

**Tool 10: Protocol for measuring lying/standing blood pressure (BP)
(checking for Orthostatic Hypotension) - Orthostatic hypotension recording chart**

Resident Date of birth

Record blood pressure from previous reading on the first line of the chart to provide baseline measurement.

Date	Time	Blood pressure			Symptoms and other notes	Initials
		Lying	Standing (1 min)	Standing (3 min)		

A drop in systolic BP of ≥ 20 mm Hg, or in diastolic BP of ≥ 10 mm Hg, or experiencing lightheadedness or dizziness is considered abnormal; notify the resident's GP.

Adapted from protocol developed by Dr AM Qureshi, Woodend Hospital, NHS Grampian.