

## 2.3 Gestational Hypertension - Develop a management plan (40 min)

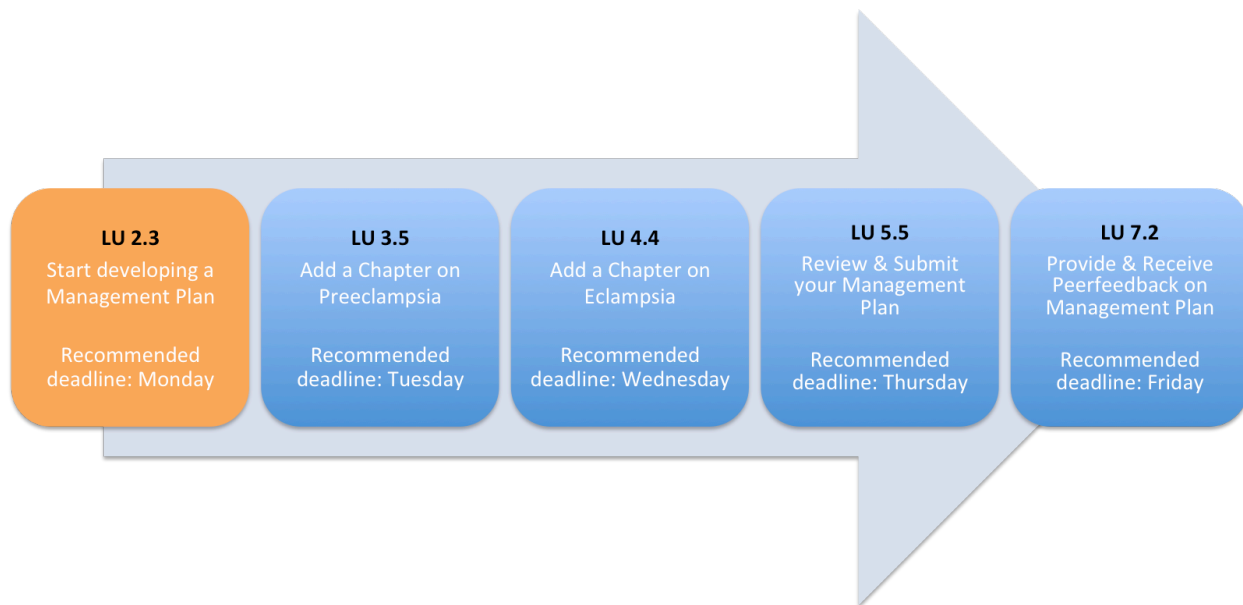
### Management plan on gestation hypertension

The primary objective of managing women with gestational hypertension and preeclampsia must always be the safety of the mother, and secondly the delivery of a newborn who will not require intensive and prolonged neonatal care.

This objective can be reached by formulating a *management plan*. The importance of such a management plan will be explained in this [article on Gestational Hypertension](#) by Baha M. Sibai, M.D, an internationally recognized researcher and clinician in maternal-fetal medicine. The content of this article will be used as the basis for the next assignment, so please read it carefully.

### Assignment

In this learning activity, you are asked to start with the first step of the development of your management plan, as visualized in the image below.



*A 22 year-old G1P0 at 28 weeks comes for a prenatal visit. Her blood pressure is 150/90 mmHg. There is no proteinuria and the patient denies headaches, visual changes and abdominal pain. What is your management plan? For the mother? For the fetus?*

The following practical information is important:

All participants will create their own management plan. You can download the template for your management plan at the bottom of this page, under 'Resources'. In Learning Unit 5 you will be asked to submit your management plan, other participants can then provide you with peer

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feedback. We will get back to this management plan in the following Learning Units, to add chapters on preeclampsia and eclampsia.

**Please take a minute to think** about how to start your management plan. Before you start writing, please note:

It is important to make a management plan that is suitable for your setting. For example don't state the patient should check blood pressure every day at their home, if it is impossible for them to have a blood pressure machine at home.

Please make sure your plan starts with the chapter '**Gestational hypertension**', and consists of the following three parts:

- **Antepartum** | What will be your treatment plan and considerations towards medication? Include how frequent you want to see your patient and what check-ups are needed at these antenatal visits.
- **Intrapartum** | What do you have to consider for delivery? What will be your intrapartum management? What complications should you pay attention to?
- **Postpartum** | What will be your postpartum management? Are there specific drugs that need to be avoided? How should you counsel women on the chances of developing hypertension later on in life?

To make your work easier, we have already created a template for your management plan.