**Hypothyroidism and Hyperthyroidism Nurses Notes**

Imbalance of the thyroid hormones T3 and T4 needed for metabolism.

**Hypothyroidism**

hypo secretion of T3 and T4.

**Presentation**

Fatigue-low energy

Weakness

Lethargic

Intolerant to cold

Weight gain

Bradycardia

Constipation

**Hyperthyroidism**

Hypersecretion of T3 and T4

increased rate of body metabolism

**Presentation**

Personality changes

nervousness

fine tremors

heat intolerance

weight loss

palpitations

diarrhea

protruding eyeballs = Exopthalmos

diaphoresis

hypertension

goiter

**Interventions for Hypothyroidism**

monitor

Synthroid

Educate the patient to monitor for signs of too much medication or not enough

Give fluids

warm environment

NO sedatives and opioid analgesics

**Interventions for Hyperthyroidism**

Provide adequate rest.

Give sedatives

cool and quiet environment.

high-calorie diet.

Avoid stimulants.

PTU

iodine

give propranolol

Might need radioactive iodine therapy, or thyroidectomy if recurrent/ severe