



## Orthostatic Vitals Test Form

<b>Before the Test</b>	Explanation of Procedure: <ul style="list-style-type: none"> <li>Use of blood pressure cuff and heart rate measurement</li> <li>Important not to speak unless answering a question</li> <li>Goal, first 5-10 minutes: to be as relaxed as possible (no phone, reading, etc.)</li> <li>Explain why we do the test</li> </ul>	
<b>1. RESTING PHASE = 5-10 Minutes</b>	Ensure proper position with feet extended.	
Notes:	Resting Supine HR:	Supine BP:
	Reported Symptoms:	
	<b>Transition</b> (Explain before sitting): <ul style="list-style-type: none"> <li>Sit upright as much as possible at the edge, feet on floor</li> <li>Avoid leaning, moving their body and, if possible, without supporting weight with hands</li> </ul>	
<b>2. SITTING PHASE = 2 Minutes</b>	Ensure proper position.	
Notes:	Sitting HR:	Sitting BP:

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	Reported Symptoms:	
	<b>Transition</b> (Explain before standing): <ul style="list-style-type: none"> <li>• Stand for up to five minutes</li> <li>• If at any time they begin to feel faint, sit down immediately</li> <li>• Do not ask to sit because their safety is most important</li> <li>• It is not a problem if they do not finish the entire test</li> <li>• It is important to stand as still as possible, avoid leaning</li> </ul>	
<b>3. STANDING PHASE = 5 Minutes</b>	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:	

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*Explain that the test is done. They can either sit or lie down during the next few minutes to rest.*

**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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