**CONGENITAL HYPOTHYROIDISM: The Pediatrician’s Role**

Newborns with abnormal Congenital Hypothyroidism results require additional testing as soon as possible. Early detection and treatment with a thyroid hormone medication can prevent intellectual and developmental delays.

Congenital Hypothyroidism can occur when newborns are unable to produce the amount of thyroid hormone necessary for the baby’s healthy growth and development. Newborn screening is the only way to detect this disease early.

**CLINICAL MANAGEMENT GUIDELINES**

If newborn screening shows that an infant has low T4 and/or elevated TSH, follow the steps below to ensure that the child receives care in a timely manner. The earlier infants receive treatment, the better the long term outcome.

Newborn screening produces low T4 and/or elevated TSH result

1. **Contact the Family**
   - Share screening results with the family
   - Schedule child to be seen for additional labs

2. **See the Infant**
   - Examine & evaluate the infant for:
     - Jaundice
     - Hypoactivity
     - Poor feeding

3. **Order Tests**
   - Immediately order a serum FT4 and TSH

4. **Send Results**
   - Fax FT4 and TSH result to the Genetic Diseases program (whether positive or negative)
     - Fax: (504) 568-8253

**Abnormal Result**

If serum FT4 and/or TSH are abnormal, contact a pediatric endocrinologist immediately.
- A list of pediatric endocrinologists is provided on the next page

**Normal Result**

If serum FT4 and TSH are normal, no further testing is needed.

**Within 1 Week**

- Refer family to a pediatric endocrinologist

**Within 2 Weeks**

- Treatment should begin as soon as the abnormal results are confirmed.

**Continuous**

- Coordinate and work closely with the pediatric endocrinologist for evaluation, treatment & care.

If you have any questions or concerns about newborn screening or your next steps, call the Genetic Diseases program at 504-568-8254 or visit [ldh.la.gov/genetics](http://ldh.la.gov/genetics).

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For further guidance, call the Genetic Diseases program at 504-568-8254