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

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WellSpan Health -Severe Hypertension

• Interdisciplinary workgroup formed which focused on severe hypertension in pregnancy/postpartum.


• Tied to our work on reduction of racial and ethnic disparities in Severe Maternal Morbidity.
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.
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

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>MyChart BP Flowsheet</td>
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<tr>
<td>MyChart CHF Flowsheet</td>
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<td>MyChart Exercise Flowsheet</td>
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<td>MyChart Glucose Flowsheet</td>
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<td>MyChart Peak Flow Flowsheet</td>
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<tr>
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• 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.