

Orthostatic Hypotension

Overview: Orthostatic hypotension is defined by a drop in blood pressure of a least 20mmHg for systolic blood pressure and at least 10mmHG for diastolic blood pressure within 3 minutes of standing up

Orthostatic Hypotension	
Patient should be supine five minutes	mmHg
Transfer to sitting edge of mat for three minutes	mmHg
Transfer to standing for three minutes	mmHg

Test:

- 1) Patient should be supine for 5 minutes
- 2) Record blood pressure in supine: ____ mmHg
- 3) Transfer to sitting edge of mat
- 4) Record blood pressure in sitting after 3 minutes: ____ mmHg
- 5) Transfer to standing
- 6) Record blood pressure in standing after 3 minutes: ____ mmHg

Outcome:

-Positive test: a drop in blood pressure of a least 20mmHg for systolic blood pressure and at least 10mmHG for diastolic blood pressure within 3 minutes of standing up

Reference:

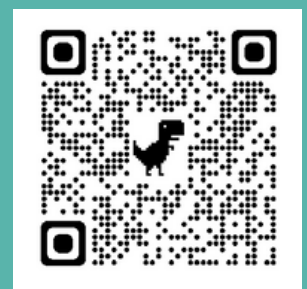
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ANPT Concussion/mTBI Knowledge Translation Task force

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