Hyperglycaemic Hyperosmolar State (HHS) guidance document

Applicable to A+E and acute assessment units

AFFIX PATIENT LABEL

Date _____

Time _____

Ward _____

Initial assessment

a. Patients weight - estimated if measurement not possible _____ kg

b. Estimate fluid loss: weight in kg/10 _____ litres

c. Calculate plasma osmolality: (2 x sodium) + glucose + urea _____ mOsmol/kg

AFFIX PATIENT LABEL

HHS Monitoring chart (admission to 24 hours):

This chart is designed to chart biochemistry and fluid balance to assess the response to treatment and aid ongoing management. There are checkpoints at 6, 12 and 24 hours for medical assessment of the overall clinical picture.

Date / /		Biochemistry					Fluid balance		
Hour	Time	Na^+ (mmol/L)	K^+ (mmol/L)	Glucose (mmol/L)	Urea (mmol/L)	Calculated Osmolality (see foot note below)	Fluid in (ml)	Fluid out (ml)	Fluid balance
0									
1									
2									
3									
4									
6									
		Assess patient – is patient clinically improving? Assess fluid balance – has positive balance of 2-3L been achieved? Assess osmolality – is this reducing by 3-8 mOsmol/kg per hour?							
8									
10									
12									
		Assess patient – is patient clinically improving? Assess fluid balance – has desired positive balance been achieved? Assess osmolality – is this reducing by 3-8 mOsmol/kg per hour?							
16									
20									
24									

Footnote: calculated osmolality = (2x Na^+) + glucose + urea