

- Assessment of the Endocrine System Unit VIII-A
- Endocrine System
- Chapter 18
- Role of Endocrines
- Endocrine system made of glands in tissues and organs throughout the body
- Function of endocrine system= Secretion of hormones
  - Hormones are chemicals that affect *target tissues*
  - Need to travel to target tissue via blood, hence the name *ductless glands*
- Anatomy and Physiology Review of Endocrine Glands
- Hypothalamus
- Pituitary glands
- Gonads
- Adrenal glands
- Thyroid glands
- Parathyroid gland
- Pancreas
- Endocrine glands and the hormones- how do they work?
- *Negative feedback control mechanism*
  - Body condition moves away from normal > stimulates an action or response by endocrine gland > hormone secreted > demand by body is met and condition moves into normal range > secretion of hormone stopped
- Lock and key
  - Hormone acts on target tissue as the key that unlocks the door and allows a change in activity at the target tissue
- Endocrine Changes Associated with Aging
- Increased antidiuretic hormone
  - = diluted urine and polyuria
- Decreased ovarian function

- = estrogen deficiency, risk for osteoporosis, UTIs
- Decreased glucose tolerance
  - = risk for diabetes and obesity
- Decreased peripheral metabolism
  - = risk for hypothyroidism
- Assessment Techniques
- History
  - Demographic data
  - Family history and genetic risk
  - Personal history
  - Diet history
  - Socioeconomic status
- Assessment Techniques
- Current health problems including any changes in the following:
  - Energy levels
  - Elimination
  - Sexual and reproductive functions
  - Physical appearance
  - Skin condition
- Physical Assessment
- Inspection: (examine for the following)
  - Prominent forehead or jaw
  - Round or puffy face
  - Dull or flat expression
  - Exophthalmos –protruding eyes
  - Vitiligo –destruction of melanocytes, patches
  - Striae –stretch marks

- Hirsutism abnormal hairiness esp. in women
- Physical Assessment
- Palpation
  - Thyroid glands and testes can be examined by palpation
- Auscultation
  - Used to establish baseline vital signs and to assess cardiac rate and rhythm
- Psychosocial Assessment
  - Assess client's coping skills for endocrine dysfunction; may need to refer to social services
- Laboratory Tests
- Serum Glucose (Fasting Blood Sugar)
- Hgb A1C
- Stimulation/Suppression Tests
- Urine Tests
- Radiographic exams
- Biopsies