



# ORTHOSTATIC HYPOTENSION

## WHAT IS IT?

Orthostatic Hypotension is characterized by a sudden drop in blood pressure due to blood pooling in the abdomen or lower extremities

ENCOURAGE DRINKING WATER!



Orthostatic Hypotension can occur due to an individual sits into an upright position too quickly

Signs or Symptoms include: dizziness, nausea, or loss of consciousness

## WHEN DOES IT OCCUR?

## HOW TO RESPOND

- If possible, place the wheelchair in a reclined position or lie down
- Raise the legs of the wheelchair or have someone help to raise the legs
- Once the dizziness subsides, slowly sit up and take time in between each movement



AVOID ACTIVITY DURING HOT WEATHER!