

# Guideline for Hospital Admission

## Ministry of Public Health - Lebanon

### Malignant hypertension indications for admission

Malignant hypertension is a sudden and rapid development of extremely high blood pressure. Such a condition is a medical emergency and hospitalization may be necessary for the treatment.

Symptoms may include:

- Abnormal sensation (numbness) of the arms, legs, face, or other areas
- Blurred vision
- Change in mental status
  - Restlessness
  - Anxiety
  - Decreased alertness, decreased ability to concentrate
  - Fatigue
  - Sleepiness, stuporous, lethargic
  - Confusion
- Chest pain
  - Mid-chest location most common
  - Crushing or pressure sensation
- Cough
- Decreased urinary output
- Headache
- Nausea or vomiting
- Seizure
- Shortness of breath
- Weakness of the arms, legs, face, or other areas

### **Exams and Tests**

A physical exam commonly shows:

- Extremely high blood pressure
- Possible swelling in the lower legs and feet
- Abnormal heart sounds and fluid in the lungs
- Changes in mental status, sensation, muscle ability, and reflexes

An eye examination will reveal changes that indicate high blood pressure, including swelling of the optic nerve, retinal bleeding, narrowing of the blood vessels in the eye area, or other problems with the retina.

If not already present, kidney failure may develop as a complication of malignant hypertension. Other complications may also develop.

Tests to determine damage to the kidneys may include:

- BUN
- Creatinine
- Arterial blood gas analysis
- Urinalysis

A chest x-ray may show lung congestion and an enlarged heart.

This disease may also alter the results of the following tests:

- Aldosterone
- Cardiac enzymes (markers of heart damage)
- Electrocardiogram (EKG)
- Renin
- Urinary casts (sediment)

**References:**

Badr KF, Brenner BM. Vascular injury to the kidney. In: Fauci A , Kasper D, Longo DL, et al, eds. *Harrison's Principals of Internal Medicine*. 17th ed. New York, NY: McGraw Hill; 2008:chap 280.

**Checklist:**

	<b>Present</b>	<b>Absent</b>
Abnormal sensation (numbness) of the arms, legs, face, or other areas		
Blurred vision		
Change in mental status		
Chest pain		
Cough		
Decreased urinary output		
Headache		
Nausea or vomiting		
Seizure		
Shortness of breath		
Weakness of the arms, legs, face, or other areas		

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