

IM6 Critical Thinking Worksheet

<p>Student Name: Misti Damron</p>	<p>Nursing Intervention #1: Dash Diet</p>	<p>Date: 09/24/2025</p>
<p>Priority Nursing Problem: Patient is high risk for miscarriages. She has had 5 prior to the birth of her daughter.</p>	<p><i>Evidence Based Practice:</i> Bp reduction, cardiovascular risk reduction, improve lipid panels, possible weight loss.</p>	<p>Patient Teaching (specific to Nursing Diagnosis): 1. Make and attend follow up appts to monitor your recovery. 2. Expect bleeding and cramping. May last up to two weeks. Change pads q 2 hours. 3. Grief and healing.</p>
	<p>Nursing Intervention #2: Kegel Exercises</p>	
<p>Related to (r/t): Hypothyroidism. As Evidenced by (aeb): Difficulty concentrating, depression and anxiety, dry hair</p>	<p><i>Evidence Based Practice:</i> Help strengthens pelvic floor.</p>	
	<p>Nursing Intervention #3: Exercise</p>	
<p>Desired Patient Outcome (SMART goal): The patient will adhere to their prescribed thyroid meds, have their TSH and T4 levels, have a personalized med schedule and lifestyle adjustment's easily maintained by the pt. Monitor they s/s of hypothyroid. Will reach their goal of normal thyroid levels in 6-8 weeks.</p>	<p><i>Evidence Based Practice:</i> <i>Walking 10,000 a steps a day can promote weight loss.</i></p>	<p>Discharge Planning/Community Resources: 1. Give list of churches, counselors, and support groups. 2. Endocrinologist for thyroid level regulations 3. Fertility Specialist</p>