

Antihypertensive(s) and/or Lifestyle Modifications

Initial BP lowering medication

Drug	Initial dose	Titration frequency	Maximal dose	How supplied
amlODIPine*	0.1 mg/kg (up to 2.5 mg) once daily	Every 3-5 days	0.3 mg/kg (up to 10 mg) once daily	Tablet: 2.5, 5 and 10 mg Ex temporeneous: 1 mg/mL

*consider enalapril if patient has concomitant diabetes mellitus

Rescue medications

Drug	Route	Dosage
Nifedipine immediate release	oral	0.25 mg/kg (max 5 mg) every 4-6 hours for severe BR elevations [^] . May increase to 0.5 mg/kg (max 10 mg) if inadequate response to lower dose
Hydralasine	IV	0.1 mg/kg (up to 20 mg) every 4-6 hours for severe BP elevations [^] . May increase to 0.2 mg/kg (max 40 mg) if inadequate response to lower dose

[^]severe BP elevation means a BP consistently \geq 99th percentile

Consult Nephrology if \geq 2 doses in 24 hours required to normalize BP

These guidelines do not establish a standard of care to be followed in every case. It is recognized that each case is different and those individuals involved in providing health care are expected to use their judgment in determining what is in the best interests of the patient based on the circumstances existing at the time. It is impossible to anticipate all possible situations that may exist and to prepare guidelines for each. Accordingly these guidelines should guide care with the understanding that departures from them may be required at times.

Children's Mercy Kansas City / Health Care Providers / Evidence Based Practice / Clinical Practice Guidelines and Care Process Models / Hypertension Algorithm - Inpatient / Antihypertensive(s) and/or Lifestyle Modifications

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