

## ASSESSMENT

# Measuring Orthostatic Blood Pressure

Patient \_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_  AM  PM

- 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
Lying Down 	5 Mins.	BP ____ / ____ HR _____	
Standing 	1 Min.	BP ____ / ____ HR _____	
Standing 	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/steady](http://www.cdc.gov/steady)



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

**STEADI** Stopping Elderly Accidents, Deaths & Injuries