**AHD OBJECTIVES 4-10-18 ENDOCRINOLOGY MONTH**

**Thyroid Function Test Interpretation:**

1.Describe the normal physiology of the hypothalamus-pituitary-thyroid-target tissue axis. (It may help to draw a diagram and label it with feedback loops.)

2.Know the single best test to evaluate thyroid function in most cases.

3.Know and understand the differential diagnoses for the following thyroid function

tests in the described clinical scenario:

a.Asymptomatic; Normal TSH; Normal FT4

b.Fatigue, constipation: High TSH; Low FT4

c.Palpitations,sweating: High TSH; High FT4

d.Asymptomatic: High TSH; High FT4

e.Fatigue, constipation; Normal TSH; Low FT4

f.Asymptomatic; Low TSH; Normal FT4; Normal TT3

g.Palpitations, sweating: High FT4; High TT3

4.Describe the changes to thyroid physiology in pregnancy and know what happens to the requirement for thyroxine supplementation in hypothyroid women who become pregnant.

**Osteoporosis:**

1.Know the definition of osteoporosis clinically and by the DEXA score definition.

2.Describe the patients that should be screened for osteoporosis based on the USPSTF

guidelines and the National Osteoporosis Foundation (NOF) Guidelines (including men).

Understand how the SCORE tool can be used to help determine who needs to be

screened.

3.Describe the difference between primary and secondary osteoporosis. Know which

patients should be evaluated for secondary osteoporosis. List a differential diagnosis for

secondary osteoporosis and what the work up entails.

4.Describe the indications for treatment of osteoporosis according to the NOF.

Understand how the FRAX tool can be used to help determine who needs to be

treated.

5.Describe the non-pharmacologic treatment to prevent osteoporotic fractures. Know the

recommended dose of calcium and vitamin D and the goal 25-OH vitamin D value.

6.Make a table and and describe the pharmacologic therapies for osteoporosis, (includi

ng bisphosphonates, selective estrogen receptor modulators (SERMS), calcitonin,

teraperatide, and denosumab), their mechanism of action, contraindications, and side

effects

**Thyroid Nodules:**

1.Know the rate of malignancy in thyroid nodules that are detected on imaging

performed for a non-thyroid related reason.

2.List and describe several risk factors for thyroid cancer.

3.Know the first test(s) to order in the step-wise evaluation of a thyroid nodule.

4.Know the next test to order in a patient who has a low (suppressed) TSH.

5.Know the indications for FNA in patients with a thyroid nodule less than 1 cm in

diameter whose TSH is normal or high. (4 indications)

6.Know the 4 possible pathologic results of a thyroid nodule FNA and the correct

clinical management of each of these results.