



Thyroid History Checklist

Opening the Consultation (Patient's profile) (Score: 1/10)

1. **Introduction:** Introduce yourself and your role.
2. **Consent:** Explain the purpose of the history taking and obtain consent.
3. **Patient's Profile:** Take the necessary information from the patient such as his where he lives, Martial status & Occupation.

Presenting Complaint (Score: 1/10)

4. **Open Question:** Ask the patient to describe their symptoms in their own words.

History of Presenting Complaint (Score: 4/10) (OPERATES)

5. **Onset:** Clarify when the symptoms started and whether they were sudden or gradual.
6. **Duration:** Determine how long the symptoms have been present.
7. **Character:** Ask the patient to describe the nature of the symptoms (e.g., fatigue, weight changes, palpitations). (1P)
8. **Severity:** Use a scale of 0-10 to gauge the intensity of the symptoms.
9. **Exacerbating/Relieving Factors:** Ask what makes the symptoms worse or better (e.g., stress, medications).
10. **Associated Symptoms:** Inquire about symptoms like changes in appetite, bowel habits, skin changes, or menstrual irregularities.
11. **Pattern:** Determine if the symptoms are constant or intermittent and if they vary with time of day or activity. (1P)

Systemic Enquiry (Score: 1/10)

12. **General:** Ask about general symptoms like fatigue, weight changes, and temperature intolerance.
13. **Cardiovascular:** Inquire about cardiovascular symptoms (e.g., palpitations, chest pain).
14. **Gastrointestinal:** Ask about gastrointestinal symptoms (e.g., changes in bowel habits).
15. **Neurological:** Inquire about neurological symptoms (e.g., tremors, mood changes).

Past Medical History (Score: 1/10)

16. **Thyroid Diseases:** Screen for conditions like hypothyroidism, hyperthyroidism, or thyroid nodules.
17. **Other Relevant Conditions:** Ask about diabetes, autoimmune diseases, or other chronic illnesses.

18. **Surgical History:** Inquire about any past surgeries, especially thyroid or neck surgeries.

Drug History (Score: 1/10)

19. **Current Medications:** Ask about all current medications, including over-the-counter and herbal remedies.

20. **Allergies:** Inquire about any drug allergies and the nature of the reactions.

Family History (Score: 1/10)

21. **Thyroid Diseases:** Ask about family history of thyroid conditions like hypothyroidism, hyperthyroidism, or thyroid cancer.

22. **Autoimmune Diseases:** Inquire about family history of autoimmune diseases.

Social History (Score: 1/10)

23. **Smoking:** Take a detailed smoking history.

24. **Alcohol:** Inquire about alcohol consumption.

25. **Recreational Drugs:** Ask about the use of recreational drugs.

26. **Diet:** Discuss dietary habits and any recent changes.

27. **Recent travel History:** Ask the patient if he has traveled in the last 2 years to another country.

Closing the Consultation (Score: 1/10)

28. **Summary:** Summarize the key points of the history back to the patient.

29. **Questions:** Ask if the patient has any questions or if there's anything else they want to add.

30. **Thank You:** Thank the patient for their time and cooperation.