

Hydrocortisone

Parenteral Corticosteroid

Indications / Scope of Practice

	ICP
Asthma	
COPD	
Anaphylaxis	➤ IM/IV/IO
Acute adrenal insufficiency	

Patient Factors

- Single dose via Act-O-Vial system (powder compatible with saline or water for injection)
- See medication calculator for paediatric dilution and doses
- In acute adrenal insufficiency follow patient management plan if available
- In asthma, COPD or anaphylaxis, administer if no steroids in past 24 hrs:
 - » if uncertain about last dose, administer as per CPG
- ⚠ Ensure reconstituted injection solution is free of particulate matter
- ⚠ In anaphylaxis hydrocortisone should not be prioritised over adrenaline

Efficacy & Safety

- Onset of action 10 mins
- Duration of action 6-12 hrs
- ⚠ Significant adverse effects only seen with chronic, high doses include:
 - » adrenal suppression, osteoporosis, fractures, psychiatric effects including delirium