



# 内分泌科甲亢ppt课件

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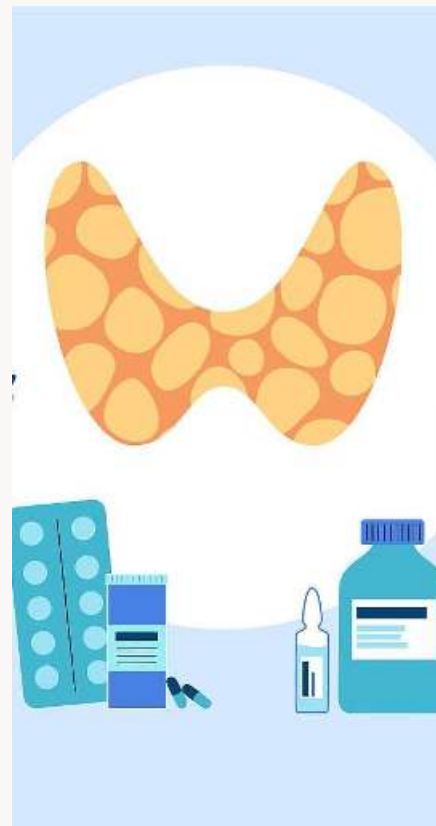
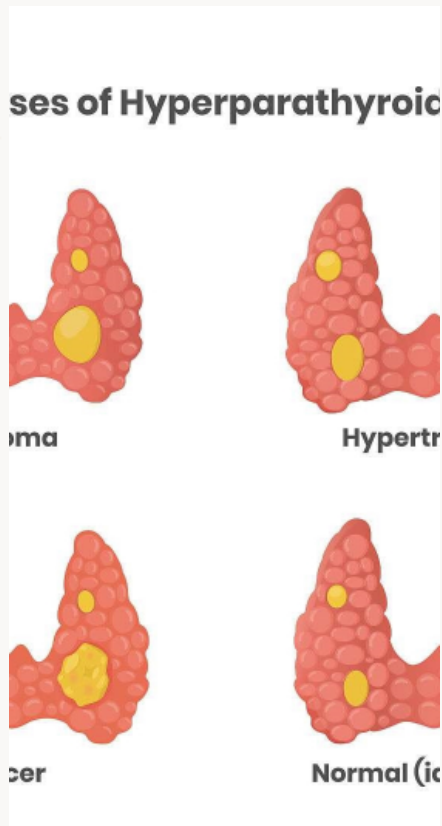


# 01

## 引言



# 目的和背景



## 目的

提高医护人员对甲亢的认识和诊疗水平，改善患者生活质量。



## 背景

甲亢是一种常见的内分泌疾病，发病率逐年上升，需要引起广泛关注。



# 甲亢的定义和概述



## 定义

甲亢是由于甲状腺合成释放过多的甲状腺激素，导致机体代谢亢进和交感神经兴奋的病症。

## 概述

甲亢患者主要表现为心悸、出汗、进食和便次增多、体重减少等症状。多数患者还伴有突眼、眼睑水肿、视力减退等表现。甲亢可分为原发性和继发性两种类型，其中原发性甲亢最为常见。

## 以下附赠各项管理制度英文版（不需要可删）

### 急救药品、器材管理制度：

1. Rescue drugs and equipment should be "five fixed" (fixed quantity and variety, designated placement, designated person storage, regular disinfection and sterilization, regular inspection and maintenance) and "two timely" (timely inspection and maintenance, timely receipt and supplementation). The item is clearly marked and cannot be used arbitrarily.

2. The necessary rescue equipment is complete, in good performance, and in standby condition.

3. The rescue drugs are complete, with clear drug labels and no discoloration, deterioration, expiration, or damage. They should be placed and used in the order of drug expiration dates (from right to left).

4. Emergency drugs and items for each department's rescue vehicle shall be uniformly equipped according to requirements. Specialized emergency drugs and items must be reviewed and approved by the department director to determine the type, quantity, specifications, and dosage to be equipped. Rescue vehicles must be placed in designated locations and managed by designated personnel to ensure safety and ease of use.

5. After using rescue drugs and equipment, they should be fully replenished within 24 hours. If they cannot be replenished due to special reasons, they should be noted on the handover registration form and reported to the head nurse for coordination and resolution to ensure timely use during patient rescue.

6. There is a registration book for the provision of drugs and equipment. Ensure consistency between accounts and materials, and handover between shifts.

7. Management of sealed rescue vehicles: Before sealing, the head nurse (or nurse in charge) and another nurse shall count the drugs and equipment according to the registration book of drug and equipment, verify their accuracy, and seal them with a seal. Two people shall sign and fill in the sealing time. Nurses check the condition of the seals once per shift and complete the handover. The responsible nurses check once a week, and the head nurse and responsible nurses open the seals and inspect the drugs and equipment in the ambulance once a month, with records kept.

8. Non sealed rescue vehicle management: Each shift shall count the drugs and equipment according to the registration book and complete the handover. The responsible nurse shall inspect once a week, and the head nurse shall inspect once every two weeks and keep records, ensuring that the accounts match the materials.

护理文书书写制度：

1. Nursing staff strictly follow the latest requirements when writing nursing medical records.
2. The content of nursing records should be objective, truthful, accurate, timely, complete, and standardized.
3. All nursing documents should be written with a blue black or carbon ink pen.
4. All nursing documents should be written in Arabic numerals for date and time, with dates in years, months, and days, using a 24-hour system, specific to minutes. 5. Writing should use Chinese, medical terminology, and commonly used foreign language abbreviations; Complete record items; The text is neat, the handwriting is clear, and the layout is clean; Accurate expression, fluent sentences, simple and concise: correct format and punctuation, no typos.
6. When errors occur during the writing process, double line them on the wrong words, keep the original record clear and distinguishable, sign the modifier, indicate the modification time, continue to write the correct content, and do not use scraping, sticking, painting or other methods to cover up or remove the original handwriting. Each page should be modified no more than two times, otherwise the original recorder will promptly copy again (except for modifications made by superiors).
7. Nursing records written by intern nurses, probationary nurses, or unregistered nurses should be reviewed and signed by nurses with legal professional qualifications in this medical institution.
8. Further training nurses can only write nursing documents after being recognized by the medical institution receiving the training for their work ability.
9. Superior nursing staff have the responsibility to review and modify the written records of subordinate nursing staff. When making modifications, red double lines should be used to mark errors, write the modified content, sign and indicate the modification time.
10. Temperature records, medical orders, patient care records, and surgical inventory records should be archived on time.



# 02

## 甲亢的流行病学及危险因素





# 流行病学特点

## 发病率

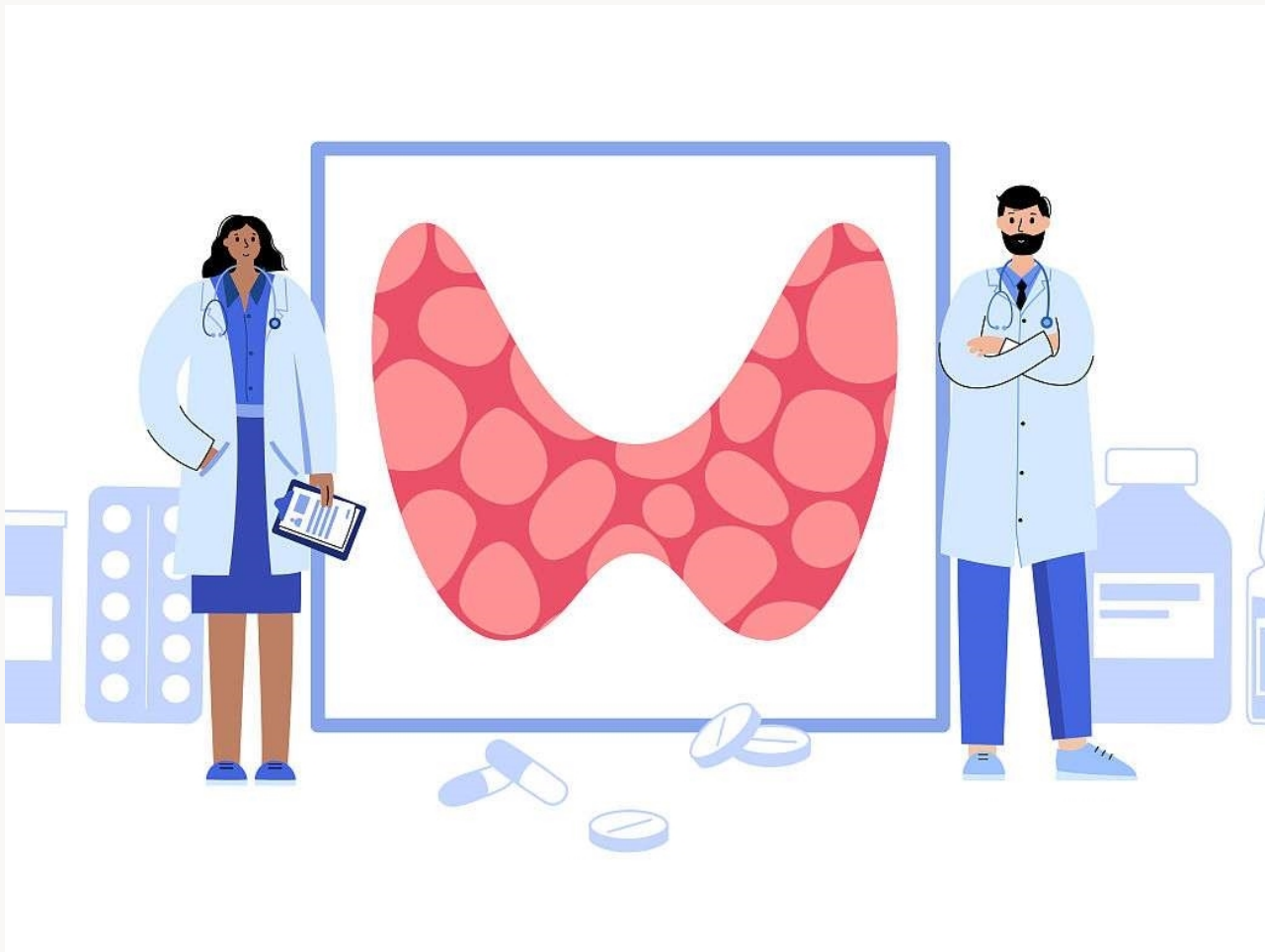
甲亢在全球范围内的发病率有所差异，受到地域、种族、年龄、性别等多种因素的影响。

## 年龄分布

甲亢可发生于任何年龄，但多见于20-40岁的青壮年，女性发病率高于男性。

## 地域差异

不同地区的甲亢发病率存在显著差异，可能与当地的碘摄入量、环境因素、遗传因素等有关。





# 危险因素分析



## 遗传因素

甲亢具有家族聚集性，有甲亢家族史的人群患病风险较高。



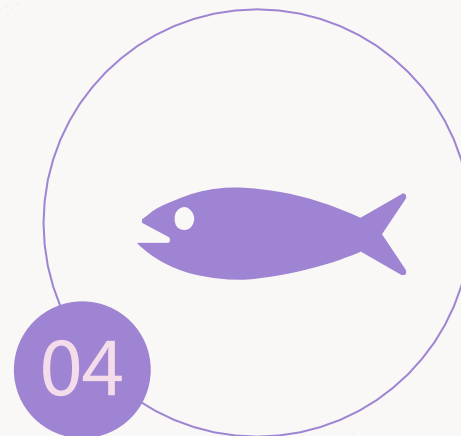
## 环境因素

长期精神压力过大、碘摄入量过高或过低、感染等因素都可能诱发甲亢。



## 免疫因素

自身免疫功能紊乱是甲亢发病的重要原因之一，机体产生针对甲状腺的自身抗体，导致甲状腺激素分泌过多。



## 其他因素

部分药物、手术、妊娠等也可能诱发甲亢。

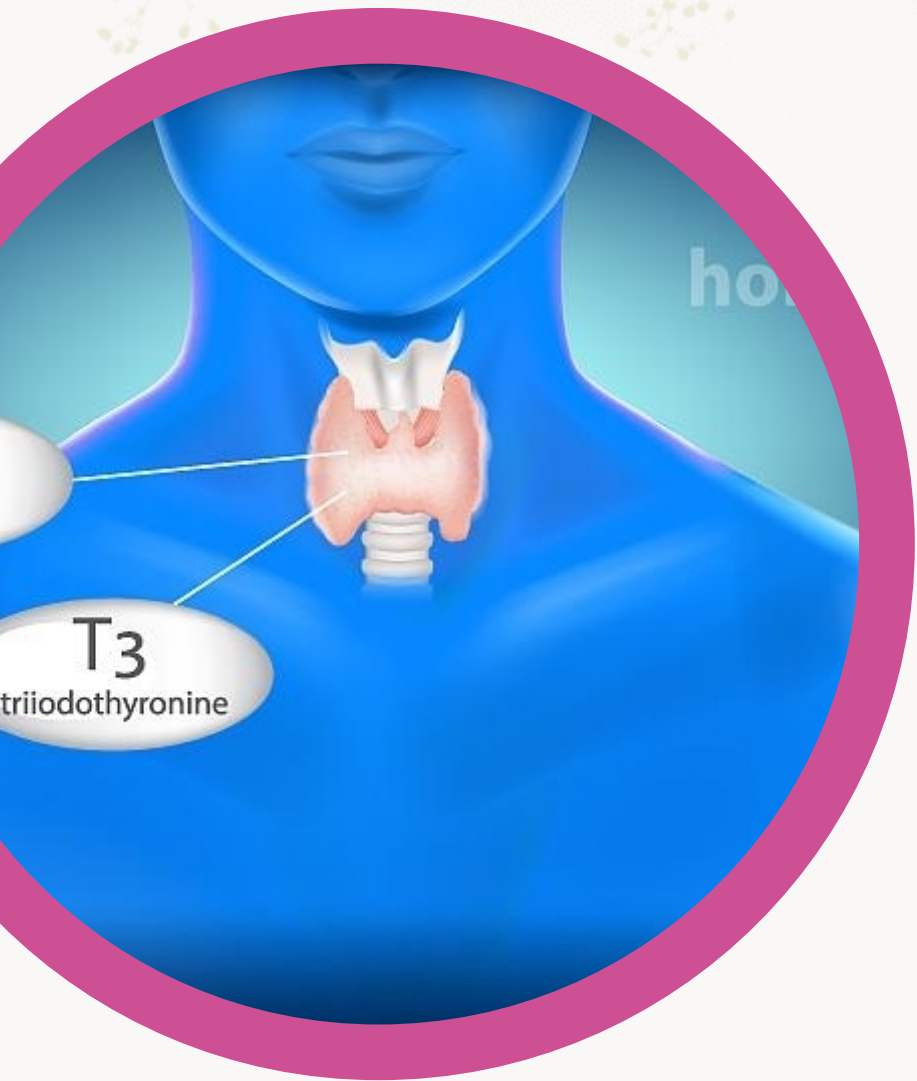


# 03

## 甲亢的病理生理及临床表现



# 病理生理机制



01

## 甲状腺激素合成与释放过多

甲状腺功能亢进，导致甲状腺腺体增生、功能亢进，合成并释放过多的甲状腺激素。

02

## 机体代谢亢进

甲状腺激素是促进新陈代谢的重要激素，过多时会导致机体代谢率增高，引起一系列高代谢症状。

03

## 交感神经兴奋

甲状腺激素过多还会刺激交感神经兴奋，导致心悸、失眠、焦虑等症状。



# 临床表现及分型

## 典型症状

包括心悸、出汗、进食和便次增多、体重减少等。

## 眼部症状

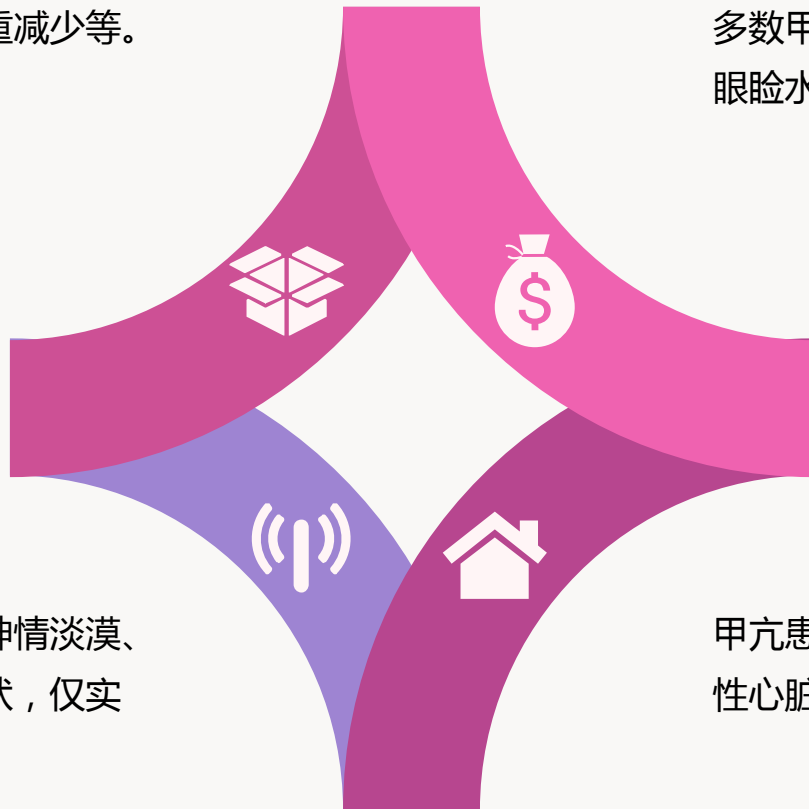
多数甲亢患者会有不同程度的眼部症状，如突眼、眼睑水肿、视力减退等。

## 特殊类型甲亢

包括淡漠型甲亢（老年人多见，表现为神情淡漠、嗜睡等）和亚临床甲亢（无明显临床症状，仅实验室检查发现异常）。

## 并发症

甲亢患者长期未得到良好控制，还可能引起甲亢性心脏病、甲亢性肌病等并发症。



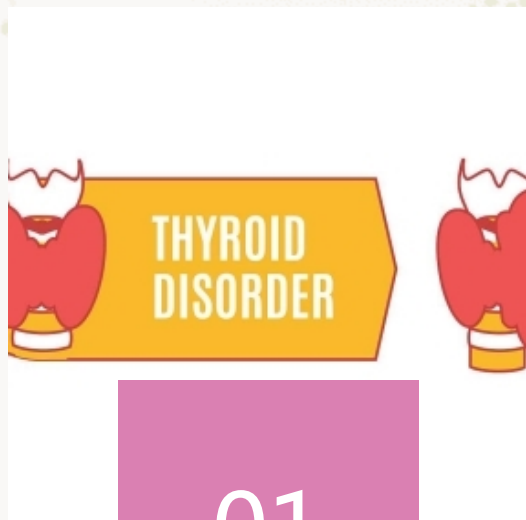


# 04

## 甲亢的诊断及鉴别诊断



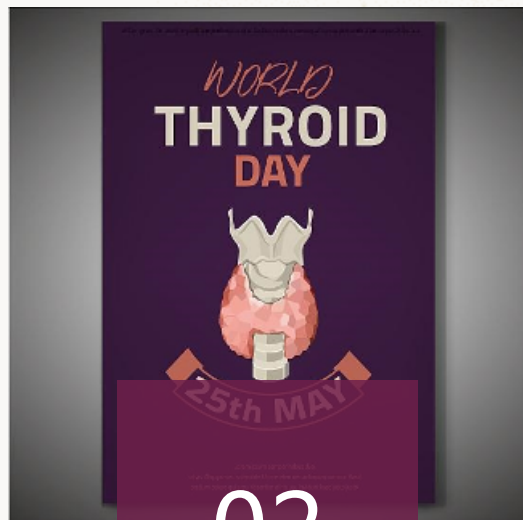
# 诊断标准与流程



01

## 临床表现

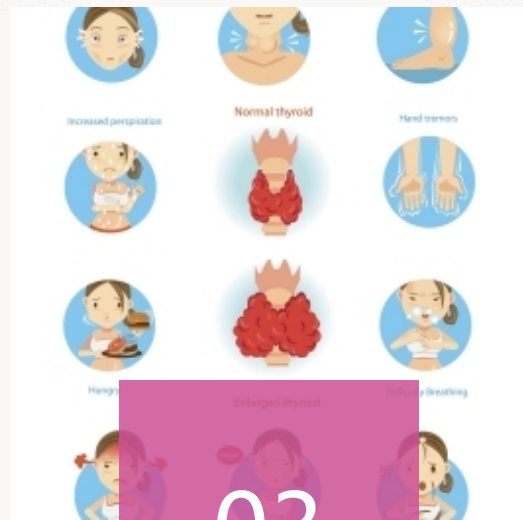
心悸、出汗、进食和便次增多、体重减少等。



02

## 体征检查

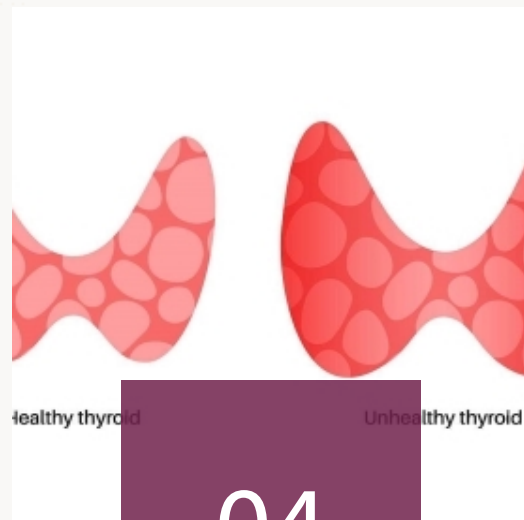
突眼、眼睑水肿、视力减退等。



03

## 实验室检查

血清甲状腺激素（T3、T4）水平升高，TSH水平降低。



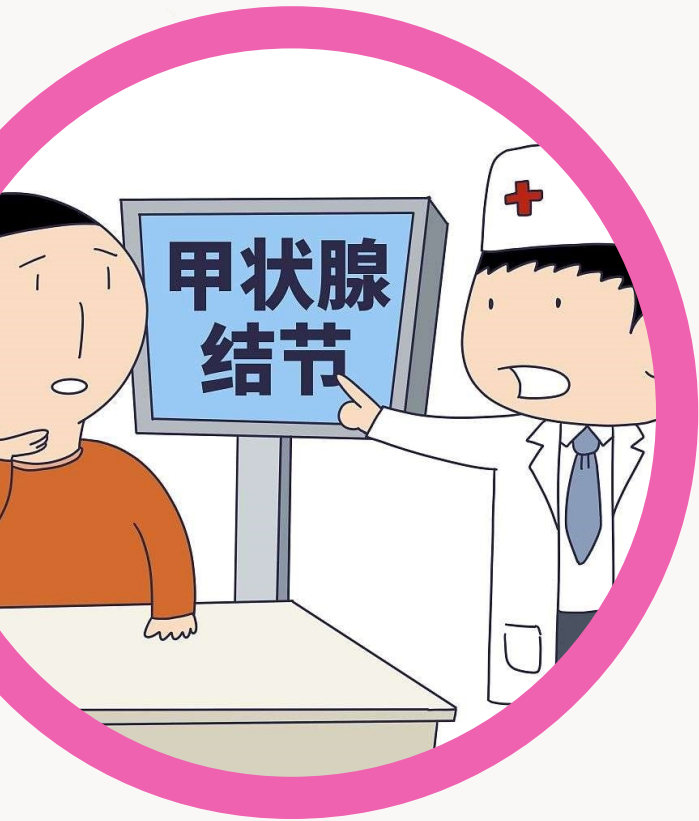
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## 诊断流程

结合临床表现、体征检查和实验室检查结果进行综合判断。



# 鉴别诊断要点



## 与单纯性甲状腺肿鉴别

单纯性甲状腺肿无甲亢症状，甲状腺摄<sup>131</sup>I率可增高，但高峰不前移。T<sub>3</sub>抑制试验可被抑制，T<sub>4</sub>正常或偏低，T<sub>3</sub>正常或偏高，TSH正常或偏高。

## 与神经官能症鉴别

神经官能症无甲亢的高代谢症候群、突眼及甲状腺肿大等。实验室检查可明确鉴别。

## 与其他以消瘦、低热为主要表现的疾病鉴别

如结核、恶性肿瘤等。通过详细询问病史、体格检查及实验室检查可明确鉴别。



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