Improving Control of Thyroid Hormone in Congenital Hypothyroidism: A Quality Improvement Approach

Congenital hypothyroidism (CH) affects about **1 in 3,000 newborns**. Guidelines call for thyroid monitoring every three months in early childhood, yet many young children fall out of biochemical control, **risking impaired growth and neurocognitive delay.**

A fishbone diagram and key driver diagram guided a series of Plan-Do-Study-Act cycles

- Missed-appointment alerts to providers
- Reinforced follow-up guidelines
- Paired scheduling for continuity
- "Thyroid 3 for 3" family handout

Before Intervention



59 of 100 in biochemical control

Most Recent 6 Months



71 of 100 in biochemical control

Tracking missed visits + Standardizing follow-up + Educating families = **Improved biochemical control**

Sustaining these gains and closing socioeconomic gaps in care are the **next priorities**.

Smith-Young J, Ross J, Nelson G, et al. Improving Control of Thyroid Hormone in Congenital Hypothyroidism: A Quality Improvement Approach. *Patient Safety*. 2026;8(2):164994. doi:10.33940/001c.164994

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