

Postural Hypotension

- It is a drop of 20 mmHg in SBP or a drop of 10 mmHg in DBP within 2-5 minutes of standing up.
- Elderly and Diabetic patients are the most likely to suffer from this.
- If a patient complains of fainting, especially if on more than one occasion, check for postural hypotension:
 - Measure BP first while the patient is sitting or lying down
 - Make the patient stand and measure BP after 2 to 5 minutes
 - Compare the measurements. The patient may experience symptoms (feeling lightheaded or dizzy, blurred vision, fainting, and nausea).
- If the test is positive, review antihypertensive treatment and counsel the patient: Stand up slowly from chair or bed
 - Move the feet up and down before standing up
 - Avoid dehydration, alcohol consumption, strenuous exercise, or standing for a long time in a very hot environment

Reducing the dose of anti-hypertensive

Consider reducing the dose of antihypertensive:

- In case of postural hypotension and/or
 - If the systolic blood pressure is consistently less than 110 mm Hg (i.e., $SBP < 110$ mmHg) on 3 continuous follow-up visits, in a patient on medical treatment.
- Start stepping down with the last introduced drug by reverse the drug treatment algorithm.