

Adult Hyperkalaemia Treatment Chart

To be used in conjunction with Trust
Guidance for the correction of Hyperkalaemia

Patient Name		
Hospital No	NHS No	DOB
Consultant		Ward

Date	This chart is designed so that prescriptions and relevant results can be recorded together. All prescriptions and entries must be signed and dated
-------------	--

Grade Hyperkalaemia

(Normal range 3.5-5.3 mmol/L)

Perform a 12 Lead ECG	Time
Document ECG Findings:	Signed

	Action	Record Potassium Results (mmol/L)	
Mild Hyperkalaemia 5.3- 5.9 mmol/L	Repeat blood test & perform ECG No immediate treatment required unless ECG changes present*	Date & Time	Result
		Date & Time	Result
Moderate Hyperkalaemia 6.0 – 6.4 mmol/L	Repeat blood test and perform ECG No immediate treatment required unless ECG changes present*	Date & Time	Result
		Date & Time	Result
Severe Hyperkalaemia >6.5 mmol/L	Repeat blood test IMMEDIATE TREATMENT REQUIRED See overleaf	Date & Time	Result
		Date & Time	Result

*ECG changes- tall peaked T waves, small/absent P waves, prolonged PR interval, ST depression

Treatment Both Steps 1 & 2 must be completed

Step 1: Stabilise the Myocardium

Attach patient to 3 lead ECG monitoring

10 ml Calcium Gluconate 10%	Prescriber Print	Given by	Date
IV over 5-10 minutes	Sign	Checked by	Time given

Repeat dose after 5 minutes until ECG Normalises (maximum of 3 doses)¹

10 ml Calcium Gluconate 10%	Prescriber Print	Given by	Date
IV over 5-10 minutes	Sign	Checked by	Time given

10 ml Calcium Gluconate 10%	Prescriber Print	Given by	Date
IV over 5-10 minutes	Sign	Checked by	Time given

Step 2: Shift Potassium into Cells

10 units of Actrapid Insulin in 50ml of 50% Glucose	IV over 30 minutes	Prescriber Print	Given by	Date
		Sign	Checked by	Time given

Salbutamol 10mg Nebulised	Prescriber Print	Given by	Date
	Sign	Checked by	Time given

Salbutamol NOT to be given as sole treatment.¹

Monitor capillary blood glucose level during glucose/insulin administration

	Initial	15mins	30mins	60mins	90mins	2hrs	2hrs 30	3hrs
Time sample taken								
Result (g/dl)								

Repeat Potassium Levels After Treatment

Intervals post treatment	1 hour	2 hours	4 hours	6 hours
Time of Sample				
Result (mmol/L)				

References

- 1) The Mid Yorkshire Hospitals NHS trust (2019) Guideline for the Management of Hyperkalaemia in Adults
<https://intranet.midyorks.nhs.uk/trustpolicies/MY%20Policies%20and%20Procedures%20Published%20Documents/,DataInfo=intranet.midyorks.nhs.uk,SSL+Local%20Hyperkalaemia%20Guidelines.pdf>