



Orthostatic Vitals Test Form

Before the Test	Explanation of Procedure - Use of blood pressure cuff and heart rate measurement - Important not to speak unless answering a question - Goal, first 5-10 minutes: to be as relaxed as possible (no phone, reading, etc.) - Explain why we do the test	
1. RESTING PHASE = 5-10 Minutes	Ensure proper position with feet extended.	
Notes:	Resting Supine HR:	Supine BP:
	Reported Symptoms:	
	Transition: Explain before sitting - Sit upright as much as possible at the edge, feet on floor - Avoid leaning, moving their body and, if possible, without supporting weight with hands	
2. SITTING PHASE = 2 Minutes	Ensure proper position.	

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Notes:	Sitting HR:	Sitting BP:
	Reported Symptoms:	
	Transition: Explain before standing - Stand for up to five minutes - If at any time they begin to feel faint, sit down immediately - Do not ask to sit because their safety is most important - It is not a problem if they do not finish the entire test - It is important to stand as still as possible, avoid leaning.	
3. STANDING PHASE = 5 Minutes	Ensure proper position.	
Notes:	1 Minute Standing HR:	1 Minute Standing BP:
	Reported Symptoms:	
	3 Minute Standing HR:	3 Minute Standing BP:
	Reported Symptoms:	
	5 Minute Standing HR:	5 Minute Standing BP:
	Reported Symptoms:	
<p align="center"><i>Explain that the test is done. They can either sit or lie down during the next few minutes to rest.</i></p>		

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Summary:

Resting HR: _____

Resting BP: _____

Sitting HR: _____

Sitting BP: _____

Standing HR 1: _____

Standing BP 1: _____

Standing HR 3: _____

Standing BP 3: _____

Standing HR 5: _____

Standing BP 5: _____

Orthostatic HR Increase: _____ bpm (*difference between resting & highest standing*)

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