

IM6 Critical Thinking Worksheet

Student Name:		Date:	
Priority Nursing Problem: Altered Mental Status		Nursing Intervention #1: Let pt rest	
Related to (r/t): Blood loss med admin, hormonal change, body adjusting to not carrying 2 fetuses		Evidence Based Practice: Giving birth can be mentally + physically exhausting. We promised mom we wouldn't wake her	
As Evidenced by (aeb): Disorientation on difficulty concentrating, agitation, change speech, and behavior		Nursing Intervention #2: Referral to mental health professionals if necessary	
Desired Patient Outcome (SMART goal): Improvement of LOC and orientation to a safe + functional level. Within 24 hours the patient will be oriented to person, place, and time.		Evidence Based Practice: Using screening tools such as Edinburgh Postnatal Depression Scale (EPDS) can help see how your pt is feeling mentally	
		Nursing Intervention #3: Prioritize safety for all involved	
		Evidence Based Practice: It is no longer just mom + dad they are now with two little ones! It is best for everyone for mom to regain her LOC!	
Discharge Planning/Community Resources:		Patient Teaching (specific to Nursing Diagnosis): 1. AMS is a symptom the underlying cause needs to be identified and treated. This is probably due to LTD of your twins. 2. Having a support system can be helpful. Use family, or get connected to a support group 3. Maintain a healthy lifestyle. Follow a balanced diet, exercise regularly, and get enough sleep.	

S/S

1. Monitor for symptom worsening
2. Medication adherence
3. Avoid alcohol + illicit drugs as this will worsen symptoms