



**MANAGEMENT OF
POSTURAL HYPOTENSION**



**DAYANAND MEDICAL COLLEGE & HOSPITAL
LUDHIANA**

Postural Hypotension

It is described as lowering of blood pressure which often occurs when a person changes their body position typically from lying to standing position or sometimes even in sitting from lying.

This can result in a decreased blood to the brain and causing giddiness and sometimes fall after few minutes of standing.

Causes

- Poor water intake / vomiting / dehydration.
- Medications that reduces blood pressure.
- Medications that increases urine output.
- Anaemia.
- Getting out of bed after long bed rest.

Symptoms

- Feeling of giddiness/Ghabrahat.
- Loosing consciousness without warning.

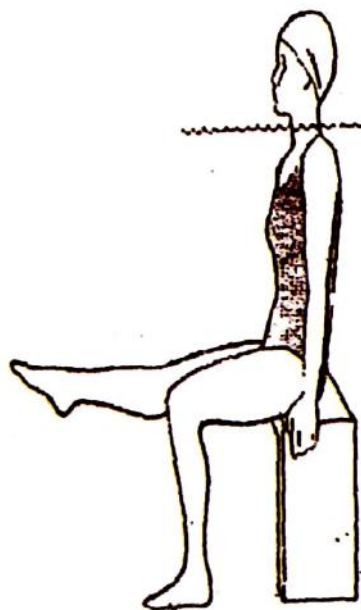
- Feeling weak and fatigue.
- Sudden Blackouts.

You should be careful while

- Raising suddenly after prolong lying or sitting position.
- During exercise.
- Prolong motionless standing.
- After heavy meals.
- Alcohol ingestion.
- Straining due to constipation or difficulty in passing urine.

Do's and Don't's

- Drink adequate amount of water as recommend by your doctor (specially in some cardiac conditions).



- Avoid getting up quickly and hurrying when getting out of bed, sit on the edge with your legs hanging down for a few minutes before standing.
- Sit down in between the tasks where you may be standing for long time.
- Avoid standing still for long periods of time.
- Avoid overheating such as having hot baths or getting overheated in hot rooms.
- Avoid becoming constipated and ensure your diet is high in fiber.
- Do sleep with your head four inches high by placing two pillows below your head.
- Do ask your doctor if any medication is likely to affect your Blood Pressure.

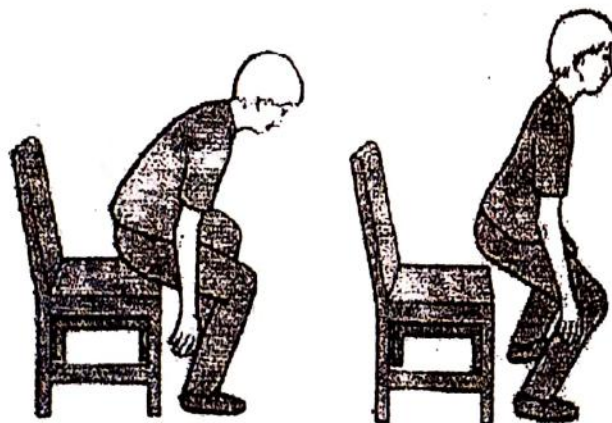
If you get symptoms, you should :

- STOP what you are doing.
- SIT or lie down.
- DRINK some water.
- THINK about what triggered.

- . RAISE your legs while sitting or lying and do ankle movements.

Management :

- Toe raising
- Bending over the waist, legs crossed with or without leaning forward.
- Sit to stand in armchair.
- Leg elevation with ankle-toe movements.
- Slow marching in place.
- Bending knee up and down while sitting in arm chair.
- Abdominal and Leg compression bandages, if recommended by your doctor.



HERO DMC HEART INSTITUTE

Emergency Dial : 0161-2304291

Phone : 0161- 2304282-287

OPD : 0161-2304292, Health Check-up : 0161-2304293

Fax : +91-161-2304289

Website : www.herodmc.com, Email : care@herodmc.com



DAYANAND MEDICAL COLLEGE & HOSPITAL
LUDHIANA - 141001 (Punjab) INDIA
Tel : +91-161-468 700 Email : info@dmch.edu