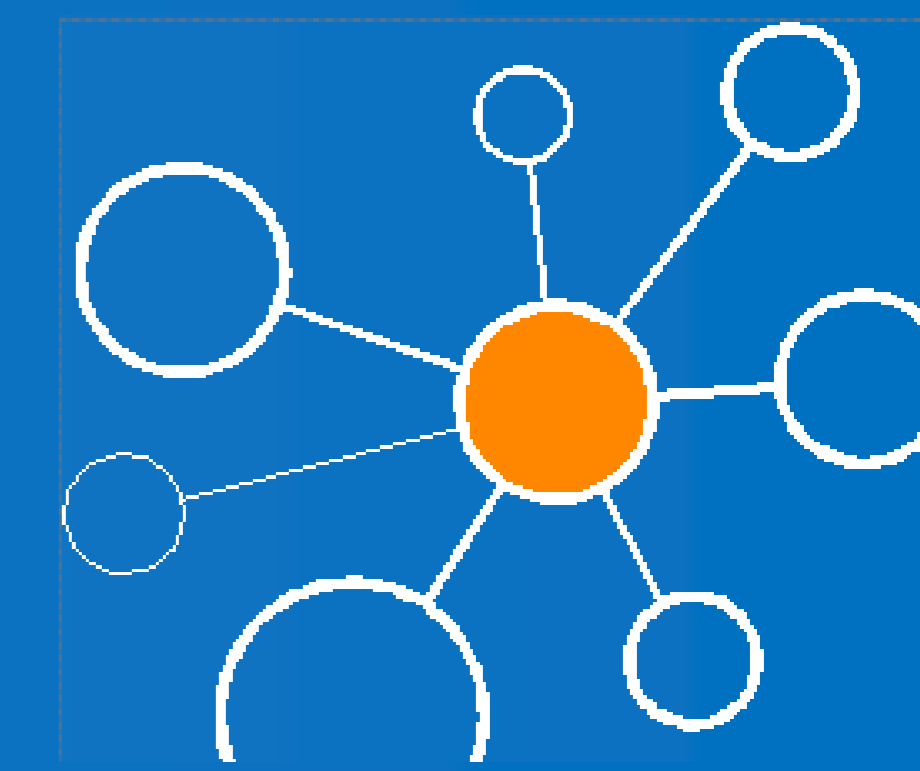


# Improving Lying & Standing Blood Pressure (L&S BP) calculations



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Ward Teams from 4b, Respiratory Unit and 7b

## Background

A L&S BP is the assessment used to identify Orthostatic Hypotension (OH); a drop in blood pressure of 20mmHg systolic and/or 10mmHg from a lying to standing position within 3 minutes. Symptoms include light-headedness and blurring of vision, which can lead to syncope and falls.

The National Audit of Inpatient Falls (NAIF, 2023) report found that only 39% of patients who sustained a hip fracture from an inpatient fall had a L&S BP taken prior to the incident (NAIF, 2023). NAIF recommended targeted improvement projects focused on L&S BP measurements to help address this (NAIF, 2023).

## Aim

To increase the average number of correct L&S BP calculations by 20% on 2 medical wards and 1 surgical ward within six months.

## Challenges & Limitations

- L&S BPs were often not being completed – multiple reasons why
- The prompt cards were not distributed effectively on the wards – on one ward, they were not put out at all
- The ward based session often cancelled due to clinical escalation demands – not all staff received the education
- Due to the Falls Team capacity, data was only able to be collected on a weekly basis – some L&S BPs will have been missed

## Outcomes

- The average number of correct L&S BP calculations did not increase by 20% on any of the wards involved
- The most improvement was seen in PDSA cycle 2 (education sessions)
- There was a shift of 7 points above the mean on the Renal ward following the education being provided by the Falls Team on away days

Though there was no significant improvement in correct calculations, the project did support education being a key intervention. It also indicates that the way in which education is delivered is likely to be important in how successful a change in practice is. This could include a safe learning environment and the background of the facilitators.

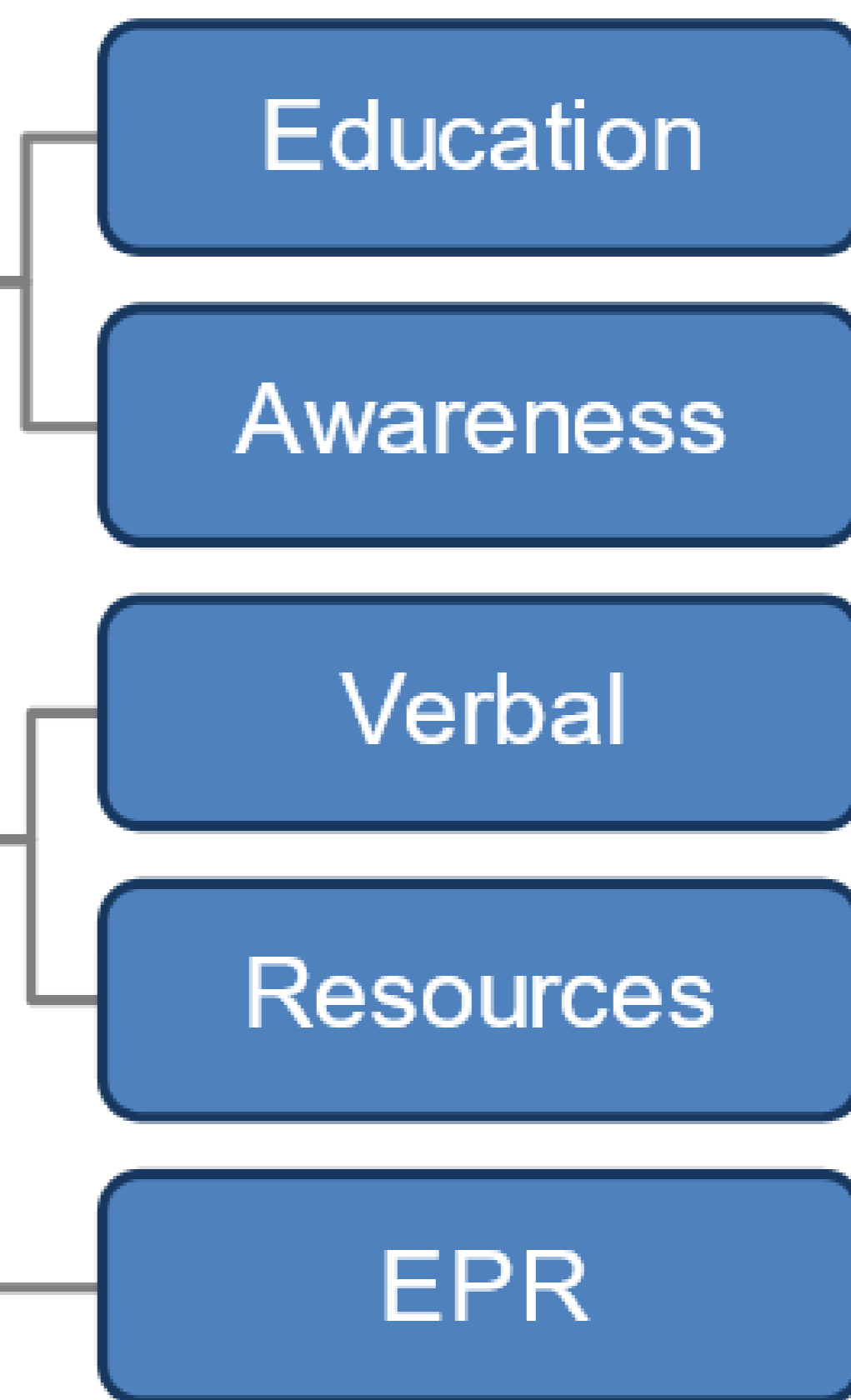
## AIM

To increase the number of correct L&S BP calculations by 20% on 2 medical wards and 1 surgical ward within 6 months

## PRIMARY DRIVERS



## SECONDARY DRIVERS

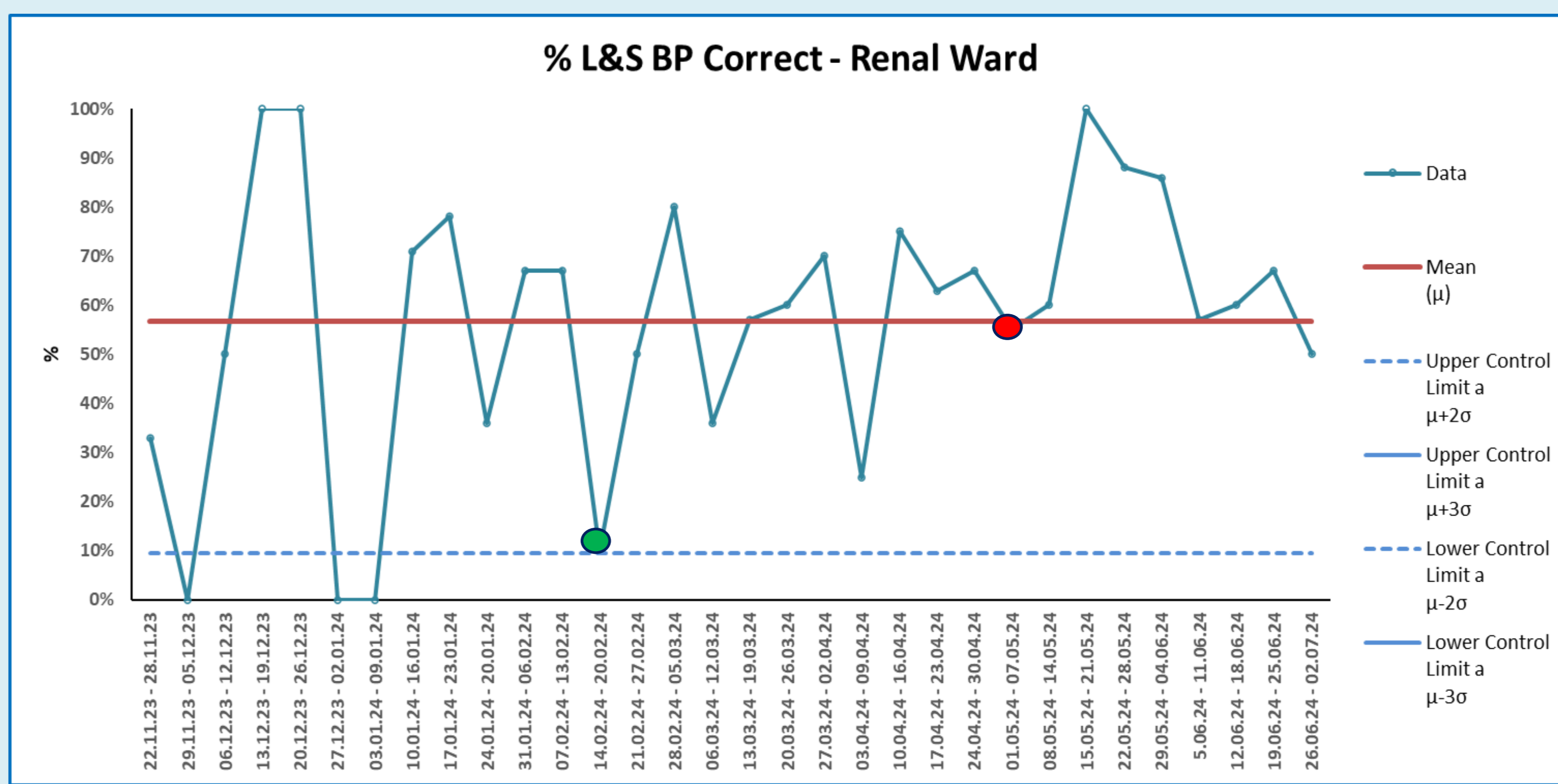
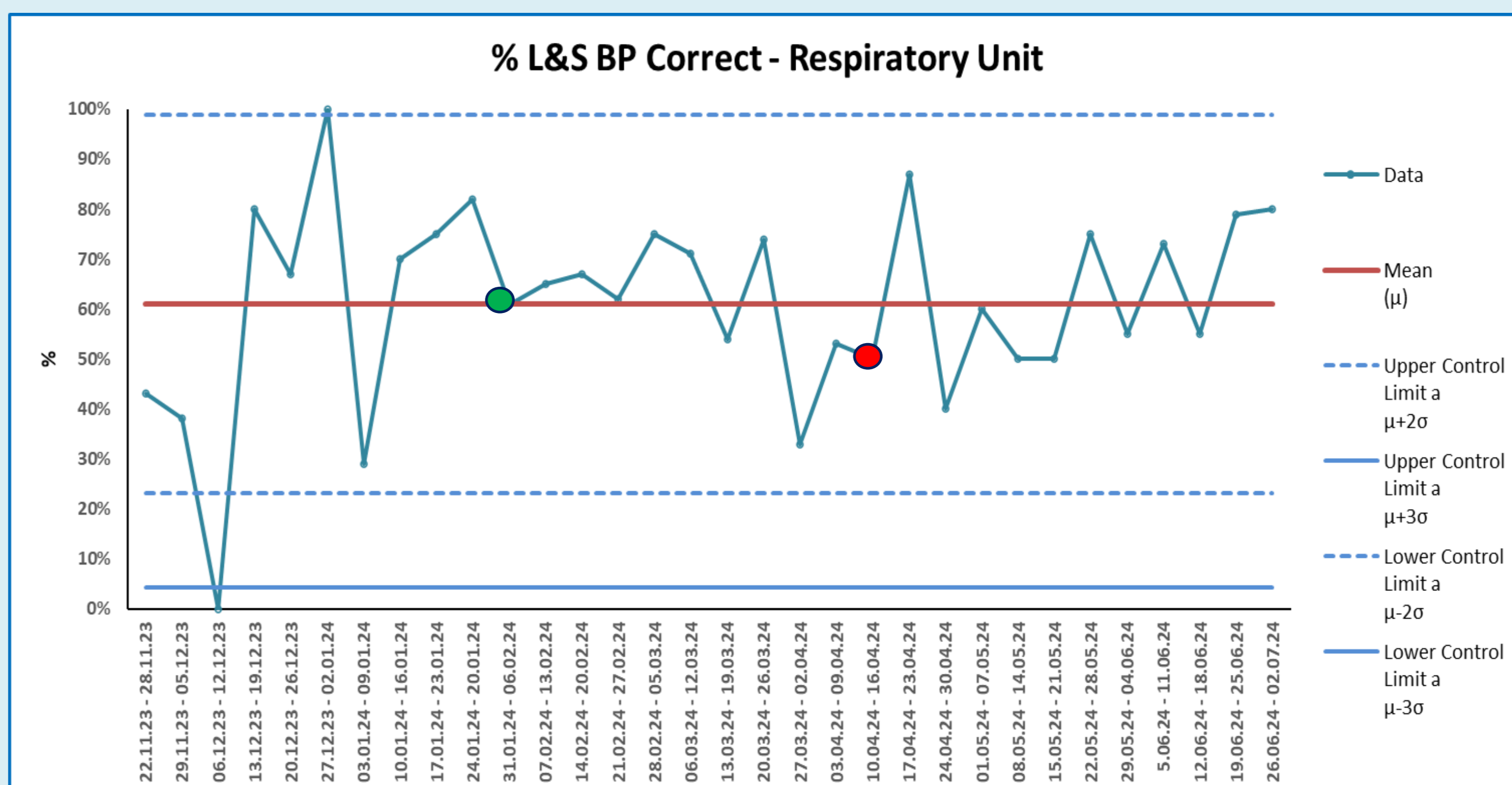
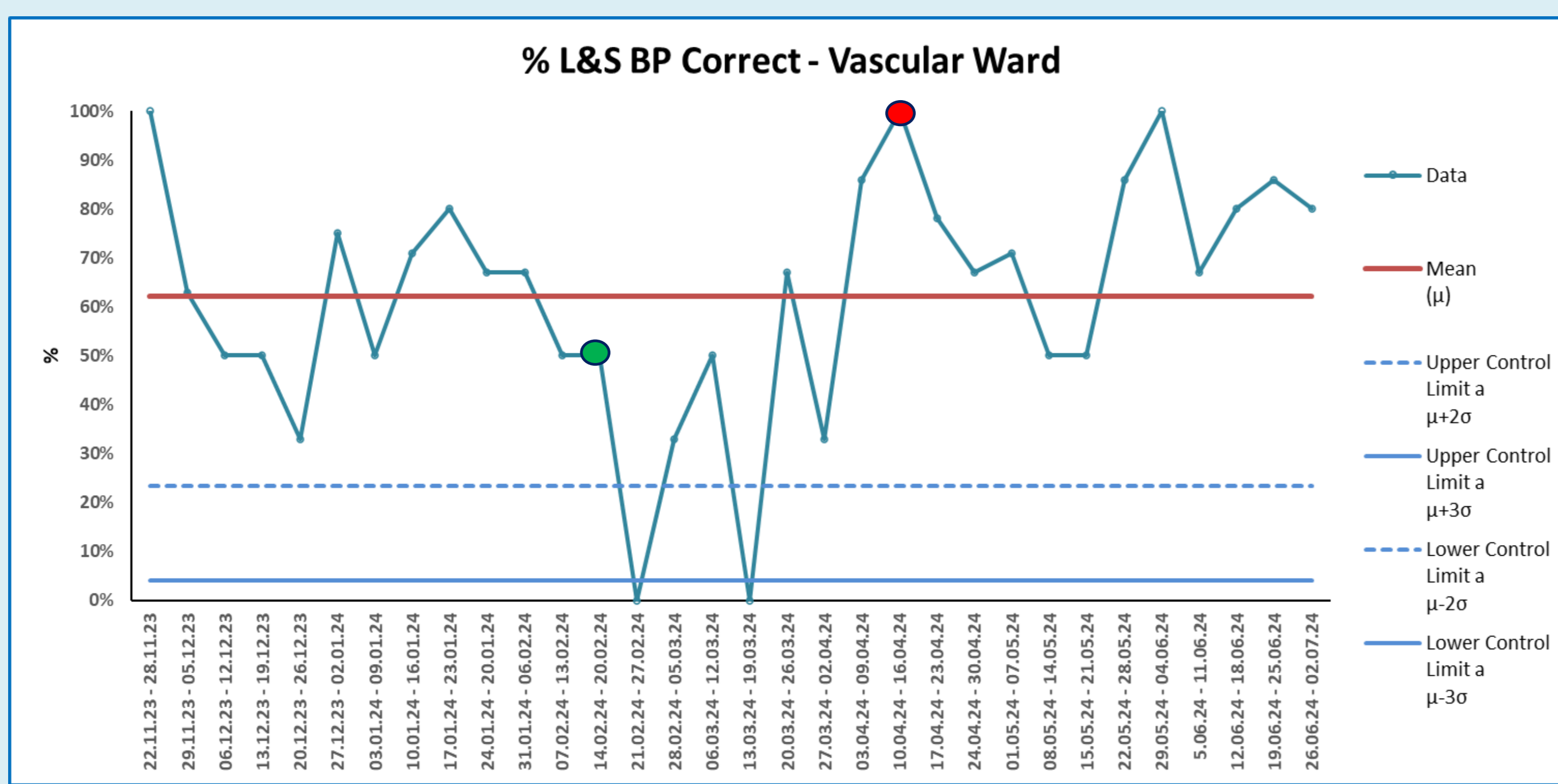


## CHANGE IDEAS

- Including Falls Links & CNEs in auditing of L&S BPs
- Physical ward education sessions
- Joint working with staff
- Falls Links education
- Discussions with Ward Managers and inclusion in ward meetings
- Lanyard / Prompt cards on Dynamap
- Posters
- Calculating on EPR (documentation)

## PDSA cycles

- Prompt cards on how to calculate a L&S BP and what signifies a drop put in all bays on the ward
- Education session provided to staff (By Falls Links & CNEs on Vascular & Respiratory on the ward and by the Falls Team on Renal away days)



## For the future

- Consider ways of improving the completion of L&S BPs
- Explore the impact of education delivery and how this could help facilitate further learning, both in relation to L&S BP calculations and other education across the Trust
- Continue covering Orthostatic Hypotension as part of the monthly Falls Prevention training sessions