

MDTEA PODCAST SIP OF EPISODE 6.02

# POSTURAL HYPOTENSION

Aim to minimise symptoms and improve standing time to enable orthostatic activities of daily living.

Classic: 20/10 within 3 minutes

**DEFINITIONS:** Initial: 40/20 within first 15 seconds

Delayed: occurring >3 minutes

## ACUTE CAUSES

DEHYDRATION

MEDICATIONS

## CHRONIC CAUSES:

AUTONOMIC DYSFUNCTION

POOR VASCULAR TONE

BARORECEPTOR INSENSITIVITY.

Measure in anyone with postural instability / falls.

See RCP guidance on how to measure.

Medications after conservative measures  
(described in the episode)



**MDTea**  
Podcast

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