

# Comprehensive Review on Hypotension: Causes, Management, and Implications

Rupinderjit Kaur<sup>1,\*</sup>, Ramesh Kumari<sup>2</sup>

## Abstract

*Hypotension, characterized by a decrease in systolic blood pressure below 100 and diastolic blood pressure below 60 mm Hg, poses a significant medical concern due to its various causes and potential complications. This review seeks to offer an extensive summary of hypotension, encompassing its varied causes and multifaceted contributing elements. The causes encompass a broad spectrum, ranging from lifestyle-related factors such as prolonged standing and dehydration to medication-induced hypotension. Underlying health issues like severe infection, bleeding in the intestines, heart problems, trauma, and severe burns also contribute to this condition. The article delves into the less-discussed aspects of hypotension, including its association with anemia, hypovolemia, pregnancy, adrenal gland failure, hypoxia, and allergic reactions. Special attention is given to the intricate relationship between hypotension and hypertension, emphasizing the importance of understanding the balance between the two conditions for effective management. The review explores the significance of prompt identification and intervention to prevent complications and enhance patient outcomes. Additionally, the article discusses current management strategies for hypotension, considering both pharmacological and non-pharmacological approaches. The potential implications of hypotension on various organ systems are also examined, highlighting the need for tailored treatment plans based on the underlying causes.*

**Keywords:** Hypotension, systolic blood pressure, diastolic blood pressure, causes, management, complications, organ systems

## INTRODUCTION

Hypotension, characterized by abnormally low blood pressure, is a condition with diverse underlying causes and far-reaching implications for patient health. While commonly associated with issues such as dehydration and medication side effects, hypotension can also signify serious health concerns, including cardiovascular and systemic conditions. This review aims to provide a comprehensive exploration of hypotension, shedding light on its causes, management strategies, and potential impact on various organ systems. Healthcare providers must grasp the complexities of hypotension to devise efficient intervention strategies and enhance patient results [1–4].

### \*Author for Correspondence

Rupinderjit Kaur  
E-mail: sandhurupinderjit0@gmail.com

<sup>1</sup>Assistant Professor, Department of Medical Surgical Nursing, Mai Bhago College of Nursing, Tarn Taran Sahib, Punjab, India  
<sup>2</sup>Principal, Mai Bhago College of Nursing, Tarn Taran Sahib, Punjab, India

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## CAUSES AND TYPES OF HYPOTENSION: A COMPREHENSIVE REVIEW

Hypotension, characterized by abnormally low blood pressure, is a physiological condition with various causes and manifestations. This review examines the multifaceted origins and classifications of hypotension, providing a thorough understanding for healthcare professionals and researchers [5].

### Causes of Hypotension

1. *Orthostatic hypotension:* Characterized by an abrupt decrease in blood pressure upon standing,

orthostatic hypotension may occur due to dehydration, extended periods of lying down, or specific medications.

2. *Dehydration*: Inadequate hydration can result in reduced blood volume, which may lead to a decrease in blood pressure. Causes include inadequate fluid intake, excessive sweating, vomiting, or diarrhea.
3. *Medication-induced hypotension*: Specific drugs, including blood pressure reducers, water pills, and agents that widen blood vessels, may have the secondary effect of reducing blood pressure.
4. *Neurally-mediated hypotension*: An abnormal response of the autonomic nervous system, leading to a sudden drop in blood pressure. Common triggers include pain, prolonged standing, or emotional stress.
5. *Endocrine disorders*: Conditions like adrenal insufficiency, hypothyroidism, and diabetes can disrupt the balance of hormones regulating blood pressure.
6. *Heart problems*: Severe heart conditions, including extremely low heart rate (bradycardia), heart attack, or heart valve problems, can contribute to hypotension.
7. *Severe infections*: Systemic infections, especially those causing sepsis, can lead to a drop in blood pressure due to the body's inflammatory response.
8. *Blood loss*: Hemorrhage, whether internal or external, results in reduced blood volume and subsequent hypotension.
9. *Allergic reactions (anaphylaxis)*: Intense allergic responses can prompt an immediate discharge of substances that dilate blood vessels, resulting in a swift decline in blood pressure.

### Types of Hypotension

1. *Postprandial hypotension*: A sudden drop in blood pressure after meals, particularly common in older adults.
2. *Neurogenic hypotension*: Caused by a dysfunction in the autonomic nervous system, leading to inadequate blood vessel constriction.
3. *Primary hypotension*: Persistent low blood pressure without an underlying cause, often associated with a person's constitution.
4. *Secondary hypotension*: Resulting from an identifiable underlying condition, such as endocrine disorders or heart problems.
5. *Micturition syncope*: A type of hypotension triggered by urination, often observed in older individuals.

Understanding the diverse causes and types of hypotension is essential for accurate diagnosis, tailored treatment plans, and improved patient outcomes. This analysis seeks to offer a thorough synthesis of existing information on hypotension for clinical application and research purposes [6–8].

### SIGNS AND SYMPTOMS OF HYPOTENSION: A COMPREHENSIVE REVIEW

Hypotension, characterized by lower-than-normal blood pressure, manifests through various signs and symptoms that can range from mild to severe. This comprehensive review explores the diverse clinical presentations of hypotension, aiding healthcare professionals in early detection and effective management [9, 10].

#### Common Signs and Symptoms

1. *Dizziness and lightheadedness*: People suffering from low blood pressure commonly report feelings of dizziness or faintness when getting up due to inadequate blood supply to the brain.
2. *Fainting (syncope)*: Severe drops in blood pressure may lead to fainting episodes, particularly during sudden changes in posture or prolonged standing.
3. *Blurred or narrowed vision*: Inadequate blood supply to the eyes can cause visual disturbances, including blurred or narrowed vision.
4. *Nausea and vomiting*: Low blood pressure can cause nausea and, occasionally, result in vomiting.
5. *Fatigue and weakness*: Chronic fatigue and weakness may indicate diminished blood and oxygen supply to the body's tissues.

6. *Difficulty concentrating*: Inadequate blood supply to the brain may result in difficulty concentrating or cognitive impairment.
7. *Shortness of breath*: Inadequate blood circulation to the lungs may lead to breathlessness, particularly during periods of physical activity.
8. *Chest pain*: In certain cases, hypotension may present with chest pain resembling symptoms of angina or heart attack.
9. *Cold and clammy skin*: Reduced blood circulation may manifest as cold, clammy skin due to decreased oxygen delivery to peripheral tissues.
10. *Depression and anxiety*: People with long-term low blood pressure may undergo mood alterations, such as exhibiting signs of depression and anxiety.
11. *Thirst and dehydration*: Persistent hypotension may lead to decreased fluid intake and subsequent dehydration, causing increased thirst.
12. *Frequent falling*: Low blood pressure, especially among the elderly population, can heighten the likelihood of experiencing falls.
13. *Lack of coordination*: Reduced blood supply to the brain can result in impaired coordination and unsteadiness.
14. *Increased heart rate (tachycardia)*: To counteract low blood pressure, the heart may respond by elevating its rate of beating.
15. *Urinary problems*: Hypotension may be associated with urinary issues, including increased frequency or difficulty in urination.

Recognizing the various indicators and manifestations of hypotension is essential for prompt identification and efficient treatment. This review consolidates current knowledge on the clinical manifestations of hypotension, providing valuable insights for healthcare practitioners in various clinical settings.

### **Diagnostic Evaluation of Hypotension: A Comprehensive Review**

Diagnostic evaluation of hypotension involves a thorough assessment to identify the underlying causes and determine the appropriate management strategies. The diagnostic procedure is comprised of several critical elements [11–13].

1. *Clinical history and physical examination*: A detailed medical history, including information on medication use, recent illnesses, and lifestyle factors, coupled with a comprehensive physical examination, helps uncover potential causes of hypotension.
2. *Blood pressure measurement*: Regular monitoring of blood pressure is essential to establish a baseline and track variations in pressure levels. Orthostatic blood pressure measurements can provide insights into postural changes.
3. *Laboratory tests*: Blood tests, including a complete blood count (CBC), electrolyte panel, and thyroid function tests, can help identify systemic issues contributing to hypotension.
4. *Electrocardiogram (ECG or EKG)*: An ECG assesses the heart's electrical activity, aiding in the detection of arrhythmias or cardiac abnormalities that may contribute to low blood pressure.
5. *Echocardiogram*: This imaging examination offers a comprehensive visualization of the heart's anatomy and performance, assisting in detecting valve irregularities or other cardiovascular problems.
6. *Ambulatory blood pressure monitoring*: Continuous monitoring over a 24-hour period can offer valuable insights into blood pressure fluctuations during daily activities.
7. *Tilt table test*: A tilt table test is performed to assess orthostatic hypotension by observing variations in blood pressure and heart rate due to alterations in body posture.

### **MANAGEMENT OF HYPOTENSION: A MULTIFACETED APPROACH**

#### **Medical Management**

1. *Fluid replacement*: Intravenous fluids might be given to treat dehydration and augment blood volume.

2. *Medication adjustment*: Reviewing and adjusting medications that contribute to hypotension, such as antihypertensives, can be crucial in managing blood pressure.
3. *Vasopressor medications*: In cases of severe hypotension, vasopressor medications may be administered to constrict blood vessels and elevate blood pressure.
4. *Hormone replacement*: Treating underlying endocrine disorders, such as adrenal insufficiency or hypothyroidism, may involve hormone replacement therapy.

### Nursing Management

1. *Patient monitoring*: Frequent observation of essential indicators such as blood pressure, pulse rate, and breathing rate facilitates swift identification of any alterations.
2. *Positioning techniques*: Implementing strategies like slow position changes and the use of compression stockings helps prevent orthostatic hypotension.
3. *Fluid management*: Ensuring adequate fluid intake and managing intravenous fluids as prescribed are essential components of nursing care.
4. *Patient education*: Educating patients on the importance of maintaining hydration, adhering to medication regimens, and recognizing signs of worsening hypotension is crucial for self-management.

### DISCUSSION

Hypotension, though often overlooked, poses significant challenges in clinical practice. The multifactorial nature of hypotension requires a thorough diagnostic approach to identify the diverse underlying causes. Medical and nursing management strategies aim to address specific etiology, ensuring tailored interventions for optimal patient outcomes. Timely recognition and appropriate management are imperative, particularly in high-risk populations such as the elderly, where hypotension can lead to increased morbidity and falls. The incorporation of both medical and nursing perspectives in the management of hypotension contributes to a holistic approach that enhances patient well-being [14, 15].

### CONCLUSION

In conclusion, hypotension is a complex cardiovascular condition with diverse causes and clinical presentations. The diagnostic evaluation, encompassing clinical history, physical examination, and various diagnostic tests, facilitates the accurate identification of contributing factors. Medical management, including fluid replacement, medication adjustment, and targeted interventions, addresses specific causes, while nursing management focuses on patient monitoring, education, and preventive measures. Collaborative efforts between healthcare professionals are paramount to achieving comprehensive care for individuals with hypotension. Continuous research and progress in diagnostic techniques and treatment options aid in enhancing our comprehension and control of this frequently overlooked ailment. This review aims to underscore the importance of a holistic approach to hypotension, emphasizing the need for integrated medical and nursing strategies to optimize patient care.

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