

Treatment of Severe Range Blood Pressure – The Pregnant and Postpartum Patient

Intake BP severe range: $\geq 160/110$
Ensure proper cuff size and patient positioning; retake at 15 minutes

1) Evaluate for S&S of preeclampsia/ HELLP:

- CNS symptoms: HA, vision changes?
- GI symptoms: N/V/upper abdominal pain?
- Abnormal physical exam?



15 minutes later: BP $\geq 160/110$?

YES

NO

NO

1) Administer oral Nifedipine IR 10mg
2) Call transferring facility if applicable
3) If HA, vision changes, N/V/upper abdominal pain, abnormal FHTs, BP $>180/100$ or greater – call ambulance
4) If asymptomatic, proceed to emergency room/L&D immediately

If greater than 37 weeks and BP $\geq 140/90$:

1) Send to L&D triage or OB/ED for further evaluation and delivery planning

If less than 37 weeks and more than 20 weeks:
(dependent on scope of practice)

1) Draw HELLP Labs and collect UP/C
2) Possible referral to higher level care
3) Strict discharge Precautions