



# Hypothyroidism: register

NICE indicator

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[www.nice.org.uk/indicators/ind138](http://www.nice.org.uk/indicators/ind138)

## Indicator

The contractor establishes and maintains a register of patients with hypothyroidism who are currently treated with levothyroxine.

## Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#).

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#).

## Rationale

This indicator promotes establishing and maintaining a register of people with hypothyroidism currently treated with levothyroxine. Many people with hypothyroidism will have been diagnosed in the past and details of the diagnostic criteria may not be available; therefore, the population for the register is all people taking levothyroxine with a recorded diagnosis of hypothyroidism.

There is clear consensus that levothyroxine treatment is beneficial for treating overt hypothyroidism. However, evidence suggests that levothyroxine replacement does not improve symptoms, mood, or quality of life in people with subclinical hypothyroidism. NICE-accredited guidance recommends that overt hypothyroidism is treated with levothyroxine. To align with guidance, this registry indicator includes people with overt hypothyroidism, but not people with subclinical hypothyroidism.

## Source guidance

Hypothyroidism. NICE clinical knowledge summary (2011), scenario: overt hypothyroidism.

## Specification

A register of people with a diagnosis of hypothyroidism who are currently treated with levothyroxine.

Exclusions: people with subclinical hypothyroidism.

Minimum population: The indicator would be appropriate to assess performance at individual general practice level.

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