



4 Uses of Hydrocortisone in Emergency Medicine

EM QUICKBITES BY DR. MANIVARMA

THYROID STORM

🔴 **IV HCT 300MG STAT and 100MG TDS**

🔴 The most critical function is to blocks the peripheral conversion of T4 to the highly active T3

1st LINE

De Groot LJ, Bartalena L, Feingold KR. Thyroid Storm. [Updated 2025 Apr 15]. In: Feingold KR, Ahmed SF, Anawalt B, et al., editors. Endotext [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000-. Available from: <https://www.ncbi.nlm.nih.gov/sites/books/NBK278927/>

AEBA

🔴 **IV HCT 200MG/DAY**

🔴 Reduces airway inflammation and edema

🔴 Reduced mucus secretion

2nd LINE

Global Strategy for Asthma Management and Prevention (2025) GINA

ACUTE ADRENAL CRISIS

🔴 **IV HCT 100MG STAT and 50MG QID**

🔴 Provides immediate glucocorticoid and essential mineralocorticoid replacement

1st LINE

Karunaratna, L., Bandara, S., Jayawardana, A., De Alvis, K., Gunasena, P., T Ekanayake, U., & Hapuarachchi, K. Acute Adrenal Crisis: Clinical Features, Diagnosis, and Management.

REFRACTORY SEPTIC SHOCK

🔴 **IVI HCT 200MG/DAY or IV HCT 50MG QID**

🔴 Enhances the vasoconstrictive effects of catecholamines (like norepinephrine)

2nd LINE

Li, Y., Wang, Y., Guo, J., Zhang, D., Bao, J., & Wang, Z. (2025). Influence of hydrocortisone infusion method on the clinical outcome of patients with septic shock: A systematic review and meta-analysis. Journal of Intensive Medicine, 05(01), 100–107. <https://doi.org/doi:10.1016/j.jointm.2024.05.001>

'small vial, systemic impact'- dr. manivarma