

Hypothyroidism Generic Care Plan: Guidance for MCR

CARE ISSUE	DESIRED OUTCOME	ACTION	ACTION BY	RESPONSE
<p>Patient displaying symptoms of under-treatment of hypothyroidism: tiredness, muscle aches/weakness/cramps, weight gain but poor appetite, brittle hair/nails, dry/scaly skin, constipation, cold intolerance, depression, menstrual disturbance</p> <p>Patient displaying symptoms of over-treatment of hypothyroidism: hyperactivity, nervousness, anxiety, unexplained weight loss, muscle weakness, excess sweating, menstrual disturbance</p>	Patient is stabilised and symptoms are minimised or removed.	Patient encouraged to attend GP practice for review.	Patient, Practice nurse	Patient is symptom free.
Newly diagnosed patients or patients starting drug treatment.	Patient understands why they need to take levothyroxine.	Initial education/counselling when levothyroxine is started.	Pharmacist	Patient understands why they need to take levothyroxine, when to take levothyroxine, side effects, possible dose changes and the importance of regular blood checks, both initially until stabilised and then annually.
Compliance (looking at repeats, patient's condition, confusion about meds, poor symptom control, patient admits doesn't take, lack of understanding, side effects, etc).	Patient takes levothyroxine as instructed.	Reinforcing concordance (medication and blood tests).	Pharmacist	<p>Patient has a better understanding of how and why to take levothyroxine for thyroid disease, and patient able to explain what levothyroxine does (and any other medicines they may take).</p> <p>Discussion with patient to identify issues following treatment plan.</p>
	Compliance with medication improved.	Educating patient on thyroid medication, benefits of taking it and the need for compliance.		
		When to take, how to take, what to do if missed doses, etc		

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Potential drug interactions with levothyroxine.	Relevant drug interactions are corrected or risk reduced.	<p>Pharmacist checks PMR for new medication and recognising interactions.</p> <p>Check with patient whether they are taking any OTC medicines or multivitamins (antacids and iron will interfere with absorption of levothyroxine).</p> <p>Check if patient taking levothyroxine once daily preferably before breakfast. If other medicines are prescribed which affect absorption, consider timing as per manufacturer's suggestion.</p>	Pharmacist	<p>Relevant drug interactions are identified and highlighted to GP so that drug doses/ timing altered if necessary.</p> <p>Contact GP if interactions are identified that require increased monitoring or possible dose adjustment e.g. levothyroxine may increase affect of warfarin (see manufacturer's data sheet for full list of interactions).</p>
Non attendance at review – not invited or declined.	Patient has annual review at surgery and associated annual blood checks.	Reinforce need for review as medication may need altered if condition or medication changes (both under-treatment and over-treatment should be avoided).	Pharmacist Patient Practice nurse	Patient agrees to a review at GP practice.
Patient is taking lithium or amiodarone.	Patients receive 6 monthly TFT checks.	Pharmacist reminds patient of need for regular blood checks.	Patient GP practice	Patient attends for checks every 6 months if on these drugs.

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Patient displaying signs of side effects.	Side effects are minimised or removed.	Recognising side-effects, and referring back to prescriber where necessary.	Pharmacist	Side effects are reduced.
Patient displaying common signs of over/under treatment.	Treatment is optimised and control improved.	Recognition of common signs over/ under treatment & when to refer patient to GP.	Pharmacist Patient	Refer to GP if signs identified.
	Awareness of drug-induced thyroid disease (e.g anti-thyroid medication, amiodarone, lithium, interferons).			
Patient smokes.	Smoking stopped.	Reinforce effect and risk of further complications and health risks.	Pharmacist Patient	Patient agrees to quit attempt or reduce, and understands why so more motivated to succeed.
		Offer Quit Your Way		
Patient inactive and/or overweight.	Patient increases activity and makes dietary changes to reduce weight.	Education on exercise and healthier lifestyle.	Pharmacist	Patient encouraged increasing exercise and/or reducing weight.
		Recommend increase in activity.		
		Dietary advice (including reduced alcohol consumption).		
No flu immunisation (on inhaled steroids, meet age or other criteria).	Patient gets annual flu immunisation.	Give advice	Pharmacist Patient	Patient agrees to contact surgery or pharmacy to get the annual flu vaccination.