



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Postural Hypotension Nursing Department

---

### **Further Information**

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you remain concerned, PALS can also advise upon how to make a formal complaint.

---

**Author:** Cecilia Chapman

**Department:** Nursing

**Version:** 2

**Published:** Nov 2014

**Review:** Nov 2016

Avoid:

- sudden room temperature change
- overheated room
- hot bath/shower
- constipation
- lying flat in bed
- getting up quickly
- hurrying and rushing
- bending down looking for things
- standing still for a long periods of time

## Postural Hypotension

### What is Postural Hypotension?

- Postural Hypotension is also known as Orthostatic Hypotension
- A sudden drop in blood pressure
- Due to decreased blood flow to the brain
- Described as a “head rush” or “dizzy spell”
- Cause dizziness and sometimes falls
- Occurs when someone suddenly moves from lying or sitting position to standing
- Can be detected by taking a lying and standing blood pressure (BP)

### Who are prone to Postural Hypotension?

Common in:

- Elderly
- Dementia
- Diabetes
- Parkinson’s disease
- Circulatory disease
- Susceptible to having a low blood pressure
- No obvious cause

## What causes Hypotension?

- Dehydration
- Blood loss
- Anaemia
- Certain medical conditions (Vasovagal Syndrome)
- Medications
- Mobilising after prolonged bed rest

## What are the symptoms of Postural Hypotension?

- Weakness and fatigue
- Experiences dizziness
- Feeling confused or muddled
- Unsteadiness
- Legs may give way
- Occasionally experience angina type chest pain
- May have pain (neck, shoulder, lower back, buttocks)
- Blurred vision
- Losing consciousness without warning
- Recover quickly when laid flat

## When are symptoms likely to happen?

- Moving from standing or sitting up suddenly, particularly from lying to standing
- Bending down
- In the morning when BP tend to be lower
- After meals (big) or sugary food or alcohol

- Straining if constipated or difficulty in passing urine
- During exercises

## What can you do?

- Stop what you're doing if experiencing the symptoms
- Sit down
- Drink some water
- Understand the medications that cause Postural Hypotension

## What can you do?

- Have good fluid intake (2 Litres, preferably, of water daily)
- Drink a glass of water before getting out of bed in the morning
- Get up slowly and take your time
- Sit on edge of bed or on chair to do shoulders, hands, legs movements before standing
- Stabilise feet and use walking aids if required
- Sit down to do tasks such as washing, dressing and putting on well-fitted foot wear
- Non-slip slipper socks all times even overnight
- Wear correct glasses for walking