Lehigh Valley Health Network

Patient Care Services / Nursing

#### Orthostatic Blood Pressure Vital Signs: Educating Staff to Keep Our Geriatric Population Safe.

Hilary A. Boos BSN, RN Lehigh Valley Health Network, hillary\_a.boos@lvhn.org

Erin Snyder BSN, RN

Follow this and additional works at: https://scholarlyworks.lvhn.org/patient-care-services-nursing

Part of the Nursing Commons Let us know how access to this document benefits you

#### Published In/Presented At

Boos, H. A., Snyder, E. (2017, April). *Orthostatic Blood Pressure Vital Signs: Educating Staff to Keep Our Geriatric Population Safe.* Poster Presented at: NICHE - Nurses Improving Care for Healthsystem Elders, Austin, TX.

This Poster is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact LibraryServices@lvhn.org.

## **BACKGROUND/INTRODUCTION**

The majority of geriatric patients on a 30-bed transitional trauma unit in an academic, Magnet<sup>®</sup> hospital are admitted due to a fall. These patients have multiple co-morbidities that may cause orthostatic hypotension, defined as a decrease in systolic BP of 20mmHg or a decrease in diastolic BP of 10mmHg within three minutes of standing from a supine or sitting position. Ideally, all geriatric fall patients should have orthostatic blood pressure (OBP) taken prior to standing upright.

This poster details an evidence-based practice project by nurse residents to improve compliance with the nurse ordering OBP and associated documentation compliance.

## METHODS

**Sample Population** Patients 65-years and older, admitted to the unit with a fall

## **Pre- & Post-Implementation Data Collection**

- Was OBP ordered?
- If yes, was it documented?

## **Implemented Actions**

- Staff education
  - need for nurse ordered OBP
  - how to perform OBP
  - requirement to document
- Patient room door signage to identify patients to have OBP
- Posters in patient room as visual cue to do OBP and correct method

# **Orthostatic Blood Pressure Vital Signs:** Educating Staff to Keep Our Geriatric Population Safe Hillary Boos, BSN, RN and Erin Snyder, BSN, RN Lehigh Valley Health Network, Allentown, Pennsylvania



## RESULTS

## **Orthostatic Blood Pressure Orders & Documentation**



- OBPs ordered improved from 42.8% to 63.6%.
- OBPs documented improved from 7.1% to 54.5%.
- Qualitative anecdotes relate licensed and non-licensed staff more aware of when and how to properly perform OBP and when to report changes.

# **IMPLICATIONS & NEXT STEPS**

- Staff members needed education and visual cues related to the need for OBP.
- Admission checklist was revised to include OBPs for appropriate population.
- A formal policy and procedure for OBP in the geriatric fall population is being considered.
- Awareness of orthostasis may prompt changes in medication regimens and fall prevention strategies.

## **References:**

- 1. Lagro et al. (2013). Impaired systolic blood pressure recovery directly after standing predicts mortality in older falls clinic patients. The Journals of Gerontology, 69(4), 471-478. doi: 10.1093/gerona/glt111.
- 2. Lanier, J., Mote, M., & Clay, E. (2011). Evaluation and management of orthostatic hypotension. American Family Physician, 84(5), 527-536.
- 3. Center for Disease Control and Prevention (2015). *Measuring Orthostatic Blood* Pressure. http://www.cdc.gov/steadi/pdf/measuring\_orthostatic\_blood\_pressure-a.pdf
- 4. Hiitola, P., Enlund, H., Kettunen, R., Sulkava, R., & Hartikainen, S. (2009). Postural changes in blood pressure and the prevalence of orthostatic hypotension among home-dwelling elderly aged 75 years or older. *Journal of* Human Hypertension, 23(1), 33-39.





2002



© 2017 Lehigh Valley Health Network



610-402-CARE LVHN.org

