

## IM6 Critical Thinking Worksheet

<b>Student Name:</b> Cynthia A. Cerda	<b>Nursing Intervention #1:</b> Assess maternal VS q 2-4hr: FHR patterns per hospital protocol.	<b>Date:</b> 5-7-2025
<b>Priority Nursing Problem:</b> Anxiety due to perceived possible complications with <del>pre</del> delivery of baby	<b>Evidence Based Practice:</b> Physiologic stress reaction also increases pulse & respirations. Muscle tension & vasoconstriction may cause uteroplacental insufficiency & ↓ O <sub>2</sub> to fetus as FB increases FHR patterns. <b>Nursing Intervention #2:</b> Help the pt. anticipate and problem-solve her needs related to procedures, procedural side effects, how they affect her & her unborn baby, her chng labor status, the fetal condition.	<b>Patient Teaching (specific to Nursing Diagnosis):</b> <ol style="list-style-type: none"> <li>1. Teach pt. about the 5Ps &amp; how anxiety increases pain &amp; prohibits labor progression</li> <li>2. Teach pt. other possible ways to manage anxiety like focusing on other things like pleasant images or pics of her other baby.</li> <li>3. Allow pt. to talk about what is causing her anxiety and see if that helps ease her.</li> </ol>
<b>Related to (r/t):</b> A in BP erratic BP on monitor  <b>As Evidenced by (aeb):</b> Increase or extreme decrease in BP due to anxiety which caused baby to have decelerations.	<b>Evidence Based Practice:</b> Anxiety is reduced with clarification of needs, medical interventions, procedure & anticipated medications.  <b>Nursing Intervention #3:</b> Encourage questions & verbalization of concerns. Answer honestly, while maintaining an optimistic attitude.	<b>Discharge Planning/Community Resources:</b>
<b>Desired Patient Outcome (SMART goal):</b> Immediately after intervention, the pt. describes symptoms of anxiety are lessened.	<b>Evidence Based Practice:</b> When concerns are verbalized & clarified, the nurse can give realistic feedback & provide appropriate emotional support.	<ol style="list-style-type: none"> <li>1. Aid pt. in ↓ anxiety through planning for change &amp; response to triggers</li> <li>2. Place plan in action for active therapy to ease into heavy 2 children.</li> <li>3. Plan for pt. to use meds prior to pregnancy for anxiety and depression.</li> </ol>

Monitor for postpartum depression esp. at follow up visits & educate pt. to call for help if she feels depressed, hopeless, hopeless.