

Patient: _____ Date: _____ Time: _____ AM/PM

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

| Position | | Time | BP | Associated Symptoms |
|------------|---|-----------|------------------------------|---------------------|
| Lying Down |  | 5 Minutes | BP _____ / _____ HR _____ | |
| Standing |  | 1 Minute | BP _____ / _____ HR _____ | |
| Standing |  | 3 Minutes | BP _____ / _____ HR _____ | |

For relevant articles, go to: www.cdc.gov/injury/STEADI



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

STEADI Stopping Elderly Accidents, Deaths & Injuries