

Nursing Mnemonics and Acronyms: Endocrine System

Pheochromocytoma (rule of 10's)

Insulinoma (rule of 10's)

10% extra-abdominal
10% malignant
10% bilateral
10% in children
BUT 30% genetic/syndromic!

10% are part of MEN1 syndrome
10% are multiple
10% are malignant
10% contain ectopic pancreatic tissue



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Symptoms of hyperthyroidism (SWEATING)

Sweating
Weight loss
Emotional lability
Appetite increased
Tremor/ Tachycardia
Intolerance of heat/ Irregular menstruation/
Irritability
Nervousness
Goitre and GI problems (diarrhoea)



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Causes of adrenal insufficiency (ADDISON)

Autoimmune (Addison's disease)
Degenerative (amyloidosis)
Drugs (e.g. ketoconazole)
Infections (e.g. TB, HIV)
Secondary (hypopituitarism)
Others (adrenal bleeding)
Neoplasia



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Symptoms of hypothyroidism — tends to occur in middle aged women (MOM'S SO TIRED)

Memory loss
Obesity
Malar flush/ Menorrhagia
Slowness (mentally and physically)
Skin and hair dryness
Onset gradual
Tiredness
Intolerance to cold
Raised BP
Energy levels fall
Depression/ Delayed relaxation of reflexes



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Others (adrenal bleeding)
Neoplasia



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Memory Not Nursing For Endocrine

Tao Wei



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