




## ASSESSMENT

# Measuring Orthostatic Blood Pressure

- ① Have the patient lie down for 5 minutes.
- ② Measure blood pressure and pulse rate.
- ③ Have the patient stand.
- ④ Repeat blood pressure and pulse rate measurements after standing 1 and 3 minutes.

A drop in BP of  $\geq 20$  mm Hg, or in diastolic BP of  $\geq 10$  mm Hg, or experiencing lightheadedness or dizziness is considered abnormal.

POSITION	TIME	BP	ASSOCIATED SYMPTOMS
<b>Lying Down</b> 	5 Mins.	BP ____ / ____ HR ____	
<b>Standing</b> 	1 Min.	BP ____ / ____ HR ____	
<b>Standing</b> 	3 Mins.	BP ____ / ____ HR ____	

CDC's STEADI tools and resources can help you screen, assess, and intervene to reduce your patient's fall risk. For more information, visit [www.cdc.gov/steadi](http://www.cdc.gov/steadi)

Patient \_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_ ☐ AM ☐ PM



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