

ORTHOSTATIC VITALS TEST FORM

Before the Test	Explanation of Procedure: <ul style="list-style-type: none"> 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 that the test is done to determine if there is an abnormal change in hemodynamics (heart rate and blood pressure) with orthostasis. 	
RESTING PHASE = 5-10 Minutes	Ensure proper position with feet extended.	
Notes:	Resting Supine HR:	Supine BP:
	Reported Symptoms:	
	Transition (Explain before sitting): <ul style="list-style-type: none"> Sitting is an orthostatic position 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 	
SITTING PHASE = 2 Minutes	Ensure proper position.	
Notes:	Sitting HR:	Sitting BP:
	Reported Symptoms:	

	Transition (Explain before standing): <ul style="list-style-type: none"> Stand for up to five minutes If at any time they begin to feel faint, sit down immediately It is not a problem if they do not finish the entire test It is important to stand as still as possible, avoid leaning 	
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:	

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*)

Orthostatic BP decrease: _____ mmHg (*difference between resting & lowest standing*)

Diagnostic Criteria:

POTS = sustained HR increase of 30bpm in adults, 40 bpm in adolescents in the absence of OH

OH = BP drops when standing by 20/10 mmHg