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Role of Clinical Pharmacist for The Management of Hypothyroidism During Pregnancy

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ABSTRACT

Hypothyroidism during pregnancy is characterized by an endocrine disorder where thyroid gland does not produce enough thyroid hormone. Hypothyroidism confirmed by signs and symptoms and abnormal blood tests such as TSH and free T3 & T4. Preferred therapy for hypothyroidism during pregnancy is levothyroxine, a synthetic thyroxine medication. Patient specific dosing of thyroid medication is important. Adverse fetal and maternal effects are more with untreated hypothyroidism during pregnancy (miscarriage, untreated caesarean section, CHF, intrauterine growth restriction, respiratory distress, neurological and cognitive impairment in fetus).Thyroxine is safe medication during pregnancy and lactation. Proper patient counseling is essential for pregnant women with hypothyroidism by clinical pharmacist to avoid adverse effects due to hypothyroidism. Our review concluded that the clinical pharmacist play a vital role in managing hypothyroidism during pregnancy.

Keywords: Hypothyroidism, TSH, Thyroxin