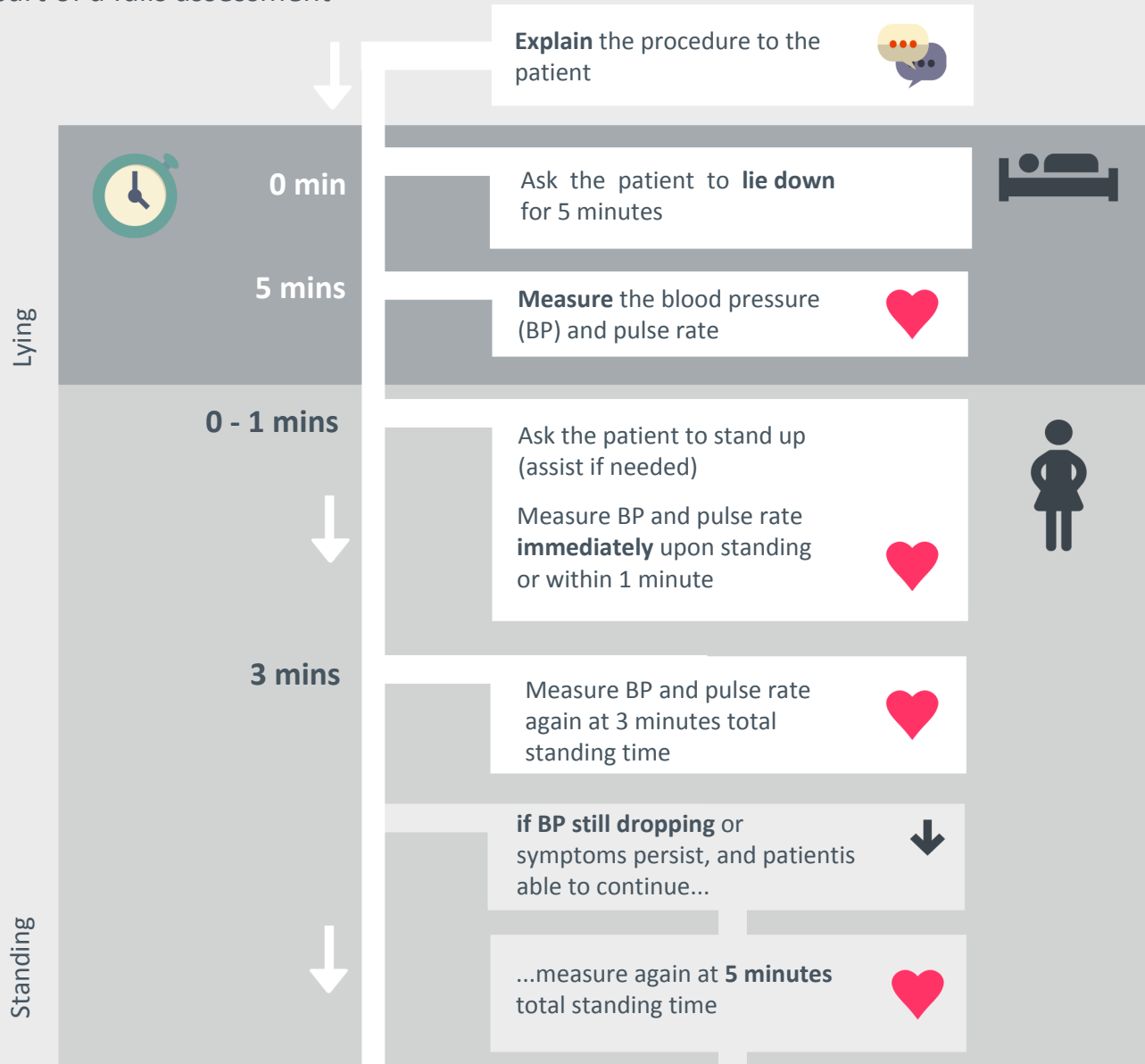




## How to measure a lying and standing BP

as part of a falls assessment



Notice and document **symptoms** of: dizziness, light-headedness, vagueness, pallor, visual disturbance, feelings of weakness, palpitations.

### A positive result is seen as:

- A drop in systolic BP of 20mmHg or more (with or without symptoms).
- A drop to below 100mmHg on standing even if the drop is less than 20mmHg (with or without symptoms).
- A drop in diastolic BP of 10mmHg is considered positive with symptoms (although usually clinically less significant than a drop in systolic BP).

**A positive results should prompt a medical and nursing review.**