**Managing Thyroid Disorders: A practical approach**

Pakistan Endocrine Society as part of its academic initiatives has initiated a one month online blended thyroid course. This course will give you an insight into thyroid physiology, treatment regulation and management and potential adverse outcomes and risks associated with thyroid disease and its treatment.

**Target audience**

This course is particularly targeted at Clinicians, physicians and residents working in the field of thyroid disorders. This educational offering will meet the needs of busy clinicians.

**Course outline**

Over the duration of this one month online short course, you will work through the following modules

Module 1- overview of thyroid gland & Thyroid Nodule

Module 2- Hypothyroidism

Module 3- Hyperthyroidism

Module 4- Thyroid & Pregnancy

**Course outcomes**

After taking this course, you will be able to

* Identify the most appropriate methods to obtain a precise diagnosis and complete workup of people with thyroid disorders
* Develop a potential treatment strategy based on the individual’s workup.
* Understand the management of thyroid disorders during pregnancy.

**Learning objectives**

After taking this course, you will be given the tools to

1. Interpret thyroid function measurements
2. Evaluate a patient presenting with thyroid nodule
3. Assess and manage patients presenting with hypothyroidism
4. Understand how to initiate and adjust thyroxine dose
5. Assess and manage patients presenting with hyperthyroidism
6. Understand various treatment options for managing hyperthyroidism
7. Identify the major changes that occur in thyroid physiology during pregnancy
8. Correctly define what is a normal and abnormal thyroid function during pregnancy
9. Understand how to regulate treatment in women with pre - existing hypothyroidism
10. Understand how to manage antithyroid drug treatment Before and during pregnancy
11. Describe the adverse outcomes associated with thyroid disease during pregnancy

This course is of one month duration, with weekly one zoom synchronous session of one hour (Every Saturday from 3-4 pm PST) which will be conducted by experienced endocrinologists and executive members of Pakistan Endocrine Society. A multimedia-rich online component on Learning Management System is an integral part of the course which comprises of animated videos, important links, resources as well as collaborative discussion forums. Assessment included 4 Quiz one at the end of each module.

**Average weekly minimum 2-3 hours’ time commitment required from the course participants.**

**Course Directors:**

* **Dr. Ibrar Ahmed**

MBBS, FCPS (Medicine), FCPS (Endocrinology), FRCP (London)

Consultant Diabetologist & Endocrionologist

Assistant Professor & Divisional Head

Department of Diabetes & Endocrinology & Metabolic Disease

Lady Reading Hospital, Peshawar

President, Pakistan Endocrine Society

* **Dr. Musarrat Riaz**

FCPS (Med), FCPS (Endo)

Associate Professor

Baqai Institute of Diabetology & Endocrinology

Baqai Medical University

Publication Secretary: Pakistan Endocrine Society

**Course Faculty:**

* **Dr. Aisha Sheikh**

MBBS, FCPS, FACE (USA) Fellowship Diabetes, Endocrinology &

Metabolism (AKUH), PGDip Diabetes (UK), PGDip Endocrine (UK)

Consultant Endocrinologist & Faculty member (AKUH), Recognized tutor, University of South Wales,(UK)

President-elect of Pakistan Endocrine Society (PES) , Academic Director of the BMJ/AKU/RCP Post-graduate Diabetes certification course

* **Dr. Ali Asghar**

MRCP (UK), FACE(USA)

Consultant Endocrinologist and Assistant Professor,

Liaquat National Hospital and Medical College

Vice-President, Pakistan Endocrine Society

* **Dr. Fatima Zahra**

MBBS, FCPS, MACE, Fellowship in Diabetes and Endocrinology (JPMC)

Associate professor (Medicine)

Endocrinologist Ruth Pfau Medical College

Certification in medical journalism

Certification in health profession education

Executive member PES

* **Dr. Sadia Salman**

MBBS (K.E), MCPS (Medicine), FCPS(Medicine), FCPS(Endocrinology),

Head of Endocrinology Deptt AIMC /JHL

Joint secretary of PES

Consultant Endocrinologist at Saira Memorial Hospita, Lahore

* **Dr. Saima Askari**

FCPS (Med), FCPS(Endo)

Assistant Professor

Baqai Medical University

PES Executive member

* **Dr. Tejhmal Rehman**

MBBS; MRCP (UK); FRCP(Lon); CCT(UK)

Consultant Endocrinologist

Royal Berkshire Hospital NHS Trust

Reading, UK

**Course Fees:** PKR 10,000/-

**Payment Options:**

**Bank:** Soneri Bank

**Branch:** AKU, Karachi

**Account Title:** Pakistan Endocrine Society

**IBAN #:** PK20SONE0002420000075079

**Account #:** 20000075079

**Branch code:** 0024

**Certificate:**Only successful participants will receive Course Certificate so make sure to complete all the tasks and assignments required during the course.

**Certificates will be issued by Dow university of Health Sciences (DUHS)**