

Hypertensive Emergency Checklist

HYPERTENSIVE EMERGENCY:

- Two severe BP values ($\geq 160/110$) taken 15-60 minutes apart. Values do not need to be consecutive.
- May treat within 15 minutes if clinically indicated

- Call for Assistance
- Designate:
 - Team leader
 - Checklist reader/recorder
 - Primary RN
- Ensure side rails up
- Administer seizure prophylaxis (magnesium sulfate first line agent, unless contraindicated)
- Antihypertensive therapy within 1 hour for persistent severe range BP
- Place IV; Draw preeclampsia labs
- Antenatal corticosteroids (if <34 weeks of gestation)
- Re-address VTE prophylaxis requirement
- Place indwelling urinary catheter
- Brain imaging if unremitting headache or neurological symptoms
- Debrief patient, family, and obstetric team

MAGNESIUM SULFATE

Contraindications: pulmonary edema, renal failure, myasthenia gravis

IV access:

- Load 4-6 grams 10% magnesium sulfate in 100 mL solution over 20 min
- Label magnesium sulfate; Connect to labeled infusion pump
- Magnesium sulfate maintenance 1-2 grams/hour

No IV access:

- 10 grams of 50% solution IM (5 g in each buttock)

ANTIHYPERTENSIVE MEDICATIONS

For SBP ≥ 160 or DBP ≥ 110

- Labetalol** (20 mg, 40, 80 IV* over 2 min, escalating doses, repeat q 10 min); Avoid in asthma or heart failure
- Hydralazine** (5-10 mg IV* over 2 min, repeat q 20 min until target BP reached)
- Oral Nifedipine** (10, 20, 40 mg capsules; repeat BP q 20 min until target BP reached); Capsules should be administered orally, not punctured or otherwise administered sublingually

* Maximum cumulative IV-administered doses should not exceed 220 mg labetalol or 25 mg hydralazine in 24 hours

Note: If first line agents unsuccessful, emergency consult with specialist (MFM, internal medicine, OB anesthesiology, critical care) is recommended

ANTICONVULSANT MEDICATIONS

For recurrent seizures or when magnesium sulfate contraindicated

- Lorazepam (Ativan):** 2-4 mg IV x 1, may repeat once after 10-15 min
- Diazepam (Valium):** 5-10 mg IV q 5-10 min to maximum dose 30 mg

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