

## Nurse Led Thyroid Virtual Clinic

### What does this clinic do?

The Nurse Led Thyroid Virtual Clinic helps improve continuity of care by ensuring blood test results for thyroid function are reviewed and your treatment is monitored and adjusted if needed.

### How is this clinic 'virtual'?

You do not need to attend hospital – the clinic is held via telephone calls made by the Endocrine Nurse, based within the Diabetes and Endocrinology Centre.

The nurse will send you blood test forms every 6-8 weeks. Please make sure that you have your blood test a week before your telephone appointment. Your blood test results will then be looked at by the clinical team and depending on the result, the nurse will tell you over the telephone whether your medication dose needs to be adjusted.

### How often will these virtual 'follow-ups' be?

The Endocrine Nurse will telephone you every six to eight weeks for the next 18 months, to review your blood test results and medication dosage.

### What happens after 18 months?

If your blood test results are satisfactory, your medication will be stopped after 18 months. The doctor will then discharge you from our care after 22 months. However, it is very important that you visit your GP every six months for a further two year period.

If you notice any symptoms of hyperthyroidism (overactive thyroid) again, please see your information leaflet on Graves Disease which you were given at your clinic visit.

### What if I feel that my Graves Disease has returned?

You will need to see your GP who will then refer you back to the Specialist Endocrinologist for further treatment such as:

- Radioactive iodine treatment
- Surgery and medications

### If you have any questions about this clinic, please contact:

Endocrine Nurses: Elizabeth Kasimba and Violet Fazal-Sanderson on:

Telephone number: 0118 322 8811/ 8109

Mobile number: 07825 364371 (please text rather than calling)

Email address: [thyroid.clinic@nhs.net](mailto:thyroid.clinic@nhs.net)

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Referral from the Endocrine doctor  
after initial consultation.

The nurse calls you every two months for a period of 18 months to discuss blood test results and medication adjustments.

**(If you have a sore throat, fever, or infection, Please stop Carbimazole/ Propylthiouracil thyroid treatment immediately and have a full blood count done ASAP. Contact the Endocrine Nurse or GP after hours to review your results before re-starting treatment.)**

If there is need to adjust your dose, this will be done according to the blood test results.

Treatment will stop at 18 months. Two further blood tests at 20 and 22 months will be requested. Thereafter, your GP will follow you up.

If recurrence of your condition develops any time after 22 months, your GP will refer you back to the Endocrine Specialist team for alternative treatment as mentioned above.

More information is available on the Trust website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

- <http://www.btf-thyroid.org/>
- <http://www.british-thyroid-association.org/>
- <http://tedct.org.uk/>

This document can be made available in other languages and formats upon request.

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