

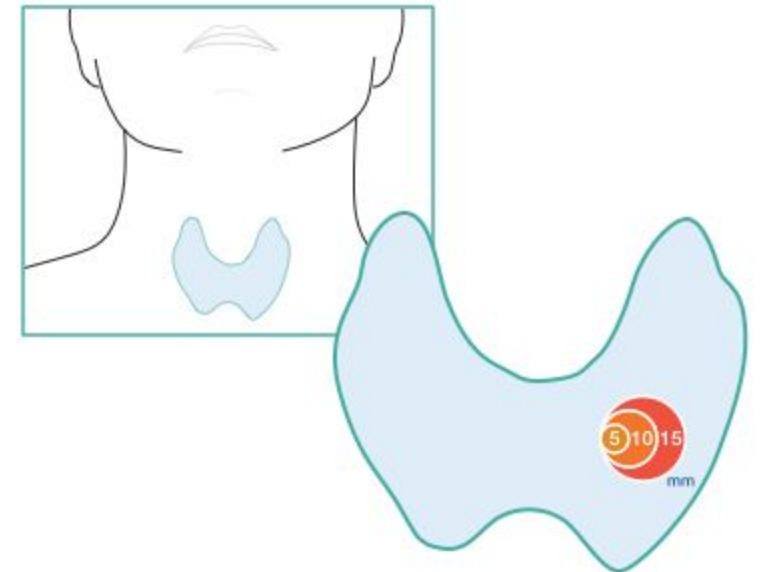
Situation Review

Thyroid Nodules are common

This conversation aid will help you and your doctor discuss ways to care for your Thyroid Nodule

Note: This application is for use exclusively during the clinical encounter with a clinician

Developed by Mayo Clinic and University of Florida



Let's Get Started

Situation Review



Is my nodule cancer?



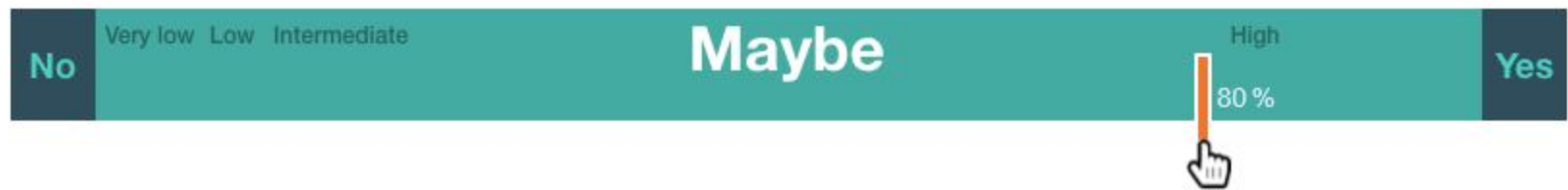
Categorize Nodule

Discuss Approaches

Situation Review



Is my nodule cancer?



- ✓ **Solid Hypoechoic nodule and:
Microcalcifications, irregular margins, extrathyroidal extension,
taller than wide, interrupted rim calcification Or, Suspicious lymph nodes**
High suspicion (>70-90%)
- ✓ **Solid Hypoechoic nodule in the absence of high risk features**
Intermediate suspicion (10-20%)
- ✓ **Solid hyperechoic or isoechoic nodule with regular margins
Or, Partially cystic nodule with eccentric solid component**
Low suspicion (5-10%)
- ✓ **Spongiform nodules, partially cystic with no suspicious features**
Very low suspicion (<3%)

Done with Categories

Discuss Approaches

Approaches

There are choices for what to do next



Monitor Nodule

Regularly check your thyroid nodule



Test Nodule

Use a needle to take a small sample of the nodule for testing



Remove Nodule

Surgery to remove part or all of your thyroid



Whichever we choose your risk of developing a dangerous Thyroid Cancer is low

Consider Issues

WHAT WOULD IT MEAN?

POSSIBLE HARMS

COST

Issues

How would each approach work for you and your life?



Monitor Nodule

Regularly check your thyroid nodule



Test Nodule

Use a needle to take a small sample of the nodule for testing



Remove Nodule

Surgery to remove part or all of your thyroid

Issues

How would each approach work for you and your life?



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Regularly check your thyroid nodule



Test Nodule

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Remove Nodule

Surgery to remove part or all of your thyroid

What Would it Mean?



Every 6 to 24 months:

- Ultrasound or neck exam
- Blood tests

15-30 minute procedure

Local anesthesia

Mild to moderate pain



Recovery time varies

Daily medication

Regular blood tests

Issues

How would each approach work for you and your life?



Monitor Nodule

Regularly check your thyroid nodule



Test Nodule

Use a needle to take a small sample of the nodule for testing



Remove Nodule

Surgery to remove part or all of your thyroid

Possible Harms

Possible worry of not knowing

Discomfort

- + Low risk of complications
- May not tell us if it is cancer

- + 1 to 2 inch scar on the neck
- + Voice complications
- + Low Calcium



WHAT WOULD IT MEAN?

POSSIBLE HARMS

COST

Issues

How would each approach work for you and your life?



Monitor Nodule

Regularly check your thyroid nodule



Test Nodule

Use a needle to take a small sample of the nodule for testing



Remove Nodule

Surgery to remove part or all of your thyroid

Cost

Less expensive than surgery
May have regular testing costs

Less expensive than surgery

Most expensive
Testing and medication costs

Cost will depend on your insurance plan.

Issues

What have we decided to do?



Decide Later or



Monitor Nodule

Regularly check your thyroid nodule

We have discussed this patient's risk of having thyroid cancer and ways of responding to this risk. We have discussed the pros and cons of the available options, including what they would require of the patient, their possible harms, and costs. After thorough discussion we have decided to continue to monitor the nodule with a repeat ultrasound in XX months.



Test Nodule

Use a needle to take a small sample of the nodule for testing



Remove Nodule

Surgery to remove part or all of your thyroid

Issues

What have we decided to do?



Decide Later or



Monitor Nodule

Regularly check your thyroid nodule



Test Nodule

Use a needle to take a small sample of the nodule for testing



Remove Nodule

Surgery to remove part or all of your thyroid

We have discussed this patient's risk of having thyroid cancer and ways of responding to this risk. We have discussed the pros and cons of the available options, including what they would require of the patient, their possible harms, and costs. After thorough discussion we have decided to biopsy the nodule.

Issues

What have we decided to do?



Decide Later or

We have discussed this patient's risk of having thyroid cancer and ways of responding to this risk. We have discussed the pros and cons of the available options, including what they would require of the patient, their possible harms, and costs. After thorough discussion we have decided to surgically remove part or all of the thyroid.



Monitor Nodule

Regularly check your thyroid nodule



Test Nodule

Use a needle to take a small sample of the nodule for testing



Remove Nodule

Surgery to remove part or all of your thyroid

Issues

What have we decided to do?



Decide Later or



Monitor Nodule

Regularly check your thyroid nodule

We have discussed this patient's risk of having thyroid cancer and ways of responding to this risk. We have discussed the pros and cons of the available options, including what they would require of the patient, their possible harms, and costs. After thorough discussion we have decided to make a decision at another time.



Test Nodule

Use a needle to take a small sample of the nodule for testing



Remove Nodule

Surgery to remove part or all of your thyroid