

# Laboratory Services Newsletter

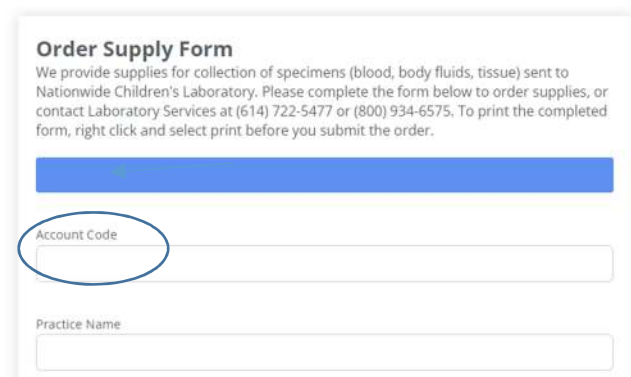
JANUARY 2023

## Cold Weather Specimen Storage Reminder

Now that winter has arrived, it is important that samples placed in a lockbox outdoors prior to transport to the laboratory be maintained at the appropriate temperature. If refrigerated samples are stored in the lockbox, a non-frozen cold pack stored at room temperature should be placed in the lockbox to prevent the samples from freezing while left outside during the winter. The cold pack **should not be frozen**, since you do not want refrigerated whole blood samples to freeze.

Many laboratory tests performed at Nationwide Children's Laboratory Services require adequate refrigeration of specimens. By following this lockbox practice, you will help insure the integrity of the samples and ultimately obtain reliable laboratory results.

## New Supply Order Forms



The screenshot shows a web form titled "Order Supply Form". Below the title is a paragraph of instructions: "We provide supplies for collection of specimens (blood, body fluids, tissue) sent to Nationwide Children's Laboratory. Please complete the form below to order supplies, or contact Laboratory Services at (614) 722-5477 or (800) 934-6575. To print the completed form, right click and select print before you submit the order." There are three input fields: a blue bar at the top, a field labeled "Account Code" which is circled in blue, and a field labeled "Practice Name".

We have updated our supply order forms on our website. The form is identical except that we have now included an account code. This enhancement will help us to better track your order! The account code can be found on your Requisition or will be supplied by your sales representative. Please make sure you go to our website, [NationwideChildrens.org/Lab](https://www.nationwidechildrens.org/Lab) and follow the link for client supplies and make a new bookmark!

## January is Thyroid Awareness Month

Children may develop thyroid problems at different stages of life. Possible diagnoses include congenital hypothyroidism, primary hypothyroidism, central hypothyroidism and hyperthyroidism, all of which require formal diagnostic testing and evaluation by a pediatric endocrinologist.

After the newborn period, testing for thyroid function will depend on the clinical context including symptoms, physical exam and family history of children presenting to the primary care office. Symptoms of hypothyroidism are often vague and nonspecific and include fatigue, depression, constipation, hair loss, dry or coarse skin or hair, irregular menses, modest weight gain (no more than 5-10 lbs.), sensitivity to cold, poor growth, goiter or memory changes.

When testing thyroid function in children, please order both a TSH and free T4 and use the laboratory's pediatric reference ranges to determine whether they are normal. In general, we do not recommend sending a total T4 or total T3 level for an initial screen, as these may be affected by binding protein concentrations.

Please see our practice tool for test interpretation and newborn screening tool: **Thyroid Function and Screening**

**For more information about these updates, please contact Nationwide Children's Laboratory Client Services at (614) 722-5477 or (800) 934-6575.**