

Postoperative Orthostatic Hypotension

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Postoperative Orthostatic Hypotension

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BACKGROUND

- The team decided to complete an assessment of the prevalence of orthostatic hypotension in the the colo-rectal and bariatric patients.
- Falls on 4K and 4KS are most frequently postoperative colo-rectal ERAS patients or postoperative bariatric patients, respectively
- In 2019, 2 out of the 18 falls on 4K were colorectal ERAS patients.
- In 2020, 3 out of the 22 falls on 4K were colorectal ERAS patients.
- In 2019, 1 out of the 11 falls on 4KS were bariatric patients
- In 2020, 2 out of the 12 falls on 4KS were bariatric patients.

PICO

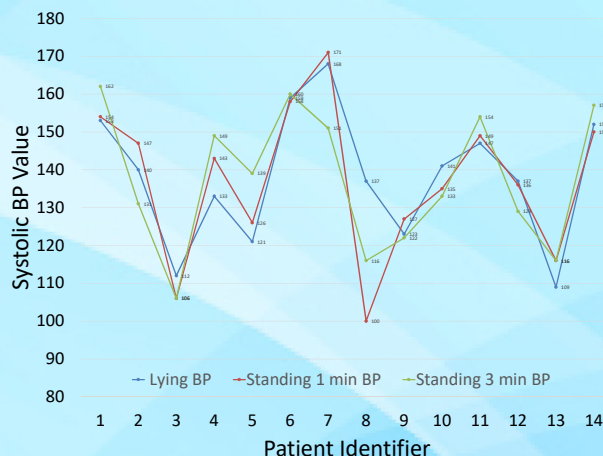
- P:** Post operative patient's that have had bariatric surgery or colo-rectal ERAS surgery
- I:** Perform orthostatic blood pressures postoperatively prior to patient's first time out of bed.
- C:** No orthostatic blood pressures; current practice
- O:** Incidence of orthostatic hypotension

EVIDENCE

- Orthostatic hypotension is associated with increased falls, heart failure, A-fib, kidney failure, hospitalization, stroke, cognitive impairment, and death (Jones and Kuritzky, 2018).
- Goal of treatment is to prevent falls and improve standing time to allow for ADLs (Jones and Kuritzky, 2018).
- Second most common cause of syncope is orthostatic hypotension, occurring in approximately 15% of syncopal episodes (Bailey and Mortimore, 2020).
- Falls are the leading cause of fatal and non-fatal injuries among adults age 65 and older (Shields et al., 2020).
- Early mobilization post-op decreases hospital stay but unknown orthostatic intolerance can lead to falls and increase hospital stays (Bundgaard-Nielsen, B., Kehlet, H., Johansson, P.I., et al., 2011).

OUTCOMES

Orthostatic Blood Pressures



- Neither ERAS or bariatric patients evaluated in this study stated they experienced symptoms of orthostatic hypotension.
- 6 of the 14 (43%) patients evaluated in this study had a lower 3min standing blood pressure when compared to their lying blood pressure
- 2 patients in this study had a below normotensive blood pressure at 3 min standing.

BARRIERS

- Patients arrived on PACU liter and were rushed into the room.
- Elective surgeries were cancelled due to COVID-19
- Lack of literature on bariatric and colo-rectal ERAS patients

IMPLEMENTATION

- Identify postoperative bariatric weight loss patients and colo-rectal ERAS patients
- Prior to patients first time out of bed their blood pressure will be taken lying down
- After standing for 1min the patient's blood pressure will be taken again
- After standing for 2 more minutes the patients blood pressure will be taken again

NEXT STEPS

- Identify if the patients experience hypotension while ambulating off the stretch from PACU
- Identify if the patient has a history of hypertension that could indicated a normal blood pressure reading to be low for that patient

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