

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 ≥ 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 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



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

STEADI Stopping Elderly Accidents, Deaths & Injuries