

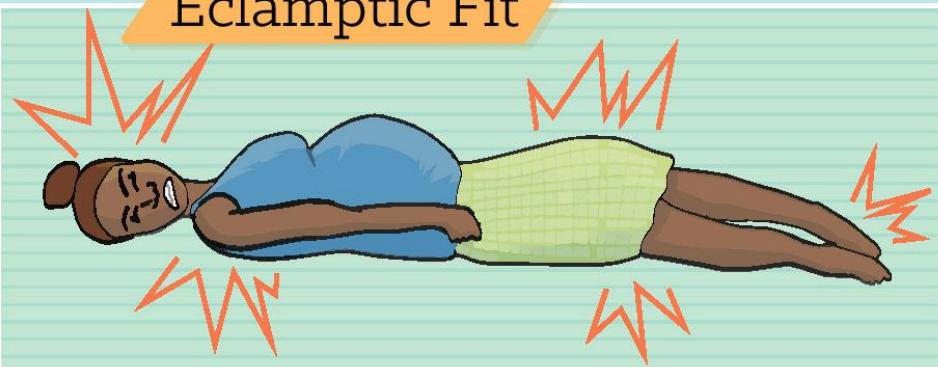
- WHY -

Checking blood pressure is so important:

Some of the most **dangerous** conditions in pregnancy can be **prevented** by measuring **blood pressure** and **heart rate**

Preeclampsia

Eclamptic Fit



Stroke



Bleeding/Infections



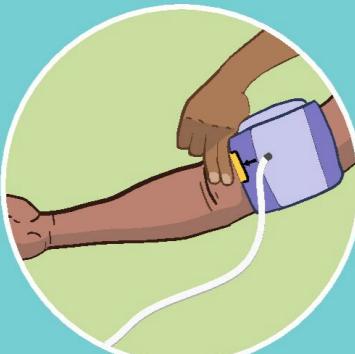
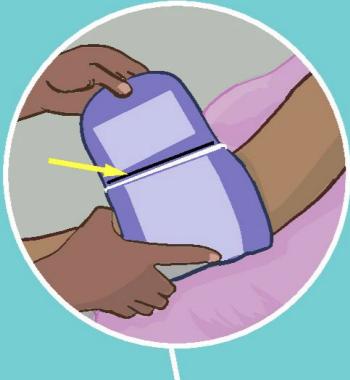
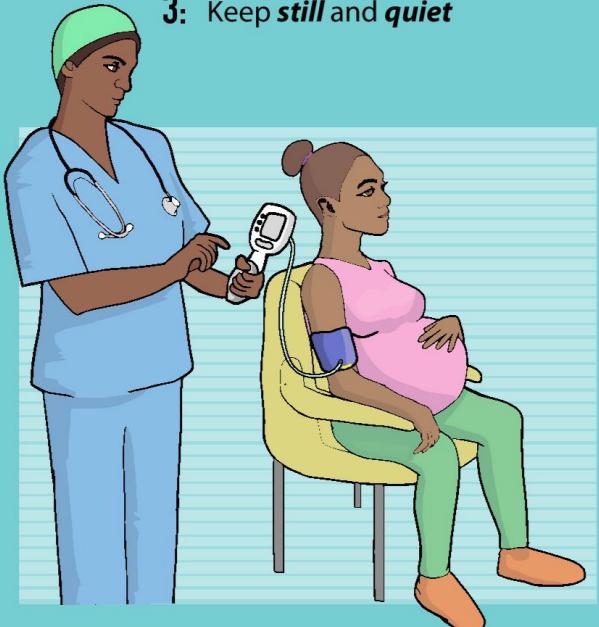
Detecting and treating
these conditions early
can save lives

- HOW -

Blood Pressure Technique for routine care:

Steps:

- 1: Wait **5 minutes**
- 2: Remove clothing from arm
- 3: Keep **still** and **quiet**



4: There are **2 cuff sizes**. The standard size will fit most women. The **black marker** shows if it is too small.



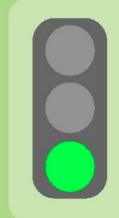
5: Check that the **yellow tab** is **two fingers** width above the **elbow crease**



6: Press 'on' button and wait to hear a **beep**

7: Pump until **second beep** is heard and the rising **pointers** disappear

CRADLE VSA



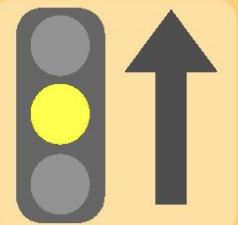
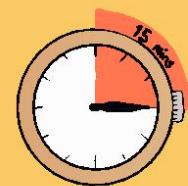
The device shows
a **GREEN** light



The blood pressure
and heart rate are
normal, the patient
is likely to be well.



Result: The device shows a YELLOW light



UP ARROW and YELLOW light

Blood pressure is **high**, this woman could have **preeclampsia**

FIRST: CHECK AGAIN
after 15 mins rest

Assess

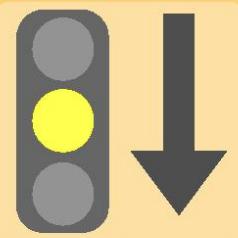
YES

Start medication to reduce the blood pressure
or transfer to hospital within **24 hours**

Is there **protein** in the **urine**?
Does she have **oedema, visual disturbance** or **headache**?

NO

The blood pressure is **high**, continue to **monitor**.



DOWN ARROW and YELLOW light

Blood pressure is **low** or the **heart rate** is **fast**



Assess

Is she **bleeding**? Does she have a **fever**? Is she in constant **pain**?
Does she feel **unwell**?

YES

She needs treatment within **4 hours!**

If **bleeding**:

- massage uterus
- give medicines to contract uterus
- give blood transfusion

In case of **infection**: give antibiotics

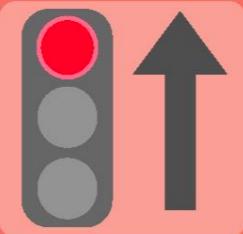
If not available: transfer to HOSPITAL

NO

If she looks well she **might** not need treatment.
Consider reasons for fast heart rate. She **could** need checks for anaemia, thyroid problem or dehydration.

Result: The device shows a RED light

**FIRST: CHECK AGAIN NOW!
THIS IS AN EMERGENCY!!!**



UP ARROW and RED light

Blood pressure is very high - she could have **severe preeclampsia**

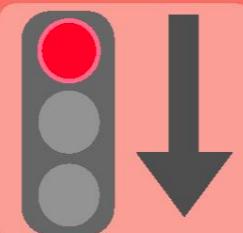
Assess
and act



- Give **medications** to reduce blood pressure e.g. methyldopa or nifedipine.
- Consider magnesium sulphate.
- Monitor the fetus and consider delivery.



This patient **needs hospital care within 4 hours**.



DOWN ARROW and RED light

The **blood pressure** is **very low** and **heart rate** is **very fast**. This woman may have severe bleeding or infection. **This woman needs treatment NOW!**



If signs of **infection** give **antibiotics**.

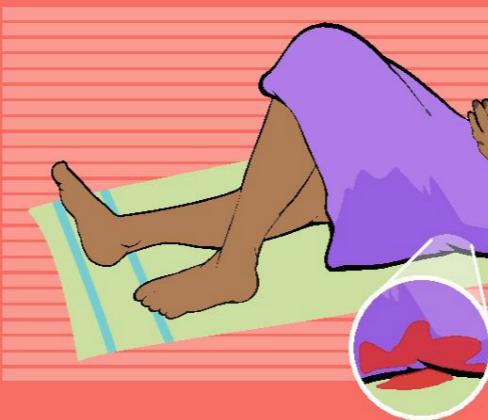


Call for **help!**

Resuscitate:

Give **oxygen** and a drip

Take her to **hospital**



If **bleeding**: massage uterus, start medications to contract uterus, consider blood transfusion.

