

**Tufts Medicine Care at Home
Annual Skills
Orthostatic Blood Pressures**

Employee: _____

Date: _____

Evaluator: _____

Date: _____

Purpose: *To verify that the clinician demonstrates correct observable technique for orthostatic vital sign measurement without requiring teaching, verbal rationale, or documentation.*

Step	Key Actions / Critical Behavior	Met	Needs Improvement	Comments
1	Verbalize the positioning of patients for an orthostatic blood pressure assessment (supine with back and arms supported, legs uncrossed; allow 2-3 minutes of rest before first measurement)			
2	Verbalizes measuring BP and pulse in supine position (full minute)			
3	Verbalizes assisting patient to sitting position with feet dependent; observes for signs of dizziness or unsteadiness			
4	Measures BP and pulse in sitting position (full minute)			
5	Verbalizes assisting patient to a standing position using appropriate safety technique			
6	Verbalizes measuring BP and pulse in standing position (full minute), observes for symptoms			
7	Verbalizes utilizing a second person to assist if patient safety requires during standing phase			
8	Verbalizes parameters of a positive test			

Evaluator Summary:

☐ Competent

☐ Repeat Evaluation

Date: _____

Evaluator Signature: _____

Employee Signature: _____

Date: _____