Tip Sheet: Measuring Orthostatic Blood Pressure

Patient: 
Date: 
Time: 

Measuring Orthostatic Blood Pressure

1. Have the patient lie down for 5 minutes.
2. Measure and record blood pressure and pulse rate.
3. Have the patient sit for 1-2 minutes.
4. Measure and record blood pressure and pulse rate.
5. Have the patient stand for 1-2 minutes (stand by patient for safety).
6. Measure and record blood pressure and pulse rate.

A drop in blood pressure of > 20 mm Hg, or in diastolic blood pressure of >10 mm Hg, or experiencing lightheadedness or dizziness is considered abnormal.

You do not need an order for measuring Orthostatic Blood Pressure.

<table>
<thead>
<tr>
<th>Position</th>
<th>Time</th>
<th>Blood Pressure and Heart Rate</th>
<th>Associated Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lying down</td>
<td>5 minutes</td>
<td>BP______/______</td>
<td>HR______________</td>
</tr>
<tr>
<td>Sitting</td>
<td>1-2 minutes</td>
<td>BP______/______</td>
<td>HR______________</td>
</tr>
<tr>
<td>Standing</td>
<td>1-2 minutes</td>
<td>BP______/______</td>
<td>HR______________</td>
</tr>
</tbody>
</table>

Symptoms of Orthostatic Hypotension

- Dizziness, feeling faint
- Light headedness
- Blurred vision
- Disorientation and confusion
- Weakness/fatigue/falling
- Chest pain
- Chest pain

Patients Most at Risk

- Older patients (approx 20% of people > 65)
- GI Bleed/Anemic
- Dehydration
- Surgical patients
- Diabetics
- Heart disease

**EXPECTATION:** Perform Orthostatic BP on all high risk patients at least once per shift.

Developed by Professional Development 03/07/2016