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Evidence based nursing in management of Hypo and Hyper Thyroidism during pregnancy

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Objective: Thyroid is an endogenous gland which secretes growth regulating hormones and controls development through metabolism. Alteration of this hormone can result in decreased or increased secretion. Early diagnosis is essential as Thyroid hormone plays a perilous role throughout pregnancy for both; in development of a healthy baby and in sustaining well-being of the mother. The objective of this literature review is to present evidence based nursing practice for mother with Thyroid dysfunction during pregnancy.

Methodology: Literature review was carried out from January to November 2015 from various online databases such as PUBMED, CINAHL and Allied Health Literature.

Results: Literature review depicted that altered Thyroid hormone during pregnancy can be life threatening to mother and baby which can lead to serious complications such as congestive heart failure, preeclampsia, Thyroid storm, miscarriage, premature birth, low birth weight and impaired neurophysiological development of brain. For mothers who have been diagnosed with Thyroid dysfunction require vigilantly evaluated at antenatal visit. Furthermore nurses and midwives should be aware of the sign and symptoms of hypoThyroidism such as insomnia, diarrhea, palpitations, heat intolerance, increased sweating, mental disturbances, muscle weakness, nervousness, problems with fertility, shortness of breath, sudden paralysis, hyperglycemia and hyperThyroidism in which weakness, cold intolerance, muscle cramps/aches, constipation, depression, irritability, memory loss, decreased libido in order for timely diagnosis and treatment. Moreover, it recommends to monitor Thyroid levels, ultrasonography of fetal Thyroid gland, provide psychological support to the client and ensure treatment available. Nursing interventions also includes monitoring vital signs, sign and symptoms, educating clients, fetal examination, identify emergency sign and opt for help.

Conclusion: Hence, Thyroid alteration can lead to deleterious outcomes affecting mother and baby. It can result in irreversible damage to the offspring's brain causing disrupted neurodevelopment. Those mothers who have been diagnosed with altered Thyroid activity need frequent re-evaluation whereas others need to be investigated for proper diagnosis. Awareness sessions need to be held and clients should be accurately educated about the treatment modalities.

Biography

Shenila Anwarali is currently working as Clinical Nurse Coordinator of Mind and Brain, Majorly Neurology at The Aga Khan University Hospital Karachi, Pakistan. Since past 5 years she has worked as a registered nurse, special care nurse and a team leader for the same service The Aga Khan University Hospital, Karachi, Pakistan. She has completed her Post RN BScN from Aga Khan University in 2013, diploma in Nursing in 2009 and is currently enrolled in Masters in Hospital Management from College of Business Management, Karachi, Pakistan.

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