



# Amherst Fire District Procedure

## Orthostatic Blood Pressure

### Clinical Indications:

- Patient situations with suspected blood /fluid loss/dehydration.
- Patients > 8 years of age, or patients larger than the Broselow tape

### Procedure:

1. Assess the need for orthostatics.
2. Obtain patient's pulse and blood pressure while supine.
3. Have patient stand for one minute.
4. Obtain patient's pulse and blood pressure while standing.
5. If pulse has increased by 20 BPM **or** systolic blood pressure decreased by 20 mmHg, the orthostatics are considered positive.
6. If patient is unable to stand, orthostatics may be taken while the patient is sitting with feet dangling.
7. If positive orthostatic changes occur while sitting, **DO NOT** continue to the standing position.
8. Document the times of vital signs for supine and standing positions on the patient care report (PCR).
9. Determine appropriate treatment based on protocol.

### Certification Requirements:

- Successfully complete an annual skill evaluation inclusive of the indications, contraindications, technique, and possible complications of the procedure.