

SECONDARY CARE PATHWAY FOR HYPERTENSIVE DISORDERS IN PREGNANCY

*In mild or moderate gestational hypertension only carry out CTTG if fetal activity is abnormal (NICE, 2011).

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
 Mild - 140/90 - 149/99
 Moderate-150/100 - 159/109
 Severe- $\geq 160/110$

Full A/N assessment using correct cuff. If arm >33 cms, 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 symptoms:

- Epigastric pain
- Vomiting
- Headache
- Visual Disturbances
- Reduced fetal movements
- Small for gestation age

