



ABSTRACTS IN URGENT CARE

- The Importance (or Not) of High BP Readings
- Considering Sucralfate in Pediatric Oral Ulcers
- Osteopathic Manipulation for Low Back Pain
- Safety of Oral Corticosteroid Bursts in Children

■ NATHAN M. FINNERTY, MD FACEP and BRETT C. EBELING, MD

Do High Blood Pressure Readings Matter?

Take-home Point: Elevated blood pressure readings in the emergency room were not associated with an increased risk of poor cardiovascular outcomes in 2 years.

Citation: McAlister F, Youngson E, Rowe BH. Elevated blood pressures are common in the emergency department but are they important? A retrospective cohort study of 30,278 adults. *Ann Emerg Med.* 2021;77(4):425-432.

Relevance: This study aims to determine the clinical significance of a high blood pressure reading in the acute care setting with regard to medium-term cardiovascular outcomes.

Methods: This was a retrospective cohort study in which the authors studied all adult ED visits in a large-volume facility in 2016, involving patients with 2 years of records before and after their visit. The authors used the electronic medical record to examine the patients' health history over the subsequent 2 years for a primary outcome of a composite acute coronary syndrome (ACS), new-onset congestive heart failure (CHF), transient ischemic attack (TIA), or cerebral vascular accident (CVA).

Results: The study included 30,000 patients seen in the ED and revealed that >50% had blood pressures >160/100 at some point during their visit. Approximately 75% of patients had not previously been diagnosed with hypertension. Around 50% of patients were diagnosed with chronic hypertension and/or started on at least one antihypertensive medication in the subsequent 2 years. Among patients without a prior diagnosis of hypertension with an elevated BP reading in the ED, there was

an increase in the composite outcome of cardiovascular or cerebrovascular disease (3.3% vs 2.5%) compared with normotensive patients. At 2 years, the difference was 5.9% vs 3.8%. However, when adjusted for other cardiovascular disease risk factors, the risk between the two BP groups was no different.

Editor's comments: This study is limited by retrospective design and its non-UC setting; there are limited conclusions to be drawn for patients with elevated BP in the urgent care center. Despite these limitations, this study's results are consistent with other recent studies suggesting that patients with asymptomatic elevated BP readings in acute care settings do not benefit from aggressive BP management in the short- or medium-term. ■

Sucralfate Fails to Show Benefit for Oral Ulcers

Take-home point: Sucralfate as an adjunct to oral analgesics was not superior to placebo in improving oral intake in children with acute oral ulcers.

Citation: Singh NV, Gabriele GA, Wilkinson MH. Sucralfate as an adjunct to analgesia to improve oral intake in children with infectious oral ulcers: a randomized, double-blind, placebo-controlled trial. *Ann Emerg Med.* 2021;78(3):331-339.

Relevance: Oral ulcers are common with many pediatric infectious conditions. This study sought to determine if sucralfate added to standard acetaminophen/ibuprofen improves pain relief for children with oral ulcerative conditions.



Nathan M. Finnerty, MD FACEP practices in the Department of Emergency Medicine at Intermountain Medical Center in Salt Lake City, UT; is Assistant Professor of Emergency Medicine, Adjunct in the Department of Emergency Medicine at Wexner Medical Center at The Ohio State University; and Contributing Medical Editor, Urgent Care Reviews and Perspectives, Hippo Education. **Brett C. Ebeling, MD** practices in the Department of Emergency Medicine at Genesis Healthcare System in Zanesville, OH and is Contributing Medical Editor, Urgent Care Reviews and Perspectives, Hippo Education.