

# Postural hypotension – a quality improvement project

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## Aims

The National Audit of Inpatient Falls (2015–2017) set out key recommendations for the management of falls. To improve our standards of care as part of the geriatric department, we undertook a quality improvement project (QIP) to address one of these issues, ie postural hypotension.

Using guidelines set out by the Royal College of Physicians as our standard, we highlighted the need for further training on the correct technique of measuring lying and standing blood pressure (LSBP). Throughout various cycles in our QIP, we then tried to implement change to improve our standards.

## Methods

With a target group of mainly nurses and healthcare assistants (as well as doctors), across 13 wards, we distributed a simple multiple-choice questionnaire to assess baseline knowledge of the correct technique in measuring LSBP.

We then tried to improve our standards by incorporating group-based teaching, posters and lanyard cards. The effects of each cycle were demonstrated via pre- and post-intervention questionnaires to assess staff knowledge.

## Results

Prior to any intervention, we found that only 1% (1/83) of staff were able to correctly identify the technique for measuring LSBP. Following group-based teaching, we had a remarkable improvement with 48% of staff who could identify the correct technique. With the implementation of posters and lanyard cards, there was a slightly smaller but nevertheless significant improvement of 31%.

## Conclusions

It was clear from our QIP that there is a lack of understanding of the correct technique in measuring LSBP. We found group-based teaching to be the most effective approach to tackling this. Taking this forward, we will liaise with the local falls team with the view to implementing our findings across the trust. ■

## Conflict of interest statement

None declared.

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