Tips for managing inpatient hypertension

By Zachary G. Jacobs, MD & Sajan Patel, MD

High Blood Pressure

Asymptomatic

Acute discomfort (nausea, anxiety, pain)?

NO

Withdrawal (alcohol, benzos, illicits)?

NO

Volume overload or depletion?

NO

Medication side effect?

NO

Home meds on hold?

NO

Remains Elevated?

Symptomatic or acute end-organ damage?

YES

*EMERGENCY* (treat with IV)

Antiemetics
Analgesics
Anxiolytics

YES

Benzos
Opioids
Clonidine

Diuresis
Dialysis
Fluids

Adjust e.g.

Antidepressants
Decongestants
Antipsychotics
Corticosteroids
NSAIDs
OCPs

YES

Restart

YES

Add/titrerate PO meds*

*Days to weeks for full effect