

Orthostatic Vital Sign Assessment (\geq PL1)

Clinical Indications:

1. Patient situations with suspected blood, fluid loss, or dehydration with no indication for spinal immobilization.
2. Lightheadedness or dizziness.
3. Patients \geq 8 years or age, or patients larger than the PEDIA Tape.

Contraindications:

1. Patients that are obviously hypotensive.

Note/Precaution:

1. If a patient is symptomatic while sitting, lying or is obviously volume depleted based on history or physical exam, then formal orthostatic examination should be omitted, and fluid resuscitation initiated.

Procedure:

1. Gather and prepare standard sphygmomanometer/blood pressure cuff and stethoscope.
2. With the patient supine, obtain pulse and blood pressure.
3. Have the patient sit upright.
4. After 30 seconds, obtain blood pressure and pulse in sitting position.
5. If the systolic BP falls more than 20 mmHg or pulse increases more than 20 BPM or the patient develops symptoms such as lightheadedness, weakness, or pre-syncopal symptoms then the patient is considered to be orthostatic.
6. If no symptoms or significant change in vital signs, then have the patient stand and repeat steps 4 & 5.