ASSESSMENT

Measuring Orthostatic Blood Pressure

 \square AM \square PM

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Time

- 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 ≥20 mm Hg, or in diastolic BP of ≥10 mm Hg, or experiencing lightheadedness or dizziness is considered abnormal.

POSITION	TIME	ВР	ASSOCIATED SYMPTOMS
Lying Down	5 Mins.	BP/	
Standing	1 Min.	BP/	
Standing	3 Mins.	BP/	

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



