




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



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