Adrenal Insufficiency

**Definition and Grading of Adrenal Crisis**

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**Definition**

Definition: (A): Major impairment of general health with at least two of the following signs/symptoms:
- Hypotension (systolic blood pressure <100 mmHg)
- Nausea or vomiting
- Severe fatigue
- Fever
- Somnolence
- Hyponatraemia (<132 mmol/l) or hyperkalaemia
- Hypoglycaemia

Definition: (B): Parenteral glucocorticoid (hydrocortisone) administration followed by clinical improvement

**Grading**

- Grade 1: outpatient care only
- Grade 2: hospital care (general ward)
- Grade 3: admission to intensive care unit
- Grade 4: death from adrenal crisis (with or without parenteral glucocorticoid administration)