**No 15 SECONDARY CARE PATHWAY FOR HYPERTENSIVE DISORDERS IN PREGNANCY - 14/07/2022 V8**

**Principles of taking Blood Pressure**
- Diagnose hypertension if average systolic BP ≥ 140 and/or diastolic BP ≥ 90 on 2 occasions 15mins apart
- Hypertension 140/90 - 159/109
  - Severe Hypertension ≥ 160/110
- 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
- Take BP reading when sounds disappear
- Check Urine, using a clean pot, midstream catch

- Significant symptoms:
  - Epigastric pain
  - Vomiting
  - Headache
  - Visual Disturbances
  - Reduced fetal movements or change in pattern of movements
  - Small for gestation based on SFH

**REFERRAL FROM COMMUNITY**
- If reduced fetal movements, follow Reduced FM’s Pathway
- BP ≥ 140/90 or Proteinuria
  - Take PET bloods (FBC, U’s and E’s LFT’s) (urates based on local policy) if not done as per pathway 10

**Hypertension Without Proteinuria**
- Normal bloods
  - Normal growth
  - BP ≤ 140-159/90-109
- Abnormal bloods
  - Sustained BP ≥ 160/110
  - Obstetric review **

**Hypertension with Proteinuria**
- Send PCR and MSU (MSU only if not sent as per pathway 10)
- MSU +ve treat UTI (pathway 3)

**Proteinuria ≥ 1 Without Hypertension**
- Send PCR
- Review blood results
- If abnormal arrange medical review. If normal follow community care pathway for proteinuria without hypertension

**Significant symptoms With Or Without Hypertension or Proteinuria**
- Obstetric Review
- Systolic ≥ 140-159
  - Diastolic ≥ 90-109 and/or new proteinuria or PCR ≥ 30
  - Obstetric review **

**Hypertension With Proteinuria**
- No hypertension
  - No proteinuria
  - No symptoms
  - No fetal concerns
- CMW to reassess in one week

**Urgent Obstetric review**
- Refer to appropriate pathway if any concerns
- CMW to reassess in one week

**References**
- Hypertension in pregnancy NICE NG 133 For advice on medication see Diagnosis and management of hypertension- a summary of NICE guidance (2019) BMJ- available at https://www.bmj.com/content/366/bmj.j5119/infographic