# Altered Mental State

<table>
<thead>
<tr>
<th>Developed by</th>
<th>American Academy of Neurology</th>
</tr>
</thead>
<tbody>
<tr>
<td>How developed</td>
<td>In 2014, a survey identified the most common reasons for referral. In 2018, the content was reviewed and updated by experts. The templates were developed after review of the literature. In addition to a dedicated work group, multiple committees were asked to review and comment.</td>
</tr>
</tbody>
</table>
| Additional essential patient information | • A brief summary of the case details pertinent to the referral. Please indicate in the summary if the patient has any of the following:  
  - Acute or subacute progressive altered consciousness  
  - Focal findings on exam  
  - Evidence of infection  
  - Provide:  
    - CBC with differential  
    - CMP  
    - TSH  
    - U/A  
    - Drug screen  
    - Culture if necessary  
    - MRI or CT including  
    - EEG |
| Additional patient information, if available | None provided |
| Alarm symptoms/conditions | Consider acute hospital workup, including LP, if the patient has the following:  
  - Acute or subacute progressive altered consciousness  
  - Focal findings on exam  
  - Evidence of infection |
| Tests/procedures to avoid prior to neurologic evaluation; if they have been performed, please forward results | None |
| Common rule-outs to consider prior to consults | • Hypothyroidism  
  • Drug abuse |
| Relevant "Choosing Wisely" elements | None provided |
| Healthcare professional and/or patient resources | Healthcare Professional Information:  
  [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3613203/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3613203/)  
  Patient Information:  
  [https://www.uofmhealth.org/health-library/confu](https://www.uofmhealth.org/health-library/confu) |