Improving Thyroid Surveillance in Youth with Type 1 Diabetes

Puja Singh[1,2], MD; Christy Byer-Mendoza[2], MSN, RN, CNS, CPN, CDCES; Kim McNamara[2], RN, BSN, CDCES; Andrea Huber[2], RN, BSN, CDCES; Elyse Basore[2], BSN, RN, CPN; Mario Bialostozky[1,2], MD; Carla Demeterco-Berggren[1,2], MD, PhD

[1]University of California San Diego, San Diego, CA; [2]Rady Children's Hospital San Diego, San Diego, CA; pusingh@health.ucsd.edu

Background

Autoimmune thyroid disease is the most common autoimmune comorbidity in youth with type 1 diabetes (T1D). The American Diabetes Association (ADA) recommends TSH screening every 1–2 years after diagnosis.

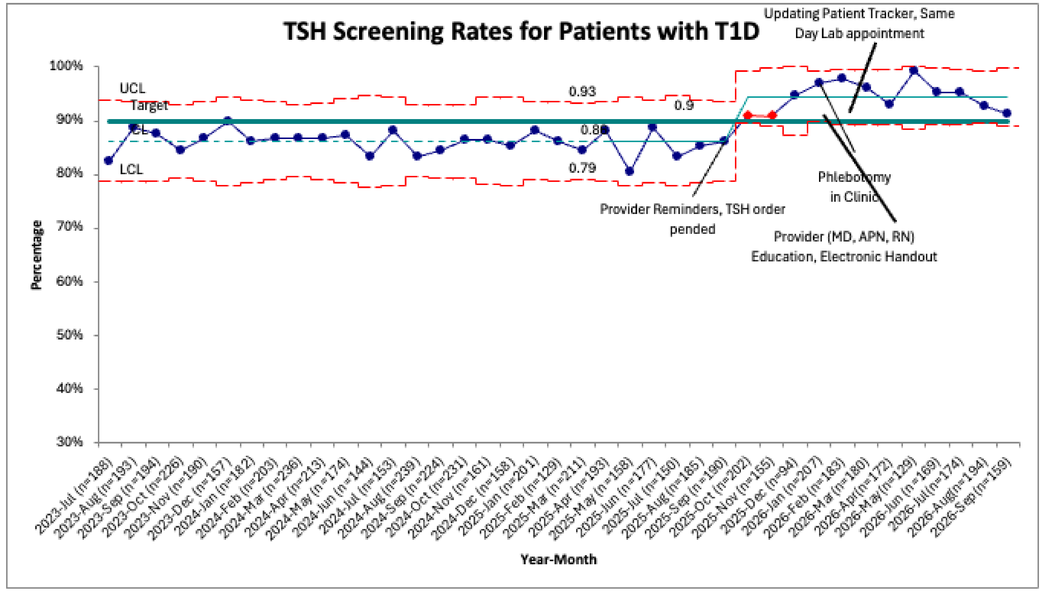
Our quality improvement (QI) initiative aimed to increase TSH screening within the previous 24 months from 80% to 90% by May 31, 2026

Methods

With the use of a diabetes dashboard built within the electronic health record (EHR), youth with T1D overdue for TSH screening were identified prior to their next clinic appointment. A multidisciplinary team designed and tested a series of interventions through PDSA cycles. Interventions included: provider education on ADA standards of care, health maintenance reminders through EHR, education handout for patients and families, same-day lab appointments, introduction of an in-clinic phlebotomist service.

Results

Figure 1: Percentage of Youth with Type 1 diabetes with TSH completed



Results

As of May 31, 2026, the percentage of patients with T1D who had completed a TSH laboratory test reached the target of 90% and additionally achieved center line shift (Figure 1).

Conclusions

Through implementation of QI methodology, there was improvement in TSH screening completion in youth with T1D. By integrating EHR tools, a diabetes dashboard for regular data collection, and in-clinic phlebotomy services, there was increase in TSH collection with goal to identify thyroid disorders in a timely manner for youth with T1D.