

LYING / STANDING BLOOD PRESSURE CHART

Lying and Standing Blood Pressure (BP) measurement is a key intervention in reducing falls risk. It is best checked in the early morning. Where possible repeat measurement should be made at the same time of day to allow a fair comparison.

BP	Day 1				Day 2				Day 3				BP
	Reason for measurement:				Reason for measurement:				Reason for measurement:				
	Date:				Date:				Date:				
	Time:				Time:				Time:				
	L	S (minutes)			L	S (minutes)			L	S (minutes)			
	0-1	3	5		0-1	3	5		0-1	3	5		
250													250
240													240
230													230
220													220
210													210
200													200
190													190
180													180
170													170
160													160
150													150
140													140
130													130
120													120
110													110
100													100
90													90
80													80
70													70
60													60
50													50
40													40
SYMPTOMS													SYMPTOMS
	Sign:				Sign:				Sign:				
	Deficit/Symptoms: Yes ☐ No ☐				Deficit/Symptoms: Yes ☐ No ☐				Deficit/Symptoms: Yes ☐ No ☐				
	Actions Taken:				Actions Taken:				Actions Taken:				

Patient Details

Positive result

a > 20mmHg drop in systolic BP levels, • or > 10mmHg drop in diastolic BP levels, • or a drop of the systolic BP to <90mmHg.

Please check Lying and Standing BP as follows:

1. Lay the patient flat for at least 5 minutes.
Take BP and record in 'L'.
2. Stand the patient up.
Take BP and record in the '0-1minutes'.
3. Keep patient standing for 3 minutes.
Take BP at 3 minutes of standing and record in the appropriate columns.
4. Record any patient symptoms at each BP measurement and record. (eg. feels faint, dizziness, light-headedness, nausea, vomiting, unsteadiness, visual disturbance, loss of consciousness).
5. If BP continues to fall a further measurement can be taken and recorded at 5 minutes.

This chart only records blood pressure - only 1 physiological parameter. If you have any concern around deterioration/blood pressure, do NEWS score and seek medical review.