

Checklist: Measure and Record Orthostatic Blood Pressure

Measure and Record Orthostatic Blood Pressure	Able to Perform	Unable to Perform
1. Carry out initial procedure actions: <ul style="list-style-type: none"> – Knock before entering. – Introduce yourself. – Identify the resident according to facility policy. – Explain the procedure. – Provide privacy. – Perform hand hygiene. 	<input type="checkbox"/>	<input type="checkbox"/>
2. Assemble equipment: <ul style="list-style-type: none"> – Blood pressure cuff of appropriate size. – Stethoscope. – Watch or clock with a second hand. – Documentation sheet/electronic charting access. – Alcohol wipes if required by facility policy. 	<input type="checkbox"/>	<input type="checkbox"/>
3. Clean stethoscope earpieces and diaphragm according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
4. Assess resident safety before procedure: <ul style="list-style-type: none"> – Ask about dizziness or weakness. – Ensure assistance is available if the resident is unsteady. 	<input type="checkbox"/>	<input type="checkbox"/>
5. Position the resident lying flat (supine) if tolerated.	<input type="checkbox"/>	<input type="checkbox"/>
6. Allow the resident to rest in the supine position for approximately 5 minutes or according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
7. Apply blood pressure cuff snugly to resident's upper arm: <ul style="list-style-type: none"> – Arm supported at heart level. 	<input type="checkbox"/>	<input type="checkbox"/>
8. Measure and record supine blood pressure and pulse according to facility procedure.	<input type="checkbox"/>	<input type="checkbox"/>
9. Assist the resident to a sitting position: <ul style="list-style-type: none"> – Dangle legs if needed. – Observe for dizziness, weakness, or instability. 	<input type="checkbox"/>	<input type="checkbox"/>
10. Wait approximately 1–3 minutes according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
11. Measure and record sitting blood pressure and pulse.	<input type="checkbox"/>	<input type="checkbox"/>
12. Assist the resident to a standing position if ordered and safe: <ul style="list-style-type: none"> – Use a gait belt if indicated. – Remain close to resident for safety. 	<input type="checkbox"/>	<input type="checkbox"/>
13. Observe resident carefully for: <ul style="list-style-type: none"> – Dizziness – Lightheadedness – Weakness – Pallor – Sweating – Unsteady gait – Faintness 	<input type="checkbox"/>	<input type="checkbox"/>
14. Wait approximately 1–3 minutes after standing according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
15. Measure and record standing blood pressure and pulse.	<input type="checkbox"/>	<input type="checkbox"/>
16. Assist resident back to safe and comfortable position: <ul style="list-style-type: none"> – Sitting or lying down as needed. 	<input type="checkbox"/>	<input type="checkbox"/>

17. Ensure resident safety: <ul style="list-style-type: none"> - Bed in lowest position if applicable. - Call light within reach. - Resident stable before leaving. 	<input type="checkbox"/>	<input type="checkbox"/>
18. Clean equipment according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
19. Perform hand hygiene.	<input type="checkbox"/>	<input type="checkbox"/>
20. Record orthostatic vital signs promptly according to facility policy: <ul style="list-style-type: none"> - Position of resident. - Blood pressure readings. - Pulse readings. - Resident symptoms during position changes. 	<input type="checkbox"/>	<input type="checkbox"/>
21. Carry out ending procedure actions: <ul style="list-style-type: none"> - Report abnormal findings promptly to the nurse, including: - Significant drop in blood pressure. - Dizziness - Fainting - Weakness - Inability to tolerate standing. - Rapid pulse changes. - Resident distress. 	<input type="checkbox"/>	<input type="checkbox"/>