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Multinodular goitre over right thyroid lobe: A Case Report

Ms. Rupal S. Kambale[1], Mrs. Arundhatee Gawande[2], Mr. Aniket Pathade[3], BhushanBawankar[4]

1 Florence Nightingale Training College of Nursing , Sawangi (M), Wardha. Mob no. 9325287994, Email: rupalkamble20@gmail.com.

2 Nursing Tutor, Florence Nightingale Training College of Nursing, Sawangi (M), Wardha. Mob no:9763415510, Email :gawandearundhatee7@gmail.com
3 Research Consultant, Jawaharlal Nehru Medical College, Datta Meghe Institute Of 3 Medical Sciences , Wardha.
4, Dept. of Information Technology, Yeshwantrao Chavan College of Engineering, Nagpur; Email: bubawankar@gmail.com

ABSTRACT

Introduction: A goitre is just an enlarged thyroid gland. A goitre can be either a simple goitre, in which the entire thyroid is larger than normal, or a multinodular goitre, in which several nodules are present. A toxic multinodular goitre (one that produces too much thyroid hormone and causes hyperthyroidism) or a benign multinodular goitre (one that does not induce hyperthyroidism). or non-toxic (i.e. does not make too much thyroid hormone). In most cases, the etiology of multinodular goitre is unknown, but iodine deficiency (a lack of iodine in the diet) and some hereditary variables have been linked to the development of the condition.

Presenting complaints and investigation: Patient complaint that swelling over the neck , redness from 1 year. 10×13 cm swelling present over the anterior surfaced of neck ,skin over swelling red and edematous on sinus fistula discharge. All inspection findings confirm 10×13 cm firm in consistency, tenderness, patient move with deglutition. Change in colour red and edematous. No discharge was noted. After a physical examination and investigation, the doctor diagnosed the patient with multinodular goitreover right thyroid lobe over and he was treated with nonsteroidal anti-inflammatory medicines.

Therapeutic intervention: After a physical examination and investigation, the doctor diagnosed the patient with multinodular goiter,and he was treated with nonsteroidal anti-inflammatory medicines.

Outcome- To minimise infection, the patient was given medications as prescribed by the doctor, including ibuprofen. In addition, the patient's condition improved as a result of the medical treatment. The patient'sproblems had subsided, and he was in better shape.

Nursing perspective: Administered fluid replacement ie.DNS and RL. Monitor vital signs and Checked BP per hourly. Maintained intake and output chart and provided adequate rest and sleep to the patient. Administeredmedications according to doctor's order. Hydrotherapy given because patient had fever.

Conclusion- The patient was admitted to the A.V.B.R.H. with swelling on neck and pain the patient received allnecessary treatment and medicine. The condition of the patient had improved.

Keywords: Multinodular Goitre, MNG, Hypothyroidism, Hyperthyroidism

Introduction-

The thyroid is a butterfly-shaped gland located in the front of the neck. It is in charge of thyroid hormone production and release (thyroxine and triiodothyronine). A goitre is an enlargement of the thyroid gland in its entirety or in part. See the article on goitre for further details. A goitre with multiple lumps is known as a multinodular goitre.

(nodules) that develop inside the gland This is most likely the most frequent thyroid problem. Nodules can be easily seen or only discovered after a thorough examination or scan. [1]

The cause(s) of multinodular goitre is usually unknown. Nodules arise throughout time as a result of varying rates of growth in different areas of the gland, potentially in combination with other external effects like nutrition, medicines, or genes. The nodules cause the thyroid gland's structure to become irregularly knobbly. Because this process takes a long time, it's not uncommon to see a rise in the number of persons with multinodular goitre as they get older. [2] Even if the thyroid is functioning normally, multinodular goiter's can develop and become apparent (known as euthyroid). Multinodular goitre is usually not evident and is identified only when a patient is checked or scanned for another reason. Nodules are commonly detected when the thyroid gland is hyperactive (hyperthyroid) or underactive (hypothyroid). (For more information on thyroid hormone and thyrotoxicosis, see the articles below.)

A quick increase in size might produce pain or discomfort in multinodular goitre, but this is uncommon. This could be caused by a sudden build-up of fluid or blood within a nodule, or it could be caused by a tumour, which is extremely unusual. Large goitres can cause difficulties eating or breathing, and surgical excision may be necessary in some situations. [3] According to the World Health Organization, goitre affects 12% of the world's population, with the figure being significantly lower in Europe. Multinodular There is also evidence of a rise with age, which is partly attributable to the fact that multinodular goitre develops over time. In roughly half of women aged 50 and up, an ultrasound of the thyroid gland will reveal nodules. Most patients have no cause to be concerned about such a common occurrence, and as long as the thyroid gland is functioning correctly, many people will not need medical treatment. Some types of goitre can be passed down from generation to generation. There is some evidence that having goitre in one family member raises the risk of developing goitre in subsequent family members. However, our understanding of genes and genetic issues is always expanding, and more detailed information, such as the effects of specific genes and the environment on goitre, is anticipated to become available in the future.

Aside from taking a full family and medical history, the patient's GP will also check for physical symptoms and perform blood tests to determine hormone levels.

Patients may be referred to a surgeon or a hormone specialist in some situations (an endocrinologist).For details on further tests, on goitre. It's critical to determine whether the thyroid gland is functioning normally. The majority of people will have a lumpy thyroid gland that will never damage them. [4]

If thyroid function is normal (euthyroid), the goitre is not creating any local structural difficulties, and there are no aberrant areas inside the gland, the only treatment that is likely to be necessary is regular thyroid function monitoring. Any structural issues would likely be visible during the ultrasound scan conducted at the time of diagnosis. [5] If this scenario changed, additional tests or therapy would be necessary.

Thyroxine medication would be provided in the case of an underactive thyroid (hypothyroidism) with no other symptoms of concern, which may assist to slightly diminish the size of the goitre over time, especially in cases where iodine shortage is a history. The terms 'toxic multinodular goitre' or multinodular goitre with thyrotoxicosis' are often used to describe an overactive thyroid (hyperthyroid). This overactivity might be mild and detected only through blood testing (a condition known as "subclinical thyrotoxicosis"), or it can be obvious and detected only through a physical examination. Carbamazepine (carbimazine) tablets are examples of such tablets.. Tablets, such as carbimazole, can be used in the short term tocontrol secretion of

thyroid hormones while the diagnosis is being established and further treatments are being considered.[6]

Thyroid overactivity can be controlled with medications like carbimazole, but it is not a cure, and if the treatment is stopped, thyroid overactivity will likely return. Surgical surgery or radioactive iodine treatment (also known as radioiodine) for a more permanent treatment of hyperactive thyroid may be explored in such cases. To control overactivity, some patients choose to stay on carbimazole for a long time. The vast majority of patients do not require medical attention. When a multinodular goitre is significant and the patient feels it is ugly, surgery to remove all or most of the thyroid can be performed. A patient who has a normally functioning thyroid gland removed, on the other hand, may require thyroxine for the rest of his or her life. If a thyroid scan or fine needle aspiration biopsy reveal any regions of concern, surgery may be indicated.

Patient specific information-

Patient Information:

Demographic details :-

A 95yr old female with multinodular gaoiter over right thyroid admitted on date6/6/2021 for further treatment. The terms 'multinodular goitre' or' multinodular goitre are often used to describe an overactive thyroid (hyperthyroid).A goitre is an enlargement of the thyroid gland in its entirety or in part. A goitre with multiple lumps is known as a multinodular goitre.(nodules) that develop inside the gland This is most likely the most frequent thyroid problem. Nodules can be easily seen or only discovered after a thorough examination or scan. A quick increase in size might produce pain or discomfort in multinodular goitre, but this is uncommon. This could be caused by a sudden build-up of fluid or blood within a nodule, or it could be caused by a tumour, which is extremely unusual. Multinodular goitre is common disorder, in this condition the swelling over the neck and also redness over the neck .Aside from taking a full family and medical history, the patient's GP will also check for physical symptoms and perform blood tests to determine hormone levels. After the all investigation it diagnosed the multinodular goitre and it curable with medical and Surgical treatment .Thyroid overactivity can be controlled with medications like carbimazole, but it is not a cure, and if the treatment is stopped, thyroid overactivity will likely return. The surgery involved in Multinodular goiter is total thyroidectomy . However, surgery is an acceptable option. The efficacy of T4 treatment after surgery, to prevent regrowth, is debatable although frequently used.

Patient specific Information:

A 95-year-old woman was admitted to A.V.B.R. Hospital on June,6 ,2021, with the major complaint of swelling over thyroid regions and other symptoms, and the doctor diagnosed her with multinodular goitre following a physical examination and investigations.

Patient past medical and surgical history –

The patient having no any past medical and surgical history.

Family history-

She belongs to nuclear family. In patient's family there is no any hereditory history like DM, Asthma, Hyperthyroidism, etc.

Habits:- watching tv. Sleeping and lensing music and patient don't have any bad habit like chewing tobacco and smoking .

Psycho-social History:

She is housewife. Patient is social by nature.

She was mentally stable, conscious and oriented to date ,time and place. She had maintained good relationship with doctors and nurses as well as other patient's also.

Clinical finding:

Physical examination-

Inspection- 10×13 cm swelling present over the anterior surface of the neck, skin over the swelling red and edematous.
Important clinical finding -Blood investigation- Blood investigation-Hb - 12.1 gm, Rbc count - 4.5million/mmc,Wbc count – 9500 /mmc,Platelets count 2.21/mmc

Timeline :- He took treatment in A. V. B. R. H. and he got the proper treatment. Taking proper medication and now he has been seen with improvement of condition.

Diagnostic assessment-

Diagnostic method- Diagnostic methods:

On the basis physical examination and investigation, diagnosed the patient with multinodular goiter
Blood investigation-Hb - 12.1 gm, Rbc count -4.5million/mmc, Wbc count – 9500 /mmc, Platelets count
Diagnostic challenges: No any challenges reported during diagnostic evaluation.

Prognosis:- after treatment patients feel comfortable and having recovery in patients conditions, redness and swelling will be reduced. Also increase the patients' health conditions

Therapeutic intervention-

Present case took the multinodular goitre over right thyroid lobe treat with nonsteroidal anti-inflammatory drugs given as injection cefrazone 600 mg iv in tds ,Inj pan 40 mg IV od, inj calcium gluconate IV bd . tab Limcee 500 mg , capsule Becosule od, protein powders 2 -tea spoon tds.

Nursing perspective:

Fluid replacement (DNS and RL) was administered. Checked vital signs and blood pressure every hour.

Maintaining the patient's intake and output chart, as well as ensuring that he or she gets enough rest and sleep. Administered medicine as directed by the doctor. Because the patient had a fever, he was given hydrotherapy.

Outcomes:

In-spite of all care patient progress good,. She was advised to strictly avoid heavy work. Advised to take complete bed rest. Advised to avoidlifting heavy weight,
Intervention adherence and tolerability (How was this assessed?)
No any Intervention adherence. Patient tolerated treatment properly.

Discussion :

The patients admitted in hospital with the major complaint of swelling over thyroid regions and other symptoms, and the doctor diagnosed her with multinodular goitre following a physical examination and investigations , the patients feel better after the treatment and having Progress in recovery. According to study of Samjat Aaram, Iodine deficiency is the leading cause of goitre globally. Goitres are thought to afflict up to 200 million of the 800 million people who consume an iodine-deficient diet.
In India, China, Central Asia, and Central Africa, iodine deficiency illness is currently linked to endemic goitre. In Sudan, the government has performed multiple goitre prevalence surveys, identifying geographical zones at high risk for iodine deficient condition, including Darfur State (TGR = 87 percent, 5885 individuals tested, including children 18 years of age and female adults 45 years of age). As a result, the thyroid gland enlarges to maintain euthyroidism. Substernal goitre is a rare kind of multi-nodular goitre that manifests as an intrathoracic extension of an enlarged thyroid. Compression symptoms of the trachea, oesophagus, and recurrent laryngeal nerve can be caused by diffusely enlarged thyroid glands. [7] Dyspnoea, stridor, orthopnea, dysphagia, and hoarseness are just a few examples of compressive symptoms. This is especially concerning when the lesions are substernal, because any abrupt increase in gland size would occur in a tight region, posing a major threat to breathing. Malignant goitres, on the other hand, can present with these signs. Importantly, given our patient's terrible fate, needless and dangerous operations should be avoided when adequate postoperative care is unavailable. [8]
In multi-nodular goitres, the risk of cancer in prominent nodules is about 10%. These cancers can grow slowly and go undetected for years. When there is evidence of substernal extension, surgical excision can cure local problems right away. Although RAI treatment has been shown to reduce goitres by up to 40%, the treatment may not be enough to reduce the size of the gland, and may even cause temporary gland enlargement due to oedema. Some patients may be concerned about the appearance of their enlarged thyroid glands, therefore they choose to have the lobe or gland surgically removed. [9] Studies on diagnosis of thyroid lesions were reported by Phatak et. al. [10] and Singh et. al. [11]. Meshram et. al.[12] and Taksande et. al.[13] reported studies on sensory nerve conduction in patient of thyroid dysfunction. Wagh et. al. studied Relationship between hypothyroidism and body mass index in women[14]. Agrawal et. al. reported about role

of Bethesda system for reporting thyroid lesion[15]. Jose et. al. reported on profile of thyroid dysfunctions among the female population in a rural community of Wardha district[16].

Conclusion:

Multinodular goitre is common disorder, in this condition the swelling over the neck and also redness over the neck after the all investigations, it was diagnosed as the multinodular goitre and it treated with appropriate drugs. The most common thyroid condition is Multinodular Goitre, which is usually asymptomatic. It can compress the trachea, esophagus, and neck veins if it becomes large enough. Autonomous functional nodules and, in rare cases, cancer are other complications of Multinodular Goitre. Clinical testing, thyroid function testing, and imaging studies are all part of the diagnostic process. Additional FNAC testing may be required. Drugs, surgery, and other treatment options are available, depending on the results of the diagnostic examination and any related problems.

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