

Active Stand Test Form

Before the test	Explanation of procedure: - Use cuff to measure blood pressure and heart rate. - The test takes about 15 mins. Goal of first 5 mins to be as relaxed as possible (avoid using phone, talking, reading, etc.). - During the test avoid speaking unless answering a question. - Why we do the test: to gather info about what happens to the body when they stand.	
Resting phase 5-10 mins	Ensure full supine posture with feet fully extended, legs not crossed.	
Baseline measurement	Resting supine BP	Resting supine HR
What symptoms are you having now?	Reported symptoms:	
	Transition: Explain before standing - Stand up tall and still, avoid movements, leaning, or shifting weight. - If at anytime you feel faint, sit down immediately (safety is more important).	
Standing phase Up to 10 mins	Ensure proper position	
1 min	1 min standing BP	1 min standing HR
	Reported symptoms:	
2 min	2 min standing BP	2 min standing HR
	Reported symptoms:	
3 min	3 min standing BP	3 min standing HR
	Reported symptoms:	
4 min	4 min standing BP	4 min standing HR
	Reported symptoms:	
5 min	5 min standing BP	5 min standing HR
	Reported symptoms:	
7 min	7 min standing BP	7 min standing HR
	Reported symptoms:	
10 m	10 min standing BP	10 min standing HR
	Reported symptoms:	
Summary:	Difference between baseline BP and lowest BP: Difference between baseline HR and highest HR:	