ALTERED MENTAL STATUS

Alcohol, Endocrine/Electrolytes, Ischemia, Opiates, Uremia, Trauma, Infection, Poisoning, Seizures/Stroke

**Approach to Altered Mental Status**

1) **Airway**
   - If they can’t speak, they can’t open their airway

2) **Point of Care Labs**
   - Finger Stick Blood Glucose (FSBG)
   - EKG (Ischemia, Dysrhythmia, Abnormal Intervals)
   - Pregnancy Test

3) **Consider Naloxone (0.4 mg)**
   - Patients may get agitated
   - Don’t forget the half life

4) **AEIOU TIPS**
   - Write out your differential
   - Cross out anything you can rule out clinically
   - Order the rest of the tests so you don’t miss anything

**AEIOU TIPS**

- **Alcohol**
  - Blood Alcohol Level
- **Thiamine**
- **Endocrine/Electrolytes**
  - FSBG, Electrolytes, LFTs, TSH, Ammonia
- **Ischemia (Cardiac)**
  - EKG, Troponin
- **Opiates**
- **Uremia**
- **Trauma**
  - CT head/c-spine (w/o contrast)
- **Infection**
  - Urinalysis, Chest X-Ray, Lumbar Puncture, CBC, Lactic Acid, Blood Cultures
- **Poisoning**
- **Seizure/Stroke**
  - Full Neuro Exam
  - CT Head (w/o contrast)