

LYING / STANDING BLOOD PRESSURE CHART

Lying and Standing Blood Pressure (BP) measurement is a key intervention in falls prevention and management. It is best checked in the early morning.

Please check Lying and Standing BP as follows:

1. Lay the patient flat for at least 5 minutes.
Take BP and record in 'L' column below.
2. Stand the patient up.
Take BP and record in the '0 minutes' column below.
3. Keep patient standing for 3 minutes.
Take BP at 1 minute and 3 minutes of standing and record in the appropriate columns below.
4. Record any patient symptoms at each BP measurement and record below.
(eg. feels faint, dizziness, light-headedness, nausea, vomiting, unsteadiness, visual disturbance, loss of consciousness).

Patient Details

BP	Date:				Date:				Date:				Date:				Date:				BP				
	Time:				Time:				Time:				Time:				Time:								
	Sign:				Sign:				Sign:				Sign:				Sign:								
	L	S (minutes)			L	S (minutes)			L	S (minutes)			L	S (minutes)			L	S (minutes)							
	0	1	3		0	1	3		0	1	3		0	1	3		0	1	3						
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