

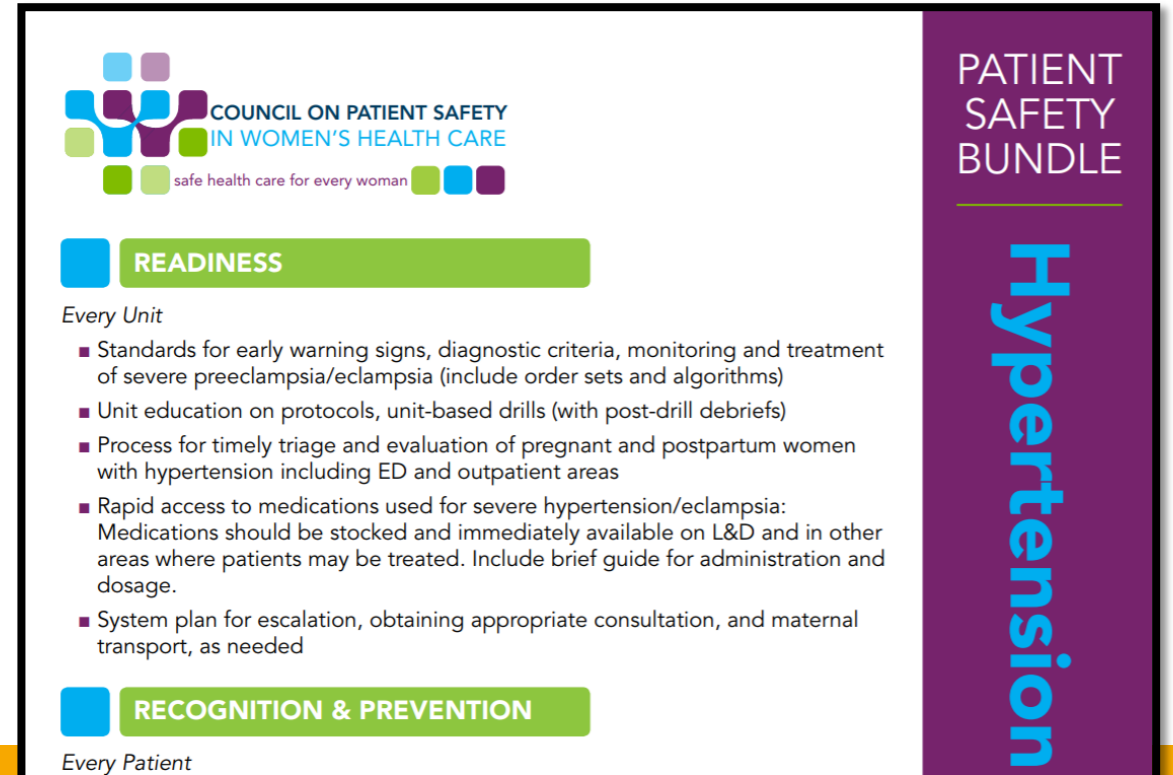


Severe Hypertension Treatment and Follow-Up in Pregnancy and the Postpartum

Adriane Burgess PhD, RNC-OB,CCE, CNE
aburgess2@Wellspan.org

WellSpan Health -Severe Hypertension

- Interdisciplinary workgroup formed which focused on severe hypertension in pregnancy/postpartum.
- Using *Council on Patient Safety in Women's Health Care Safe Healthcare for Every Women* bundle on *Severe Hypertension in Pregnancy* as a guide for improvement.
- Tied to our work on reduction of racial and ethnic disparities in Severe Maternal Morbidity.



The image shows a slide from a presentation titled "Patient Safety Bundle: Hypertension". At the top left is the logo for the Council on Patient Safety in Women's Health Care, which includes the text "COUNCIL ON PATIENT SAFETY IN WOMEN'S HEALTH CARE" and the tagline "safe health care for every woman". The slide is divided into two main sections: "READINESS" and "RECOGNITION & PREVENTION".

READINESS
Every Unit

- Standards for early warning signs, diagnostic criteria, monitoring and treatment of severe preeclampsia/eclampsia (include order sets and algorithms)
- Unit education on protocols, unit-based drills (with post-drill debriefs)
- Process for timely triage and evaluation of pregnant and postpartum women with hypertension including ED and outpatient areas
- Rapid access to medications used for severe hypertension/eclampsia: Medications should be stocked and immediately available on L&D and in other areas where patients may be treated. Include brief guide for administration and dosage.
- System plan for escalation, obtaining appropriate consultation, and maternal transport, as needed

RECOGNITION & PREVENTION
Every Patient

PATIENT SAFETY BUNDLE

Hypertension

WellSpan Health-Severe Hypertension

- Epic report created to review severe hypertension data.
- Report tracks patients with blood pressures in the severe range ≥ 160 and/or ≥ 110 as well as their MAR data.
- Allows for the review of time to treatment with anti-hypertensive medications.
- Recognized gaps as to when/if follow-up blood pressures are being taken by nursing staff.
- Recognized deficiencies in documentation regarding when the provider was notified of severe blood pressure and timeliness of blood pressure assessment after administration.



WellSpan Health-Severe Hypertension

- Reviewed nursing policies and physician order sets related to the treatment of preeclampsia and severe hypertension.
- Variation in preeclampsia policies/orders by entity.
- Postpartum women missing from policies.
- Met with the ER and noted that there are no triage assessment questions to assess for postpartum status or to quickly identify **POST-BIRTH WARNING** signs.

SAVE YOUR LIFE:

Get Care for These POST-BIRTH Warning Signs

Most women who give birth recover without problems. But any woman can have complications after the birth of a baby. Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.

POST-BIRTH WARNING SIGNS

<p>Call 911 if you have:</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Pain in chest <input type="checkbox"/> Obststructed breathing or shortness of breath <input type="checkbox"/> Seizures <input type="checkbox"/> Thoughts of hurting yourself or your baby
<p>Call your healthcare provider if you have:</p> <p>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger <input type="checkbox"/> Incision that is not healing <input type="checkbox"/> Red or swollen leg, that is painful or warm to touch <input type="checkbox"/> Temperature of 100.4°F or higher <input type="checkbox"/> Headache that does not get better, even after taking medicine, or bad headache with vision changes

Trust your instincts. ALWAYS get medical care if you are not feeling well or have questions or concerns.

Tell 911 or your healthcare provider:

“I had a baby on _____ and
(Date)
I am having _____.”
(Specific warning signs)

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- **Pain in chest, obstructed breathing or shortness of breath** (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or your baby** may mean you have postpartum depression
- **Bleeding (heavy)**, soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- **Incision that is not healing, increased redness or any pus** from episiotomy or C-section site may mean you have an infection
- **Redness, swelling, warmth, or pain** in the calf area of your leg may mean you have a blood clot
- **Temperature of 100.4°F or higher, bad smelling vaginal blood or discharge** may mean you have an infection
- **Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia

GET

My Healthspan Provider/Client

Phone Number

WellSpan Health-Postpartum Blood Pressure Tracking



- Patient is provided education on the association between hypertensive disorders of pregnancy and cardiovascular risk.
- Patient provided with FREE automatic blood pressure cuff (provided by grant from the York Hospital Auxiliary).
- Cuff validated against hospital cuff to ensure accuracy.
- Patients educated on how to take blood pressure and use App.



WellSpan Health-Postpartum Blood Pressure Tracking

- Prior to discharge, patient is enrolled in MyWellSpan (Personal EHR) if not currently enrolled.
- If patient does not already have the MyWellSpan App, the nurse has them go to the App Store and download the MyWellSpan App prior to discharge.
- This can also be done on a computer however, we encourage the App due to ease of use.
- Patients are asked to take their BP twice a day during office hours and place their BP data in MyChart.

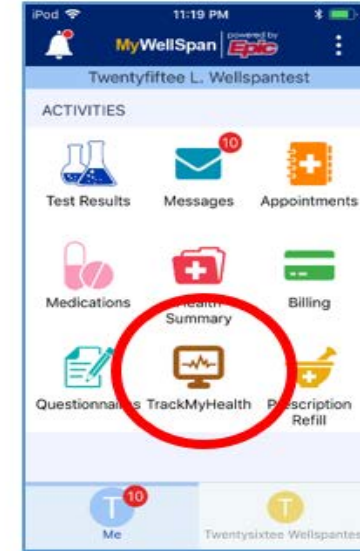


- In Epic, the maternity nurse orders the MyChart Flowsheet and sets parameters- such as the Alert/Notification configuration

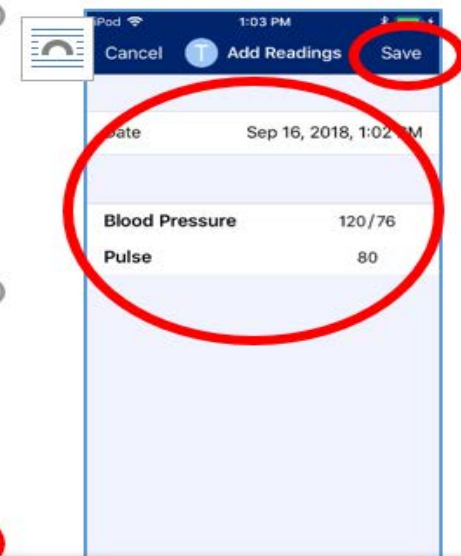
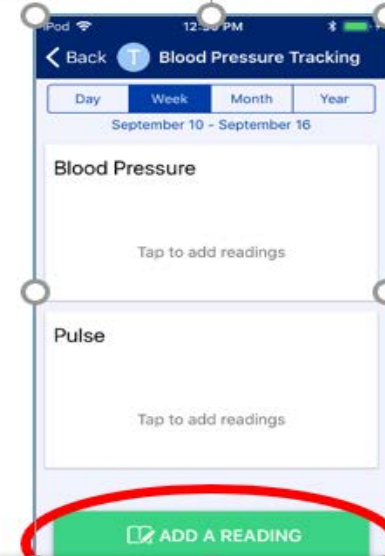
	Name
	MyChart BP Flowsheet
	MyChart CHF Flowsheet
	MyChart Exercise Flowsheet
	MyChart Glucose Flowsheet
	MyChart Peak Flow Flowsheet
	MyChart Weight Flowsheet

- The order starts a tracking episode.

Tap "My WellSpan." Tap "Track My Health." Tap "Blood Pressure Tracking."



Tap "Add a Reading." Enter the date, BP, and pulse. Tap Save.



WellSpan Health-Postpartum Blood Pressure Tracking

- If the BP entered by the patient is outside parameters (>149 or >99) EPIC sends an alert to the provider.
- The provider then contacts the patient to tell them next steps such as increase medications, retake blood pressure or come to the hospital or office for further evaluation.
- Hope to include safety alert armbands moving forward.
- Patient is educated that if they take their BP outside office hours and it is severely elevated they should call their provider and come to the ER ASAP.

