



# MIAMI TOWNSHIP FIRE & EMS CLERMONT COUNTY, OHIO *MEDICAL PROTOCOLS*

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## HYPERTENSIVE CRISIS

### Historical Findings

1. Age > 14.
2. Patient is NOT a victim of trauma or pregnant.
3. Patient is symptomatic with possible complaints of headache, confusion, vomiting, blurred vision, chest pain, or shortness of breath.

### Physical Findings

1. Systolic blood pressure of 180 mmHg or above, AND
2. Diastolic blood pressure of 110 mmHg or above.
3. **No signs or symptoms of acute CVA.**

### Protocol

1. Initiate contact; reassure, and explain procedures.
2. Assess and secure the patient's airway and provide oxygen per the airway, oxygen and ventilation protocol.
3. Perform patient assessment, obtain vital signs and begin cardiac monitoring.
4. Acquire a 12 lead ECG and maintain cardiac monitoring at all times.
5. Repeat blood pressure in the opposite arm of baseline blood pressure.
6. Initiate IV access with a saline lock or 0.9% normal saline KVO.
7. Treat arrhythmias, chest pain, respiratory distress, seizures, or coma per protocol.
8. If no erectile dysfunction drug usage (viagra  $\leq$  24 hrs, or cialis, levitra  $\leq$  48 hrs.), administer nitroglycerin paste (nitro-bid) TD 1 inch to the left chest.
  - A. If the patient experiences any change in level of consciousness, wipe off the nitroglycerin paste.



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9. If nitroglycerin is contraindicated or the patient has an allergy to nitroglycerin contact medical command for orders for metoprolol (lopressor) 5mg slow IV repeated every 5 minutes x 3 to a total dose of 15 mg.
  - A. Contraindications for metoprolol (lopressor) include:
    - i. Heart rate  $\leq$  60.
    - ii. Systolic blood pressure  $\leq$  100 mmHg.
    - iii. High grade heart blocks (Mobitz II/3<sup>o</sup> AV Block).
    - iv. Signs of bronchospasm (wheezing).
    - v. History of Wolf Parkinson White (WPW) syndrome.
    - vi. Hypertension related to hypersympathetic states from amphetamine, cocaine, or PCP use.