How to measure a lying and standing BP as part of a falls assessment

1. **Explain** the procedure to the patient
2. **Ask the patient to lie down** for 5 minutes
3. **Measure** the blood pressure (BP) and pulse rate
4. **Ask the patient to stand up** (assist if needed)
5. **Measure BP and pulse rate immediately** upon standing or within 1 minute
6. **Measure BP and pulse rate again** at 3 minutes total standing time
7. **If BP still dropping or symptoms persist, and patient is able to continue...**
   - ...measure again at **5 minutes** total standing time

**Notice and document symptoms of:** dizziness, light-headedness, vagueness, pallor, visual disturbance, feelings of weakness, palpitations.

**A positive result is seen as:**

- A drop in systolic BP of 20mmHg or more (with or without symptoms).
- A drop to below 100mmHg on standing even if the drop is less than 20mmHg (with or without symptoms).
- A drop in diastolic BP of 10mmHg is considered positive with symptoms (although usually clinically less significant than a drop in systolic BP).

**A positive results should prompt a medical and nursing review.**