



Orthostatic Hypotension (OH) Protocol Instruction Script

I am going to review the instructions for this assessment before we begin. This assessment takes about 15-20 minutes. First, you will be asked questions about symptoms you have experienced in the past 30 days during the process of standing up. These questions will be rated on a scale from 1 to 5, where 1 represents “never” and 5 represents “every time” you stand without exception. Also, you will be asked questions about falls in the past year. We will inquire about whether you have taken any blood pressure medication today and eaten any food today. After these questions, you will be asked to lie still and flat for 5 minutes without talking, and then we will measure your blood pressure 3 times in the lying position.

Next, we will ask you to stand up without talking and will measure your blood pressure 6 times in the standing position. **If you think you will need assistance during the standing process, please let me know now.**

Once the 6 standing blood pressure measurements are completed, which will take about 6 minutes, we will ask you 2 questions about dizziness. Here are the questions (*show Likert scale question and read it*):

Did you feel dizziness, lightheadedness, faint, or like you might black out in the process of standing up? Please rate on a scale from 1 to 5, with 1 being “no symptoms” and 5 being the “worst possible”, please rate.

Did you feel dizziness, lightheadedness, faint, or like you might black out at any time while standing? Please rate on a scale from 1 to 5, with 1 being “no symptoms” and 5 being the “worst possible”, please rate.

The sign will be on the wall, and we will read the question again when we want you to answer. Please just state the appropriate number corresponding with your symptoms on the scale.

Throughout the measurement we ask you to avoid talking except when asked or if you have an immediate safety concern, as talking can influence blood pressure measurements. Do you have any questions about this protocol or would you like me to repeat anything?

Do you think you might need assistance with standing or do you have any concerns about safety when standing?

Repeat instructions and answer questions if needed.

Administer OSQ and ask OBP questions about meals and medications.

After arranging the table height, say:

We will now begin the orthostatic blood pressure assessment. Please lie down on the bed motionless, without talking, with your arms at your side.

Place cuff on bare arm. Then say:

I will return after 4 minutes.

Press “START” in “avg” mode. Monitor will count down and proceed to take 3 measurements. Change to “single” mode. Then say:

When I say the word “start”, I want you to get up off the bed as quickly and safely as you can and stand facing the wall. Once you are standing, the machine will start taking your blood pressure. If you feel dizzy when you get up, lean back against the bed. If you do not feel dizzy, stand away from the bed. Once you are standing, please rest your arm on the pillow/table by the bedside in a relaxed position.

Repeat instructions and answer questions if needed. Then say:

START

Start stopwatch. Observe participant during the standing process, being attentive for safety. When feet are planted press “lap” on stopwatch and press “START” on the monitor for first blood pressure measurement. Continue measurements every 1 minute for a total of 6 measurements (last measurement is at 5 minutes). After the 6th measurement, while participant is standing, say:

A. Did you feel dizziness, lightheadedness, faint, or like you might black out in the process of standing up? Please rate on a scale from 1 to 5, with 1 being “no symptoms” and 5 being the “worst possible.”

B. Did you feel dizziness, lightheadedness, faint, or like you might black out at any time while standing? Please rate on a scale from 1 to 5, with 1 being “no symptoms” and 5 being the “worst possible.”

After participant may sit down.