MeδEA
Medical Education Academy

PRELIMINARY PROGRAMME

LIVE WEBINAR

Hypothyroidism in pregnancy: new guidelines

27 November 2026 from 13.00 to 14.00 CET

OVERVIEW

Revised guidelines for the diagnosis and management of thyroid disease in pregnancy and post-partum have been recently published. Information on the new guidelines suggest that laboratory- and trimester-specific reference intervals for TSH and fT4 are the preferred standard for use during pregnancy. In the absence of laboratory- and trimester-specific TSH reference intervals, it would be reasonable to use a fixed TSH reference interval of 0.1-4.0 mU/L during the first and second trimesters. This is based on expert opinion and an extrapolation of average values from reference interval studies. When mild elevations of TSH are detected, TSH should be re-evaluated to confirm hypothyroidism. This new guidance should reduce the diagnosis of mild disease and increase the relative number of cases of overt hypothyroidism and hypothyroxinemia identified [Korevaar TIM, Nov 2024. MedEA Thyroid Disorders Webinar Presentation]. The revised guidelines have also updated several characteristics that would have previously merited thyroid disorder screening [Korevaar TIM, Nov 2024. MedEA Thyroid Disorders Webinar Presentation]. The changes to the guidelines will be highlighted during this webinar to help update clinicians and ensure they are working to current best practice.

LEARNING OBJECTIVES

After attending the live webinar participants will be able to:

- Assimilate the updates to the guidelines for care of hypothyroidism before, during and after pregnancy

TARGET AUDIENCE

Endocrinologists and other healthcare professionals involved in the diagnosis and management of thyroid disorders.

LANGUAGE

The official language of this live educational activity will be English.
Simultaneous translation into Spanish and Chinese will be provided.

CONTINUING MEDICAL EDUCATION

The **Hypothyroidism in pregnancy: new guidelines** programme will be submitted for CME accreditation from the European Accreditation Council for Continuing Medical Education (EACCME) and/or the European Board for Accreditation of Continuing Education for Health Professionals (EBAC) and for Continuing Professional Development (CPD) credits.

CME PROVIDER

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FACULTY

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AGENDA

Timing (CET)	Duration	Presentation	Presenter
13:00–13:05	5 minutes	Webinar opening, introductions and aims	*Nemencio A Nicodemus Jr (Philippines)*
13:05–13:25	20 minutes	Overview of the 2026 ATA Guidelines on thyroid disorders in pregnancy, focusing on hypothyroidism	*Tim Korevaar (The Netherlands)*
13:25–13:45	20 minutes	Hypothyroidism in pregnancy	*Rima Dhillon-Smith (UK)*
13:45–13:55	10 minutes	Debate and discussion with presenters and Chair	Chair/Presenters
13:55–14:00	5 minutes	Summary and closing remarks	*Nemencio A Nicodemus Jr (Philippines)*