1. Introduction
More than 75% have elevated blood pressure (BP) in the acute phase of intracerebral hemorrhage (ICH).
ICH treatment at Aarhus University Hospital: Keep systolic BP < 140 mm Hg.
→ It is associated with decreased hematoma expansion and a borderline reduction of disability or death after 3 months.

2. Aim
To investigate whether a rapid BP reduction can be obtained in everyday clinical practice using a simple treatment algorithm.

3. Method
The algorithm:

Prospective single-center cohort study during one year.
157 acute patients with spontaneous ICH were included.
134 patients with systolic BP > 140 mm Hg were treated.

4. Results

### Characteristics for the 134 patients

<table>
<thead>
<tr>
<th></th>
<th>&lt; 6 hours (n = 88)</th>
<th>&gt; 6 hours (n = 46)</th>
<th>P Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, median (IQR)</td>
<td>76 (66-83)</td>
<td>80 (75-84)</td>
<td>0.039</td>
</tr>
<tr>
<td>NIHSS acute, median (IQR)</td>
<td>13 (7-20)</td>
<td>8 (3-16)</td>
<td>0.040</td>
</tr>
<tr>
<td>Mortality at 3 month, n (%)</td>
<td>20 (23)</td>
<td>13 (28)</td>
<td>0.480</td>
</tr>
<tr>
<td>mRS 3-6 at 3 month, n (%)</td>
<td>71 (81)</td>
<td>42 (91)</td>
<td>0.108</td>
</tr>
</tbody>
</table>

Within 1 hour, from admission, 29% of patients with a symptom duration <6 hours reached target systolic BP and 76% within 6 hours.

For the patients with a symptom duration >6 hours 41% and 68% reached target BP after 1 and 6 hours, respectively.

Acute antihypertensive drugs used: 93% were treated with glyceryl trinitrate, 95% with labetalol and 60% with nimodipine.
Only 2% were treated with other drugs not mentioned in the algorithm.

### Conclusion
Rapid BP reduction can be obtained in everyday clinical practice using a simple treatment algorithm.