High Blood Pressures

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Section 1: Demographics

Patient Name: Roy G Biv
Scenario Name: A day in the OR
Simulation Developer(s): Tim Nguyen and Harold Doerr
Date(s) of Development: 5/11/13 – 7/22/13

Appropriate for following learning groups (circle all that apply)

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<thead>
<tr>
<th>Faculty</th>
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<td>Nursing Students (yr):</td>
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Section 2: Curricular Information

Educational Rationale
To learn to treat and diagnose pheochromocytoma in the perioperative setting

Learning Objectives: (ACGME Core Competencies: Medical knowledge (MK), Patient care (PC), Practice-based learning and improvement (PLI), Interpersonal and communication skills (CS), Professionalism (PR), Systems-based practice (SBP))
• Objective 1: Medical Knowledge
• Objective 2: Patient Care
• Objective 3: Practice-base learning
• Objective 4: Interpersonal and communication skills

Guided Study Questions
• Question 1: How to diagnose pheochromocytoma?
• Question 2: How to treat pheochromocytoma before surgery?
• Question 3: How to treat a patient with pheochromocytoma during surgery?

Didactics

Pheochromocytoma[1-3]
• Only important disease a/w adrenal medulla
• Most secrete both epi and norepi
• <0.2% hypertensive patients
• Surgery curative in >90%
• 90% are solitary tumors localized to single adrenal gland, usually on the right (non inherited)
• 95% located in abdomen

Inheritance
• 5% inherited as familial autosomal dominant trait
• MEN type IIA: medullary carcinoma of thyroid, parathyroid hyperplasia, and pheo
• MEN type IIB: medullary carcinoma of thyroid, pheo, and neuromas of oral mucosal
• a/w von Recklinghausen neurofibromatosis or von Hippel-Lindau disease (retinal and cerebellar angiomatosis)
• Rarely extra-adrenal or malignant
• 75% bilateral: bilateral adrenalectomy should be considered (familial type)

Clinical Presentation
• Most common in young to mid-adult life
• Tumors not innervated, catecholamine release independent of neurogenic control
• Sustained HTN or paroxysmal leading to risk of CVA, heart failure, dysrhythmias, and MI
• HA, palpitations, tremor, profuse sweating, pallor or flushing sometimes confused for malignant hyperthermia (Figure 1)

Diagnosis
• Free catecholamine concentration and metabolites in urine most common screening test (urinary vanillylmandelic acid and unconjugated NE and EPI levels measured in 24h urine

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collection)
- Less specific: ECG (LVH and nonspecific Twave abn), CXR (cardiomegaly), CBC (elevated Hct/hemoconcentration)
- US/CT/MRI for noninvasive localization of tumors
- Metaiodobenzylguanidine scintigraphy effective in localizing recurrent/extra-adrenal masses (Figure 2)

Preop Prepartion
- perioperative mortality was 45%
- decreased to 0-3% following α antagonists for preop therapy
- α-adrenergic blockade is initiated once diagnosis of pheo is established

Preop cont
- Phenoxybenzamine, long-acting (24-48h) is noncompetitive presynaptic (α2 and postsynaptic α1 blocker dosed at 10mg q8h
- Doxazosin, terazosin, prazosin is a selective competitive α1 blocker, dosed initially as 1mg PO qHS because of postural hypotension

Markers
- Vanillylmandelic acid excretion: 81% sensitive, 97% specific
- Catecholamine excretion: 82% sensitive, 95% specific
- Metanephrine excretion: 83% sensitive, 95% specific
- Abdominal CT: 92% sensitive, 80% specific
- Paroxysmal HTN, HA, sweating, tachycardia: 90% sensitive, 95% specific
- Ultrasound has largely been replaced by CT as it is limited because of overlying bowel gas

Perioperative Management
- If can’t start α-blocker prior to surgery or <48h of treatment, can use nitroprusside
- If solitary tumor w/out mets, surgery involves laparoscopic retroperitoneal approach, and maybe later converted to open if needed
- During laparoscopy, pneumoperitoneum may cause release of catecholamines and hemodynamic changes can be controlled with vasodilator

Pregnancy
- Unrecognized pheochromocytoma during pregnancy may be life-threatening to mom and baby
- Adrenergic blockers probably improve fetal survival, but safety has not been established and no well-designed controlled studies have been done to prove this.
- Perform surgery during first trimester or time of CS
- No reason to terminate early pregnancy, but should be aware of risk of spontaneous abortion from surgery

Periop cont
- Manipulation of tumor may produce marked elevations in BP
- Acute hypertensive crises treated with IV nitroprusside or phentolamine
- Phentolamine is a short acting α adrenergic antagonist that’s given as 2-5mg IV bolus or continuous infusion as the half-life is 19mins
- Tachydysrhythmia controlled with IV propranolol (1mg in-
crements) or continuous infusion of ultrashort-acting selective β1 adrenergic antagonist esmolol

Periop cont

- Long-acting beta blockers disadvantages: persistence of bradycardia/hypotension after tumor removed
- Magnesium sulfate infusion with intermittent boluses has been successful to control BP after maximizing α adrenergic antagonists
- Nicardipine, nitroglycerin, diltiazem, fenoldopam, and prostaglandin E1 have all been used anecdotally

Periop cont- hypotension

- Reduction of BP after ligation of tumor’s venous supply can be dangerously abrupt, and close communication required
- Initial therapy: Restore intravascular fluid deficit
- If remains hypotensive: phenylephrine
- After surgery: catecholamines return to normal over several days
- 75% patients are normotensive within 10 days

Assessment Instruments

- Mac3 or Miller
- Endotracheal tube
- Arterial line set up

Section 3: Preparation

Monitors Required

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<th>Equipment Required</th>
<th>Quantity</th>
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<td>Non-Invasive BP Cuff</td>
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<td>Arterial Line</td>
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<td>CVP</td>
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<td>PA Catheter</td>
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<td>Temperature Probe</td>
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Other equipment required

<table>
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<th>Equipment Required</th>
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<td>Defibrillator</td>
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<td>Hotline</td>
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<tr>
<td>Nerve Stimulator</td>
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<tr>
<td>Echo Machine and Probe</td>
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Supporting Files (cxr, ekg, echo, assessment, handouts, etc)

1. Chest xray – no pulmonary infiltrates pleural effusions, or pneumothorax
2. Electrocardiogram – sinus tachycardia and inverted T wave on leads V5 and V6
3. Trans-Thoracic Echocardiogram – Ejection Fraction of 55%

with no regional wall motion abnormalities
Abdominal Computerized Tomography: possible acute appendicitis.

Case Stem

Case Stem (one to two paragraphs on pertinent patient and scenario information-this should be the stem for the learner and should include location, physician/help availability, family present, etc.)

60 year old male with no past medical or surgical history presented to the Emergency Room with sudden onset dyspnea and palpitations[1,2]. For the past 2 weeks, he had been experiencing include intermittent headaches, palpitations, anxiety, and occasional shortness of breath on exertion, which is what brought him to the hospital. This morning, his wife noted increased anxiety leading to “he can’t catch his breath.” Work up includes an Electrocardiogram, cardiac enzymes, chest x-ray, stress test, and transthoracic echocardiography, all of which were normal. Incidentally, a abdominal Computerized tomography (CT) scan was performed, and an acute appendicitis could not be ruled out, so he was sent to the Operating Room to do a diagnostic laparoscopy and appendectomy.

Background and briefing information for Facilitator/coordinator’s eyes only

In the ER, his blood pressure ranged from noninvasive systolic 140-280 millimeters mercury over diastolic 30-150 millimeters mercury, so a CT (computerized tomography) abdomen showed a 6-centimeter round mass retroperitoneally on the right adrenal gland suggesting pheochromocytoma[4,5], but this was missed initially as it only showed a possible acute appendicitis. Serum epinephrine was 18.6 nanogram/milliliter (normal: 0.01-0.18 nanogram/milliliter), norepinephrine 24.2 nanogram/milliliter (normal: 0.06-0.45 nanogram/milliliter), and dopamine 4.8 nanogram/milliliter (normal 0.09 nanogram/milliliter). No metaiodobenzylguanidine (MIGB) scan performed because of acute renal failure.

Patient Data Background and Baseline State

Patient History (should follow standard H and P format)

Review of Systems:

- Central Nervous System: + headache, no strokes or seizures or focal deficits
- Cardiovascular: + palpitations and chest pain, no murmurs/arhythmias
- Pulmonary: + dyspnea with exertion and now at rest, no wheezing or asthma or cough
- Renal / Hepatic: + decreased urine output, acutely, no cirrhosis

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<th>Time Duration</th>
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<tr>
<td>Set-up</td>
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<tr>
<td>Preparation</td>
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<tr>
<td>Simulation</td>
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<tr>
<td>Debrief</td>
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<td>Programming/scripting</td>
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or liver problems
• Endocrine: no diabetes or excessive thirst[5]
• Hematology/Coagulation: no easy bruising or bleeding

**Current Medications and Allergies:** No current meds, No known drug allergies

**Physical Examination:**

General: No acute distress, well developed, well nourished

Weight, Height: 77kg, 170 centimeters, Vital Signs: noninvasive blood pressure 180/100 mmHg (millimeters of mercury) Heart Rate 101 beats per minute Temperature 99.9 Fahrenheit, Respiratory rate 20 breaths per minute.

Oxygen saturation: 95% on Room Air, Airway: Mallampati I, normal mouth opening, full range of motion of the neck, Lungs: bilateral equal breath sounds, no wheezes, rales, rhonchi, Heart: sinus tachycardic, no murmurs, gallops, rubs

**Laboratory, Radiology, and other relevant studies:**

Hematocrit: 45%, Chest XRay: no pulmonary infiltrates, pleural effusions, or pneumothorax, Electrocardiogram: sinus tachycardia and inverted T wave on leads V5 and V6

**Baseline Simulator State:** What underlying alterations in physiology would this patient have when compared to “perfect” 70 kg man or woman? Include target numbers. This will comprise your baseline state

- Vitals: Blood Pressure 180/100 mmHg (millimeters Mercury) Heart Rate 141 beats per minute Temperature 99.9 Fahrenheit, Respiratory Rate 20 breaths per minute. Oxygen saturation: 97% on Room air
- Neurologic: alert and oriented to person, place, and time, responsive, no focal deficits
- Respiratory: bilateral equal breath sounds
- Cardiovascular: sinus tachycardia
- Gastrointestinal: positive bowel sounds, diffusely mildly tender to palpation
- Genitourinary: decreased urine output
- Metabolic: normal
- Environmental: normal OR setting

<table>
<thead>
<tr>
<th>State</th>
<th>Patient Status</th>
<th>Student learning outcomes or actions desired and trigger to move to next state</th>
<th>Operator:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. BASELINE</td>
<td>Awake, alert and oriented to person, place, time, responsive, noninvasive BP (Blood Pressure) 120s-180s/60-90s mmHg. HR (heart rate) 70-150s BPM (beats per minute)</td>
<td>Learner Actions: o IV (intravenous) phenolamine (i.e. 5 milligrams IV x 1) o Prazosin (i.e. 1 milligram by mouth once daily)</td>
<td>o Control HTN Trigger: alpha blockers- proceed with MILD if, given beta blockers without alpha blockers, proceed to SEVERE, if student fails to start alpha blockers at all, proceed to SEVERE and after 10mins DEATH</td>
</tr>
<tr>
<td>2. MILD</td>
<td>Awake, alert and oriented to person, place, time, responsive, noninvasive BP (Blood Pressure) 120s-180s/60-90s mmHg. HR (heart rate) 70-150s BPM (beats per minute)</td>
<td>Learner Actions: o IV phenolamine 5 milligrams IV every 5 minutes o IV magnesium 2grams IV over 30 minutes o IV beta blocker e.g. esmolol infusion 50 micrograms/kilogram/minute or propranolol 1 milligram IV o IV nicardipine 3-5 milligram/hour</td>
<td>o Proceed to general anesthesia state Teaching Points: o Careful attention to vital signs o Avoid Desflurane because of tachycardia and non-neurogenic catecholamine release o Extremely important to achieve adequate depth of anesthesia before proceeding with Direct laryngoscopy to minimize sympathetic nervous system response Trigger: 5 minutes, proceed to MODERATE, unless student used desflurane, proceed to SEVERE; if student did not adequately anesthetize patient before direct laryngoscopy, proceed to SEVERE for 2 minutes and return to moderate</td>
</tr>
<tr>
<td>3. MODERATE</td>
<td>Unresponsive, under general anesthesia, very labile blood pressures (BP 70-200s/40-110smmHg). (beginning to middle of the surgery)</td>
<td>Learner Actions: o Continuous infusion of IV phenolamine 5 milligrams IV every 5 minutes o IV magnesium 2grams IV over 30 minutes o IV beta blocker e.g. esmolol infusion 50 micrograms/kilogram/minute or propranolol 1 milligram IV o IV nicardipine 3-5 milligram/hour</td>
<td>o Proceed to general anesthesia state Teaching Points: o Careful attention to vital signs o Avoid Desflurane because of tachycardia and non-neurogenic catecholamine release o Extremely important to achieve adequate depth of anesthesia before proceeding with Direct laryngoscopy to minimize sympathetic nervous system response Trigger: 5 minutes, proceed to MODERATE, unless student used desflurane, proceed to SEVERE; if student did not adequately anesthetize patient before direct laryngoscopy, proceed to SEVERE for 2 minutes and return to moderate</td>
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**State**
- **1. BASELINE:** Awake, alert and oriented to person, place, time, responsive, noninvasive BP (Blood Pressure) 120s-180s/60-90s mmHg. HR (heart rate) 70-150s BPM (beats per minute)
- **2. MILD:** Awake, alert and oriented to person, place, time, responsive, noninvasive BP (Blood Pressure) 120s-180s/60-90s mmHg. HR (heart rate) 70-150s BPM (beats per minute)
- **3. MODERATE:** Unresponsive, under general anesthesia, very labile blood pressures (BP 70-200s/40-110smmHg). (beginning to middle of the surgery)
| 4. SEVERE | Learner Actions:  
- Continuous infusion of IV phentolamine, may need to increase dose.  
- Need to add beta blockade like propranolol 1 milligram IV x once or esmolol 50 micrograms/kilogram/minute or metoprolol IV 1-2 milligram x once  
Operator:  
- Tell student that surgeon also sees an adrenal mass that he would like to take out as well  
- Tell the examinees that the surgeon has just resected the tumor before proceeding with the RESOLUTION state  
Teaching Points:  
- Blood pressure will rapidly decrease after resection of the tumor  
Trigger: after starting beta blocker proceed to MILD for 2 minutes before proceeding to RESOLUTION or 5 minutes proceed to RESOLUTION if student fails to add anything in addition to alpha blockers;  
DEATH if student did not add any antihypertensives at all since the beginning, especially alpha antagonists |
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<tbody>
<tr>
<td>Unresponsive, under general anesthesia, very labile blood pressures (BP 150-200s/40-110s mmHg). Heart Rate is 120-180s BPM (surgeon is manipulating the tumor or no alpha antagonist started)</td>
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| 5. RESOLUTION | Learner Actions  
- Start a pressor i.e. norepinephrine to maintain blood pressure, and preferably a drip i.e. Norepinephrine 0.2 micrograms/kilogram/minute IV (Intravascular) fluids:  
1-2 liters Lactated Ringers or Normal Saline  
Operator:  
- Increased the Blood Pressure (BP) to normal values 120s/80s mmHg if the examinees titrate in a pressor  
Teaching Points:  
- Ligation of tumor’s venous supply can be cause reduction in BP abruptly  
- May need to start a pressor after tumor is resected  
- Long acting beta blocker i.e. propranolol may lead to persistence of bradycardia/hypotension after tumor removal  
- Need to restore intravascular fluid deficit  
Trigger: student starts a pressor i.e. Norepinephrine or phenylephrine, return to normal vital signs 120s/80s mmHg Heart Rate 80s beats per minute. If student fails to start a pressor, IV fluids, go to hypotension 60s/40mmHg and DEATH in 5 mins |
| Blood pressure low 60s/40s mmHg as surgeon just resected tumor. HR 50s (beats per minute) if learner used long acting beta blocker or still on Esmolol drip | References |