Interfacility Protocol

<table>
<thead>
<tr>
<th>Protocol Title:</th>
<th>Hypertension</th>
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<tbody>
<tr>
<td>Original Adoption Date:</td>
<td>March 23, 2015</td>
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<tr>
<td>Past Protocol Updates</td>
<td>N/A</td>
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<td>Date of Most Recent Update:</td>
<td>N/A</td>
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<tr>
<td>Medical Director</td>
<td>Cory Vaudt M.D.</td>
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I. **PURPOSE:** To outline the management of patients suffering from a hypertensive crisis or emergency.

II. **SUPPORTIVE DATA:** A hypertensive crisis is a potentially life-threatening complication of hypertension. A hypertensive crisis is a very rapid, progressive rise in blood pressure sufficient enough to cause potential irreversible damage to vital organs.

III. **INDICATIONS:**
1. Systolic BP greater than 180 mmHg
2. Diastolic BP greater than 110 mmHg
3. MAP greater than 130 mmHg (Do not lower more than 20% in one hour)
4. Patients with thoracic or abdominal aortic aneurysms/dissections
5. Catecholamine Excess recreational drugs, phenoxy chromocytoma, MAO inhibitor reaction, clonidine rebound or drug withdrawal)
6. Etiology Unclear

IV. **STOP!**
IF YOU SUSPECT YOUR PATIENT IS HAVING A CEREBROVASCULAR EVENT, GO IMMEDIATELY TO THE CEREBROVASCULAR ILLNESS GUIDELINE.

V. **PROCEDURE:**
1. Goal of treatment is to lower:
   - Systolic BP less than 180 mmHg
   - Diastolic less than 110 mmHg
   - MAP no more than 20% in one hour
2. **Anti-Hypertensives:***
   a. **Hydralazine 5-10 mg IVP** may repeat every 15 minutes. Re-check blood pressure every 5 minutes.
   b. **Nitroglycerine** infusion, starting at 10 mcg per minute; titrate to effect increasing dose by 5 mcg per minute increments with re-checking blood pressure every 5 minutes.
   c. **Metoprolol** 5 mg IV over 2 minutes provided heart rate >60 and blood pressure > 100 mm/Hg systolic. Repeat every 5 minutes to max dose of 15mg. Re-check blood pressure every 5 minutes.
   d. **Nicardipine (Cardene)** When supplied or initiated by the sending facility, infusion may be initiated at 5 mg/hr or increased by 2.5 mg/hr every 15 minutes to a maximum dose of 15 mg/hr. Re-check blood pressure every 5 minutes.
   e. **CAUTION:** Do not administer Metoprolol to patients suspected or known to be using Cocaine or Methamphetamine.
   f. **CAUTION:** Hydralazine may cause reflex tachycardia. If observed, contact medical control immediately and consider treatment with Metoprolol.

3. **Consider pain control:**
   a. **Fentanyl 0.5 – 1.0 mcg/kg IVP** every 5 minutes, titrate to desired effect
   b. **Morphine 2-5 mg IVP** every 5 minutes, titrate to desired effect.

4. **Consider sedation:**
   a. **Versed 1-5 mg IVP,** may repeat every 5 minutes.