

THYROID FUNCTION

COURSE DESCRIPTION:

This advanced-level training is designed for functional health practitioners seeking a comprehensive understanding of thyroid physiology and dysfunction through a systems-based approach. The course explores the interconnected roles of the adrenal glands, liver, and gastrointestinal system in thyroid regulation, and delves into the immune mechanisms underlying autoimmune thyroid conditions such as Hashimoto's thyroiditis and Graves' disease. Emphasis is placed on clinical application, including symptom recognition, test interpretation, and integrative strategies for intervention. Participants will analyze case studies to reinforce diagnostic reasoning and personalized care planning.

COURSE LEARNING OUTCOMES:

By the end of this course, students will be able to:

1. **Describe** the anatomy and physiology of the thyroid gland and its relationship to systemic function.
2. **Explain** the role of the adrenal glands, liver, and gut in the regulation of thyroid hormones.
3. **Analyze** thyroid-related laboratory tests to identify patterns of dysfunction and immune dysregulation.
4. **Evaluate** the underlying causal factors contributing to thyroid dysfunction, including autoimmune processes.
5. **Develop** individualized intervention strategies based on symptomatology, test results, and case study analysis.

AGENDA:

1. Basic Thyroid Physiology: A Quick Review (Time:15:35)
2. Thyroid Lesson 2: When Things Go Wrong (Time: 51:49)
3. Thyroid Lesson 3: Thyroid Blood Chemistry Panels & Patterns of Dysfunction (Time: 35:29)
4. Thyroid Lesson 4: Foundational Principles for Healing Thyroid Dysfunction & Restoring Health (Time: 55:40)
5. Thyroid Lesson 5: Case Studies (Time: 23:23)
6. Thyroid Addendum – Intro (Time: 4:45)
7. Thyroid Addendum 1 – Testing Options (Time: 23:26)
8. Thyroid Addendum 2 – Thyroid Biomarkers (Time: 44:02)
9. Thyroid Addendum 3 – Updates in Nutrition, Supplementation, and Medication (Time: 43:53)

Total: 96 Minutes (5 hours Contact Hours) This course expires on 2/23/27

REFERENCES:

Burch, H. B., & Wartofsky, L. (2023). *Physiology, Thyroid*. In H. eingold et al. (Eds.), StatPearls. StatPearls Publishing.

<https://www.ncbi.nlm.nih.gov/books/NBK519566>

Feldt-Rasmussen U, Klose M. Clinical Strategies in the Testing of Thyroid Function. [Updated 2020 Nov 20].

<https://www.ncbi.nlm.nih.gov/books/NBK285558/>

Maggio, D., & De Martina, D. M. (2023). The role of nutritional supplementation in hypothyroidism: A systematic review. *Nutrition and Med.*, 2023, Article ID 56083. file:///C:/Users/Owner/Downloads/56083.pdf

Virili, C., & Centanni, M. (2022). Effect of gluten-free diet on autoimmune thyroiditis progression in non-celiac patients: A systematic review and meta-analysis. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10405818>

Disclosures:

The Advanced Education Department of AFDNP, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Provider #P1005

California Board of Registered Nursing Contact Hours Provided by AFDNP Inc. Provider approved by the California Board of Registered Nursing. Provider #18098.

All faculty and planning members participating in this program have reported no relevant financial relationships with ineligible companies.

To receive continuing education credit, participants must complete the entire course, the post-quiz with a passing score of 80% or better, and an end-of-course evaluation.

This course is 5 contact hours and will expire on 2/23/27