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Individualized developmental care in the NICU

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Hypothyroidism is a condition characterized by abnormally low thyroid hormone production. There are many disorders that result in Hypothyroidism or Hyperthyroidism that may directly or indirectly involve thyroid gland. Hypothalamus-TRH-Pituitary-TSH-Thyroid T4 and T3. The rate of thyroid hormone production is controlled by the pituitary gland. If there is an insufficient amount of thyroid hormone circulating in the body to allow for normal functioning, the release of TSH is increased by the pituitary gland in an attempt to stimulate more thyroid hormone production. In contrast, when there is an excessive amount of circulating thyroid hormone, TSH levels fall as the pituitary attempts to decrease the production of thyroid hormone. The health of thyroid gland truly makes or breaks daily energy level, the ability to sustain a healthy weight for the frame, overall metabolic function, and can even affect emotional life (if thyroid function is low, depression can result; if thyroid function is high, anxiety can result). Thyroid is a remarkable gland, located at the front of the throat by the laryngeal prominence. If it functions properly, the perfect amount of thyroid hormone is secreted to meet your daily energy needs, but if it is low you will likely feel fatigued, unable to keep up with life's demands, have sleeping difficulties, gain weight easily and feel cold much of the time. Millions of Indians have thyroid conditions from genetic predisposition, years of stress, and compounded by the toll of pollution in our air, food, and water.

Biography

Patricia Macho is a Master prepared Register Nurse with over 35 years experience working in the level IV NICU at Cohen Children's Medical Center of NY. She is currently the Nurse Educator in the NICU at Cohen Children's Medical Center of NY. She is a PhD candidate at the Graduate Center of CUNY. She has done multiple podium and poster presentations related to neonatal care and has published an article on Individualized Developmental Care.

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