Decrease IV Antihypertensive use for asymptomatic incidental Hypertension Urgency in Hospitalized Patients

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PROJECT AIM

Reduce inappropriate IV antihypertensive use

30% reduction in 3 months in 2 south internal medicine patients

CARE SETTING

Asymptomatic severe hypertension is a highly prevalent problem (up to 70%) in inpatient setting and these readings might not be a true reflection of ambulatory blood pressures. Generally, there is no indication for immediate intervention with IV antihypertensives (IV labetalol, IV hydrazine, IV enalapril) to bring down BP rapidly and this practice could cause harm however it is not uncommon to see IV antihypertensives ordered without indication indication.

Sequential Interventions are being proposed with an aim to understand why providers do this and to educate providers regarding appropriate and inappropriate use of IV antihypertensives. Current interventions are planned for patients treated on 2 south internal medicine department in Vidant Medical Center.

DETAILS & INTERVENTIONS

Surveys

• Surveys were conducted amongst residents
• Collected data on the reasonings for ordering behaviour

Lectures

• A series of lectures on assessment and management of HTN urgency are being conducted over two consecutive years

Posters

• Posters guiding appropriate management were placed in rounding areas.
• The next step is to educate nursing staff through various posters

STRENGTHS

Avoids unnecessary interventions

• Inappropriate IV hypertensive use is not only dangerous but expensive

Educates Staff

• Created a preventive measure plan and provides a safe environments for staff to consult amongst each other

OPPORTUNITIES

Decreased spending

• Decrease the overall hospital bill for the patient
• Increases time that staff can spend appropriately for patient treatment

Better Patient care

• Can focus on the acute causes of hypertension
• Mental health interventions

Fewer liabilities

• CVA, Hypotension, falls, increased Length of Stay

RECOMMENDATIONS

Continue Preventative Measures

• Need continuous reinforcement of the preventative measures
• Allows for sustainability

Address medical students in training

• Allows for easier transition
• Trainees can easily apply the measures

Develop a mandatory course

• Certification of staff
• Mandates that the preventative measures are understood