



Procedure for measuring lying and standing BP

- Explain the procedure to the patient
- Patient lies down - **5 mins**
- Measure BP and pulse rate
- Patient stands - measure BP and pulse rate **immediately** upon standing or within **1 min**
- Measure BP and pulse rate again at **3 mins** total standing time
 - ↓ *If BP still dropping or symptoms persist, and patient is able to continue...* *measure again at 5 min total standing time*
- Notice and document symptoms of: dizziness, light-headedness, vagueness, pallor, visual disturbance, feelings of weakness, palpitations.

Turn over for information on a positive result

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 result should prompt a medical and nursing review.

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