

IM6 Critical Thinking Worksheet

Student Name: Lexi Garza	Nursing Intervention #1: Positioning teaching to create comfort for mom to allow baby time to find a good latch	Date: 4/23/25
Priority Nursing Problem: High risk for nutrient deficiency/failure to thrive due to latching problems	<i>Evidence Based Practice:</i> Early education of different breastfeeding positions increases mothers confidence and decreases the risk of poor weight gain and nipple trauma.	Patient Teaching (specific to Nursing Diagnosis): 1. Signs of a good latch (wide open mouth, chin touching breast, one nostril always open to air, deep sucking) 2. Feeding cues (sucking on hands, alertness, rooting) 3. Positioning (football hold, cross-cradle hold, and laid back)
Related to (r/t): Baby not getting a proper latch onto breast As Evidenced by (aeb): Frequent unlatching Poor weight gain Clicking sounds due to frequent loss of suction Very short feeding time	Nursing Intervention #2: Encouraged skin-to-skin to stimulate and promote feeding reflexes and bonding	
	<i>Evidence Based Practice:</i> Skin-to-skin stimulates feeding reflexes in newborns. It also promotes thermoregulation, reduces crying, and increases oxytocin release, which all help with breastfeeding.	
	Nursing Intervention #3: Collab with HCP to refer to a lactation consult and possibly with Speech to ensure there isn't something anatomically wrong. Determine if mom needs to be sent home with specific nipple for bottle.	

<p>Desired Patient Outcome (SMART goal): Within moms stay, baby will show signs of improved nutritional intake with an effective latch during at least 75% of feedings. Baby will also have 6-8 wet diapers per day to show adequate hydration.</p>	<p><i>Evidence Based Practice:</i> Determine if there is something wrong anatomically with baby (lip-tie, tongue-tie, palate) that may interfere with babies latching.</p>	<p>Discharge Planning/Community Resources:</p> <ol style="list-style-type: none"> 1. Lactation Consult 2. Parenting Cottage (parent education and resources to support families) 3. Covenant's postpartum depression support group (free support group for new mothers)