

HYPOTHYROIDISM

KNOWLEDGE ASSESSMENT



After reviewing the *Diagnosing and Managing Hypothyroidism* presentation and the *Hypothyroidism Study Guide* take this brief knowledge assessment.

In recognition of your successful completion of this program, you will receive a personalized certificate from AbbVie and the Endocrine Nurses Society recognizing your Hypothyroidism Commitment to Care.

Print out this assessment and circle the choice that best answers each of the following questions. Then scan and e-mail your completed quiz to hypothyroidism@abbvie.com. Be sure to include your name, practice/office name, e-mail address, and phone number at the end of the assessment. You can check your answers using our answer key on the bottom of the back page.

- A patient of yours was recently diagnosed with hypothyroidism but does not know what the thyroid is. How might you explain the thyroid to your patient?**
 - The thyroid is a butterfly-shaped gland found in the lower front part of the neck
 - The thyroid acts like the body's "thermostat"
 - The thyroid impacts major parts of the body, including muscles, bones, skin, heart, brain, digestive tract, and more
 - All of the above
- Leading medical organizations recommend screening for thyroid disorders in specific patient populations. Which of the following are risk factors for hypothyroidism?**
 - Female gender
 - African American ethnicity
 - Age 5 to 18 years
 - Exposure to high levels of iodine
- A patient's TSH level is high. Which of the following disorders might the patient have?**
 - Hyperthyroidism
 - Euthyroidism
 - Hypothyroidism
 - Overactive thyroid
- Which of the following can be reasons that hypothyroidism is difficult to recognize?**
 - Patients may not have signs and symptoms of hypothyroidism
 - Symptoms can be mild, vague, or easily confused with those of other diseases (eg, depression)
 - At times, symptoms may be assumed to be a part of the natural aging process
 - All of the above

5. Chief patient complaints are fatigue, feeling cold all the time, and a decrease in activity level. You suspect hypothyroidism. When performing a physical exam of the patient, what are you looking for?
- Thick hair
 - Shiny nails
 - Oily skin
 - Cold hands and feet
6. A physical exam of the patient leads you to think he/she has hypothyroidism. Which of the following lab tests will you order for this patient to confirm your suspicion of hypothyroidism?
- TSH
 - LFT
 - HbA1c
 - ESR
7. What are some ways to interpret high TSH levels?
- The thyroid gland is producing too little thyroid hormone
 - The thyroid is underactive
 - The pituitary gland is overproducing TSH
 - All of the above
8. What are some ways to interpret low TSH levels?
- The thyroid gland is producing too much thyroid hormone
 - The thyroid is overactive
 - The pituitary gland is slowing or has stopped producing TSH
 - All of the above
9. Which of the following should be considered in the management of hypothyroidism?
- Fluctuations in FT4 rarely change TSH levels
 - A TSH test helps to confirm a diagnosis of hypothyroidism
 - Patients should only be screened for hypothyroidism if they are symptomatic
 - None of the above
10. Assess the role of the patient's care team in managing hypothyroidism.
- The care team is in a unique position to help educate patients on thyroid function, signs and symptoms of thyroid disorder, and management considerations
 - Care team members can encourage patients to become equal partners in their health care
 - The care team can effectively detect hypothyroidism, which is often confused with other disease states that have similar presentation
 - All of the above

Your name:

Your practice/office:

Your e-mail address and phone number:

Date:

Answer key: 1, d; 2, a; 3, c; 4, d; 5, d; 6, a; 7, d; 8, d; 9, b; 10, d.

