Pediatric Nephrology
Hypertension
Referral Recommendations

Provided by

Sub-specialists of Dell Children's Medical Center of Central Texas
A member of the Seton Healthcare Family

Dell Children’s Medical Center of Central Texas
A member of the Seton Family of Hospitals
# Hypertension

**Diagnoses: ICD-10**

- I10.0 Essential Hypertension
- R03.0 Elevated BP without diagnosis of hypertension

## Target Population
- Children and Adolescents

## Clinical Findings
- Blood pressure >95%ile for age and height defines pediatric hypertension, and occurs in 2-5% of all children & adolescents.
- Younger patients are more likely to have an underlying kidney issue causing increased blood pressure.
- Most children will have no symptoms of elevated blood pressure.
- All patients warrant proper evaluation and treatment to help prevent future cardiovascular comorbidities.

## Evaluation Recommendations
- Patients should have 3 blood pressures documented using a correctly sized blood pressure cuff on separate days while sitting calmly and quietly.
- Only 1 blood pressure reading is needed if the child’s blood pressure is extremely elevated (BP>99%ile + 5 mm Hg) and/or he is symptomatic (see Red Flags).
- No imaging or lab work is necessary for a referral to evaluate children and adolescents with hypertension.

## Red Flags
If a child or adolescent has:
- Headache
- Vision changes
- Chest pains with a very elevated blood pressure

Call Nephrology for urgent evaluation.

## Treatment Recommendations
- Children and adolescents with persistent blood pressure readings >95%ile for age or symptoms with elevated blood pressure (see Red Flags) should be sent for Nephrology evaluation.
- To help fully evaluate blood pressure and rule out White Coat Hypertension, a pediatric nephrologist can perform 24 hour Ambulatory Blood Pressure Monitoring (ABPM). 24 hour ABPM
is a non-invasive, low cost way to most accurately establish blood pressure.
- In an asymptomatic patient, an ABPM is often performed before any further workup is indicated, as a normal ABPM reading would likely not warrant further evaluation.

### Ancillary Documentation Needed
- Referral request

### Additional Information

If at any time patient develops signs/symptoms that make more urgent evaluation important, please alert Nephrology (512-628-1860) to this change in status or go to the Emergency Department.

These recommendations are designed to be used by primary care physicians wishing to refer children with hypertension for additional evaluation and care. They are recommendations and are based on best evidence and expert consensus.