

# Nursing Homes for Patients with Endocrine Disorders

**Adnan.M.Almehmadi<sup>1</sup>, Ahmad.S.Althagfi<sup>2</sup>, Ali.M.Al-Ghamdi<sup>3</sup>, Faleh.M.Alharbi<sup>4</sup>, Khadija.S.Basaba<sup>5</sup>, Ayman.A.Alharbi<sup>6</sup>, Huda.S.Njeery<sup>7</sup>, Abdullah.H.Aljadran<sup>8</sup>, Huda.A.Saad<sup>9</sup>, Fatimah.M.Alzhrani<sup>10</sup>**

*1 Nursing specialist- Al-Noor specialized hospital*

*2 Nursing technician - Emergency crisis*

*3 Nursing technician - the Saudi preventive Medicine program at the health cluster- Makkah*

*4 Nursing specialist- Central Blood Bank in Medina*

*5 Nursing technician- Almaqrah PHC*

*6 Nursing technician - Almansour PHC*

*7 Nursing technician- Maternity and Children's Hospital*

*8 Nursing specialist - Bisha Maternity and children's hospital*

*9 Nursing technician- Al-Rabwa PHC, Al-Baha Health Cluster*

*10 Nursing technician- Al-Thoban Walzahira PHC, Al-Baha Cluster*

## Abstract:

The endocrine glands in the human body are responsible for the secretion of hormones and any type of fluctuation the functioning of the same may result in Endocrine disorders. Such fluctuations in the functioning of glands may lead to various chronic ailments affecting the substantial body parts and even the routine life of the patient. As the prevalence of endocrine disorders, together with diabetes mellitus, thyroid illnesses, and adrenal insufficiencies, maintains to upward push globally, the function of nursing within the control and guide of these situations becomes increasingly more essential. This present study evaluates the scenario of endocrine disorder and the associated care/role of health care professionals in the process. this is a review study based on secondary data.

**Keywords:** Endocrine Disorder, nursing, healthcare professionals, patient care.

## Introduction:

The endocrine glands in the human body are responsible for the secretion of hormones and any type of fluctuation the functioning of the same may result in Endocrine disorders. Such fluctuations in the functioning of glands may lead to various chronic ailments affecting the substantial body parts and even the routine life of the patient. As the prevalence of endocrine disorders, together with diabetes mellitus, thyroid illnesses, and adrenal insufficiencies, maintains to upward push globally, the function of nursing within the control and guide of these situations becomes increasingly more essential. **Wiepjes et al (2020)** The significance of nursing in the domain of endocrinology is multifaceted, extending from direct patient care to schooling and advocacy. Nurses are frequently at the forefront of affected person interactions inside medical settings, mechanically undertaking checks, growing care plans, and enforcing interventions tailored to the unique needs of individuals with endocrine disorders. Their holistic method permits them to deal with not only the bodily aspects of those situations however also the emotional, social, and academic desires of sufferers and their families. **Baker et al (2021)** The growing complexity of endocrine problems requires specialized expertise and skills among nursing professionals. Nurses' ought to live knowledgeable approximately the cutting-edge improvements in endocrinology, diagnostic techniques, and treatment modalities, together with pharmacological interventions and life-style modifications. This specialization is essential, given that patients with endocrine issues

frequently have multifactorial fitness challenges that intersect with different clinical conditions. as an example, a diabetic affected person may also present with cardiovascular troubles, necessitating a comprehensive information of each diabetes control and coronary heart health. **Turban et al (2020)**

Patients who are suffering from the endocrine disorder may face a number issues in their routine health cycle and even some of them can be irreversible, some of them are psychological distress, diet related issues, and the need for ongoing education about self-management strategies. In such a scenario the health care workers are having a crucial role to play in terms of educating and supporting the patients with proper information, routines, self-administering medical care and even the management of doses from time to time. This sort of education also includes the training about recognition the signs of hypo- or hyperthyroidism. **Bretherton et al (2021)**

similarly to direct affected person care and training, nurses regularly locate themselves in advocacy roles, taking part with interdisciplinary teams to enhance the care of patients with endocrine problems. Their involvement is crucial in ensuring that the latest research findings are translated into medical exercise, thereby advancing the overall preferred of care for people with these complicated situations. **Achille et al (2020)** The burgeoning field of technology in healthcare also affords novel opportunities for nurses running with patients who have endocrine disorders. Telehealth, diabetes management programs, and remote tracking gadgets are converting the panorama of chronic sickness management. Nurses are more and more engaged in leveraging this technology to enhance affected person education, facilitate higher adherence to treatment plans, and display fitness metrics remotely.

	<b>DIABETES INSIPIDUS</b> <i>Not enough</i> ADH being released ↓ <i>Loses too much water</i> from the body	<b>SIADH</b> <i>Too much</i> ADH being released ↓ Retains <i>excess water</i> in the body
	<b>DKA</b> Complication of T1D ↓ <i>NO</i> working insulin receptors ↓ s/s hyperglycemia, ketones, abd pain, kussmaul respirations	<b>HHNS</b> Complication of T2D ↓ <i>FEW</i> working insulin receptors ↓ Does not have ketones, abd pain or kussmaul respirations
	<b>ADDISON'S</b> <i>Not enough</i> cortisol & aldosterone being released ↓ <i>Low</i> symptoms	<b>CUSHINGS</b> <i>Too much</i> cortisol being released ↓ <i>High</i> symptoms
	<b>HYPOTHYROIDISM</b> <i>Not enough</i> T3/T4 produced and released ↓ <i>Hashimotos</i> ↓ <i>Low &amp; slow</i> symptoms	<b>HYPERTHYROIDISM</b> <i>Too much</i> T3/T4 produced and released ↓ <i>Graves disease</i> ↓ <i>High &amp; hot</i> symptoms
	<b>HYPOPARATHYROIDISM</b> <i>Not enough</i> PTH being produced ↓ <i>Low calcium &amp; high phosphorus</i>	<b>HYPERPARATHYROIDISM</b> <i>Too much</i> PTH being produced ↓ <i>High calcium &amp; low phosphorus</i>

Source: <https://www.grepmed.com/images/17411/endocrinedisorders-endocrine>

**Figure 1: forms of Endocrine Disorder**

Additionally, the sociocultural dimensions of healthcare cannot be not noted. Nurses are tasked with addressing the numerous needs of sufferers from diverse backgrounds, spotting how cultural ideals and socioeconomic factors can have an impact on control strategies for endocrine disorders. This cultural competence is crucial to provide patient-focused care that respects person values and promotes equitable get entry to healthcare offerings. **Diallo et al (2023)**

**The Role of Healthcare Professionals:**

As many of the chronic diseases, ailments, etc. are coming up with the development and growth-related prospects i.e., disturbed routine life, increasing pollution, climate changes, etc. the diseases are even becoming more chronic and horrible. inside the current health care landscape, the role of nurses has evolved considerably, encompassing advanced obligations that had been traditionally the purview of physicians. one of the most critical factors of nursing is patient evaluation and prognosis. **Ibrahim et al (2023)** Nurses, as frontline fitness care companies, are instrumental in coordinating patient care, improving fitness results, and making sure that treatment aligns with the needs and alternatives of patients. patient evaluation is a based, systematic method via which nurses acquire, analyze, and synthesize fitness statistics regarding a character's bodily, psychological, and social repute. This comprehensive evaluation includes a couple of dimensions, inclusive of initial checks conducted upon affected person admission, ongoing assessments at some point of the path of care, and evaluations after interventions. The nurse's assessment serves as a foundation for handing over holistic care tailored to individual wishes and situations. **Zakir et al (2023)**

The healthcare specialists or the nurses in particular are susceptible to perceive the cues for the continual ailments like endocrine disease. This cooperation complements the accuracy of diagnoses whilst ensuring that holistic affected person care stays the focal point of the treatment plan. In a few advanced practice roles, nurses are legal to make unbiased diagnoses and prescribe treatments inside their scope of practice. **Kleeman et al (2023); Connelly et al (2022)** This advancement is reflective of the developing reputation of the nurse's clinical know-how, mainly in primary care settings, in which they are geared up to control continual sicknesses and perform fitness checks. the integration of nursing checks and diagnoses into number one health care complements accessibility and equality in health offerings and contributes to reduced wait instances for patients. the combination of proof-based totally practices is imperative in-patient assessment and prognosis. Nurses' ought to live knowledgeable of the cutting-edge studies and medical suggestions that tell first-class practices in patient care. evidence-primarily based practices help nurses in making knowledgeable evaluation selections, using standardized evaluation equipment, and implementing interventions that have been proven powerful through rigorous research. **Sugandh et al (2023)**

**Table 1: Nursing Care and Medication During Endocrine Disorder**

*Source: GI, Gastrointestinal; IV, intravenous; subQ, subcutaneous.*

<b>Generic/Trade</b>	<b>Action</b>	<b>Side Effects</b>	<b>Nursing Implications</b>
Bromocriptine (Parlodel)	Inhibits prolactin secretion, lowers serum levels of growth hormone, dopamine receptor agonist	Nausea, headache, dizziness, abdominal cramping, orthostatic hypotension	Give with meals to prevent GI effects; change positions carefully to prevent orthostatic hypotension; contraindicated with

			hypersensitivity to ergot derivatives.
Calcium salts (gluconate, lactate, chloride gluceptate)	Calcium electrolyte replacement	Hypercalcemia, phlebitis, necrosis, and burning at IV site; bradycardia, hypotension, and dysrhythmias with rapid IV administration	Monitor cardiac status and blood pressure and for extravasation when giving intravenously.
Fludrocortisone (Florinef)	Adrenal corticosteroid with mineralocorticoid activity; promotes sodium and water retention	Hypertension, edema, sweating, rash, hypokalemia	Monitor for hypokalemia and fluid retention or depletion; do not discontinue abruptly; patient should carry identification signaling use.
Levothyroxine (Eltroxin, Synthroid, Levothroid) Liothyronine (Cytomel) Liotrix (Thyrolar) Thyroid (Thyrar, Armour Thyroid)	Thyroid hormone replacement	Most side effects due to therapeutic overdose; include anxiety, insomnia, headache, hypertension, tremors, angina, dysrhythmias, tachycardia, menstrual irregularities	Give in morning to minimize insomnia; use caution in older adults or patients with coronary artery disease; monitor for signs of overdose; do not switch brands unless instructed.
Mitotane (Lysodren)	Adrenal cytotoxic agent; reduces production of adrenal steroids	Anorexia, nausea, vomiting, diarrhea, lethargy, somnolence, vertigo, rash	Tell patient to use contraception; instruct patient to use caution when driving or performing tasks requiring alertness; monitor for dehydration.
Potassium iodide (SSKI)	Blocks release of thyroid hormone in thyroid storm and hyperthyroidism; also used as an expectorant	Hypersensitivity reactions, rash, metallic taste, burning in mouth or throat, GI irritation, headache, parotitis, hyperkalemia	Do not use in pregnant women; mix with fruit juice to mask taste.

Somatostatin analogs: octreotide (Sandostatin)	A secretory inhibitory growth hormone suppressant that suppresses secretion of serotonin, gastroenteropancreatic peptides; enhances fluid and electrolyte absorption from the GI tract; used for carcinoid tumors, VIPomas, and high-output fistulas	Nausea, diarrhea, abdominal pain, headache, injection site discomfort, hyperglycemia, hypoglycemia	Sub Q route of administration is preferred, but may also be given IV.
Antidiuretic hormone: vasopressin (Pitressin)	Synthetic pituitary hormone with antidiuretic effects on the kidney (used to treat diabetes insipidus); also a potent vasoconstrictor (used to treat bleeding esophageal varices)	Nasal irritation and congestion with nasal preparations; hypertension; ischemia to heart, mesenteric organs, and kidneys; angina; myocardial infarction; water retention; hyponatremia	Use with caution in older adults or patients with coronary artery disease or heart failure; discontinue if chest pain develops; monitor urinary output and serum sodium.

The above stated Endocrine disorders may lead to a number of health-related issues and this may include abnormal hormone production, secretion, and action. Such a situation may affect the other related systems of the body and may have negative impact on the physical and mental health of the patients. In the light of these complications, developing and implementing effective care plans for endocrine disorders is crucial. Care plans not only address individual patient needs but also promote holistic approaches that consider a patient's environment, lifestyle, and psychosocial factors. **Actkins et al (2023)**

The endocrine device consists of glands that secrete hormones into the bloodstream, regulating diverse physical functions together with metabolism, boom and improvement, tissue characteristic, sexual feature, replica, sleep, and temper. common endocrine problems include diabetes mellitus, hypothyroidism, hyperthyroidism, Cushing's syndrome, Addison's ailment, and polycystic ovary syndrome (PCOS), among others. **Qian et al (2023); Niva et al (2021)** Every of these conditions can cause debilitating signs and complications if now not well controlled. as an example, diabetes mellitus, characterized through chronic excessive blood sugar, can cause intense complications, along with cardiovascular disease, renal failure, and neuropathy. effective control calls for now not only pharmacological intervention however additionally way of life changes, including dietary modifications and ordinary bodily activity. for that reason, a complete care plan is important for handling endocrine issues correctly. **Xue et al (2021)**

**Patient care Approaches:**

To deal with the patients suffering from Endocrine disorder, following approaches will be very effective and even crucial to save the patient and lead a healthy life in the future endeavors:

1. Affected person-centered technique: Tailoring the care plan to satisfy the precise needs, alternatives, and values of the affected person enhances adherence and engagement. Encouraging patient participation in selection-making fosters a sense of possession over one’s health.

2. Utilization of generation: Leveraging era which includes electronic health information (EHRs), telemedicine, and cell health applications can beautify communicate and monitoring. for instance, patients with diabetes might gain from apps that help music blood glucose levels and dietary intake.
3. Ordinary evaluation of Care Plans: Care plans should be fluid documents which can be up to date often to reflect adjustments in the patient’s situation, lifestyle, or preferences. Periodic reevaluation guarantees that interventions continue to be relevant and effective.
4. Collaboration with patients and households: enticing sufferers and own family participants in the care method can lead to higher outcomes. family involvement in care choices can provide emotional assist and encourage way of life modifications.
5. Addressing Psychosocial factors: Endocrine problems regularly coincide with mental troubles inclusive of anxiety and despair. imparting intellectual fitness help or counseling as a part of the care plan addresses the emotional factor of handling a persistent circumstance. **Desmawati et al (2020)**

#### **Modalities for Patients of Endocrine Disorder:**

The area of nursing has been in consistent evolution, motivated by using advances in medical science, shifts in affected person care modalities, and the increasing complexity of fitness troubles faced with the aid of populations. a number of the myriads of health demanding situations encountered is the control of endocrine issues, which encompass various situations affecting hormone-generating glands. these disorders—inclusive of diabetes, thyroid illnesses, adrenal gland issues, and others—have profound implications for patient health and wellbeing. **Cao et al (2020); Lin et al (2021)** As we appearance towards the destiny, it's far essential to delineate the guidelines in nursing exercise that will beautify the control of endocrine problems, in the long run main to advanced patient results.

one of the most promising improvements that could drastically have an effect on nursing practice is the shift toward precision medicine. This technique tailors clinical treatment to the individual traits of every affected person, primarily based on genetic, environmental, and lifestyle factors. in the context of endocrine disorders, precision medication will bring in new diagnostic strategies and healing interventions, that are particularly relevant for situations like diabetes and thyroid disorders. Nurses will want to be prepared with the abilities to interpret genetic facts, apprehend its implications, and collaborate with multidisciplinary groups to broaden tailor-made care plans. moreover, precision medicine includes a shift in patient education, as nurses will play a pivotal position in assisting sufferers recognize their situations at a molecular degree, empowering them to take an active function of their health management. This includes integrating genetic counseling into ordinary take care of sufferers with regarded hereditary endocrine problems, making sure that they're aware about the implications for his or her fitness and the fitness in their households.

#### **Davodabady et al (2021)**

the appearance of era has established to be transformative in the field of healthcare, and its integration into nursing exercise for managing endocrine disorders is no exception. Telehealth has received extraordinary traction, specifically in light of the recent worldwide health demanding situations. Nurses can make use of telehealth systems for remote monitoring of patients with chronic endocrine conditions, facilitating everyday test-ins, remedy control, and education without the geographic constraints of traditional healthcare settings. **Niva et al (2021)**

similarly to telehealth, the use of artificial intelligence (AI) and gadget gaining knowledge of for predictive analytics gives thrilling possibilities. as an instance, AI algorithms can examine affected person records to expect headaches in diabetic sufferers, prompting well timed nursing interventions. Nurses will want to hone their skills in navigating those technology, integrating them

into exercise even as additionally focusing at the interpersonal factors of affected person care that technology can't replicate.

as the healthcare panorama continues to shift in the direction of holistic and patient-centered care, nurses might be called upon to adopt more comprehensive frameworks for managing endocrine disorders. This method acknowledges that several social determinants of health—together with socioeconomic status, training, and intellectual fitness—can influence the control and outcomes of endocrine illnesses.

Nurses have to attempt to engage patients in meaningful conversations about their lifestyles and choices, assisting form care plans that fit into their every day lives. patient schooling can even increase, overlaying way of life changes, nutritional picks, and pressure management techniques that align with the management of endocrine disorders. future nursing practice will more and more emphasize interdisciplinary collaboration, running alongside dietitians, social employees, and intellectual health professionals to deal with the multi-faceted needs of sufferers.

### **Conclusion:**

Nursing plays an indispensable role in the management and care of patients with endocrine disorders. through complete evaluation, schooling, and individualized care planning, nurses are at the forefront of ensuring the effective management of these complicated conditions. Their expertise not best aids within the identity and treatment of endocrine issues however also fosters a supportive environment that empowers sufferers to take a lively role of their health. by means of collaborating with interdisciplinary teams, nurses decorate continuity of care and actively make contributions to the prevention of headaches. As healthcare keeps to adapt, the position of nursing inside the control of endocrine issues is becoming more and more significant. Ongoing education and version to new technology will in addition fortify nurses' competencies in delivering care. By means of prioritizing affected person-focused approaches and advocating for the wishes of people with endocrine issues, nursing will continue to be a crucial detail in enhancing affected person outcomes and average exceptional of life. This examines underscores the want for persisted research and support for nursing initiatives to make sure that patients with endocrine problems get hold of the comprehensive care they deserve.

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