation exposure

Diet (iodine)

THYROID STATUS EXAMINATION

Intro: self/consent/position (chair, top 2 buttons undone)/ask if pain

INSPECTION

General (restless/lethargic, dress vs temperature, irritable/depressive)

HANDS

Tremor (use paper)

dorsum: acropachy, onycholysis, swelling, skin dryness

Plam: warm, sweaty vs cold, clammy; palmar erythema

WRIST:

Pulse

CTS

LEGS

pretibial myxoedema

ankle reflexes

FACE

hair/eyebrows/complexion

eyes (lid retraction, lag, proptosis, chemosis -----> repeat from side)

PALPATION

Neck lump from behind – tongue protrusion, swallowing

Neck nodes

Completion

All reflexes

THYROID EXAMINATION

intro: self/consent/position (chair, 2 buttons undone)/ask if pain

INSPECTION from front and side

scar

symmetry ie mass

Swallowing

Stick out tongue

Trachea

PALPATION from behind

tongue protrusion

swallowing

nodes (8 groups)

PERCUSSION

retrosternal extension

lung bases

AUSCULTATION

bruit (graves)

chest exam

Completion: thyroid status examination