



# Paediatric Nurse-Led Virtual Thyroid Clinic

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## What to expect at your / your child's nurse-led virtual thyroid clinic appointment.

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### What does this clinic involve?

The Nurse-Led Virtual Thyroid Clinic helps improve continuity of care for patients by ensuring blood test results for thyroid function are reviewed and treatment is regularly monitored without the need to attend hospital so often.

### How is this clinic 'virtual'?

You/your child do not need to attend hospital – the clinic is held via telephone calls made by the paediatric endocrine nurse.

Blood test results are monitored by the clinical team and depending on the result, the nurse will tell you over the telephone whether your/your child's medication dose needs to be adjusted.

### How often will these 'virtual follow-ups' be?

The endocrine nurse will use the virtual clinic to review your/your child's blood test results and medication dosage with you once a year. You will still need to have an appointment face to face at the hospital between virtual clinic appointments so that you/your child can be measured and weighed to check on their developmental progress.

### If you have any questions about this clinic, please contact:

Katie Smith, Paediatric Endocrine Nurse on telephone number: 07900 662522.

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**Please ask if you need this information in another language or format.**

RBFT Paediatric Nurse-Led Virtual Thyroid Clinic, May 2026

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