COMMUNITY CARE PATHWAY FOR HYPERTENSIVE DISORDERS IN PREGNANCY

NEW HYPERTENSION WITHOUT PROTEIN

Diastolic ≥ 90 but ≤ 100 on 2 occasions (15 minutes apart)
Systolic ≥ 140 ≤ 149

Take bloods. If unable to take bloods as weekend/bank holiday arrange for phlebotomy in community setting as soon as possible
Review in 48 hours
Ensure patient is aware of symptoms and has details to self-refer urgently if concerned or deteriorates

Diastolic ≥ 90 ≤ 100 with symptoms
OR
Systolic ≥ 150
OR
Diastolic ≥ 100

Refer to DAU for same day assessment

Principles of taking Blood Pressure
Diagnose hypertension if average systolic BP ≥ 140 and/or diastolic BP ≥ 90 on 2 occasions 4 or more hours apart

Full A/N assessment using correct cuff
If arm > 33cms, use large cuff
Use right arm
Take BP at the beginning and end of appointment
Take at level of heart
Take in sitting position with feet supported
Take BP reading when sounds disappear
Check Urine, using a clean pot

BP Profile: 5 readings 15 minutes apart, omit first 2 and average the last 3

Significant Signs / Symptoms:
- Epigastric Pain
- Vomiting
- Headache
- Visual Disturbances
- Reduced fetal movements
- Small for gestation age infant

NEW HYPERTENSION WITH PROTEIN

Diastolic ≥ 90 and proteinuria ≥ 1 + on dipstick

Urgent hospital referral if symptomatic

SYMPTOMS WITHOUT RAISED BP OR PROTEINURIA

Headache or Visual disturbances with diastolic BP ≤ 90 mmHg and no protein

Follow local protocol

Epigastric pain with diastolic BP ≤ 90 and no protein

Same day DAU assessment

Reduced movements or SGA with diastolic BP ≤ 90 or no protein

Follow SGA / Reduced movements’ pathway

NEW PROTEINURIA WITHOUT HYPERTENSION

1 + on dipstick

Repeat BP and Urine within one week. Send MSU and repeat MSU if persistent
Ensure patient is aware of symptoms and has details to self-refer urgently if concerned or deteriorates

2 + or more on dipstick

Same day DAU assessment and send MSU

MSU result within 48 hours

NEW PROTEINURIA WITH PROTEIN

MSU positive

Treat UTI

Repeat in one week with BP check and urinalysis

MSU negative

If Persistent proteinuria, repeat MSU in one week. Take PET bloods, Urine PCR, Refer to ANC within one week for review

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Follow local protocol

Same day DAU assessment

Follow SGA / Reduced movements’ pathway