

Patient name:	Date:	Time:	AM/PM
NHI:	Test carried out by:		

## Measuring Blood Pressure: Detecting Postural Hypotension

Patients who experience hypotension when rising to a standing position are at increased risk of falling. Use the assessment below to check if your patient may have postural hypotension, as they may benefit from a review of medicines to reduce their risk of falling.

1. Ask the patient to lie down and rest for five minutes.
2. Measure their blood pressure and pulse rate.
3. Ask the patient to stand.
4. Repeat blood pressure and pulse rate measurements when patient has been standing for one minute, and again at three minutes.

Postural (or orthostatic) hypotension is defined as a reduction in systolic blood pressure of  $\geq 20$  mmHg or in diastolic blood pressure of  $\geq 10$  mmHg within three minutes of standing.<sup>1</sup> If the patient experiences light-headedness or dizziness on standing, this is also considered a symptom of postural hypotension and therefore means there is a higher risk of them falling.

Position	Time	BP	Associated symptoms
Lying Down	5 Minutes	BP <input type="text"/> / <input type="text"/> HR <input type="text"/>	
Standing	1 Minute	BP <input type="text"/> / <input type="text"/> HR <input type="text"/>	
Standing	3 Minutes	BP <input type="text"/> / <input type="text"/> HR <input type="text"/>	

Postural hypotension is more common in older people,<sup>2</sup> however, the prevalence of hypertension also increases with age. Blood pressure treatment targets for older patients with hypertension should be adjusted to reduce the risk of low blood pressure-related falls.

### References:

1. Mancia G, Fagard R, Narkiewicz K, et al. 2013 ESH/ESC Guidelines for the management of arterial hypertension. *J Hypertens*. 2013;(7):1281–357.
2. Chaudhry KN, Chavez P, Gasowski J, et al. Hypertension in the elderly: some practical considerations. *Cleve Clin J Med*. 2012;79(10):694–704.