

PATIENT INFORMATION

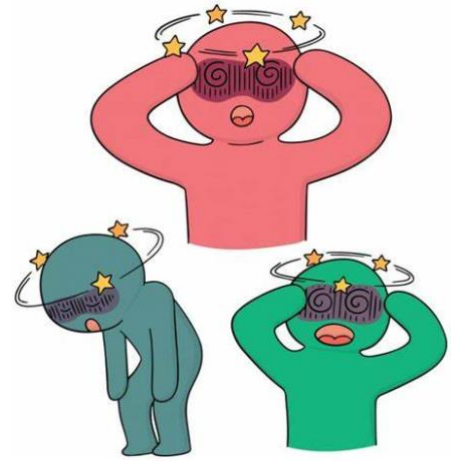
POSTURAL (ORTHOSTATIC) HYPOTENSION AND YOUR ABDOMINAL BINDER



What is Postural (Orthostatic) Hypotension and how can an abdominal binder help?

Postural (orthostatic) hypotension is when your blood pressure drops too low when standing up from a lying position. This can cause:

- Dizziness
- Confusion
- Feeling hot/sweaty
- Blurred vision
- Fainting
- Feeling weak
- Nausea



One way to reduce the amount of drop in your blood pressure is to wear an abdominal binder.

How to put the binder on:

The binder should be put on when lying down just before you get up out of bed, and taken off again when lying down. You may need someone to help with this.

1. Roll to one side to insert the binder then the other to pull the binder through.
2. Wrap the binder around your abdomen.
3. Velcro the binder together at the front ensuring a snug fit.
4. Take the binder off when lying down.

SAFETY: Do **NOT** put the binder on so tightly that it impacts your breathing. Ensure that you regularly check your skin underneath where the binder sits, looking for any areas of redness or areas that may feel tender or sore. It is advised that you check your skin both before putting the binder on and after it has been removed. If you do find any red or sore areas, please stop using the binder and ask a practice nurse or district nurse to check your skin.

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When should you wear the binder?

- It should be worn only when moving from lying to sitting, sitting in a chair and walking.
- The binder does not need to be worn when you are lying down or asleep.

Binder care:

- Wash in cold soapy water.
- Allow to dry fully. Do not tumble dry the binder.
- Do NOT use harsh chemical products like bleach.

Bathing:

- Do not wear the binder in the shower or bath. Please be aware that blood pressure can drop when you have a warm shower or bath, so be careful.
If your blood pressure allows, you could sit on a shower chair. You may need to purchase a shower chair or liaise with an Occupational Therapist who can advise.

OR

- You may not be able to tolerate a shower or bath at all. You may want to wash your abdomen in bed prior to putting the binder on then strip wash the rest of your body.

Other strategies to help increase your blood pressure and prevent a postural drop:

- **Exercise-** counter movements such as toe-raising, crossing legs and squeezing tightly for a few seconds and relaxing, squeezing your thigh muscles individually, bending at the waist, slow marching on the spot and leg elevation. Each exercise should be repeated multiple times.
- **Fluids-** Drink plenty of non-caffeinated drinks to prevent dehydration.
- **Stockings-** Can increase blood pressure by compressing your lower limbs. These stockings need to be prescribed.
- **Time-** Take your time once standing before you start to walk. This will allow any symptoms to settle. If symptoms are severe, lie or sit down and raise your feet.
- **Medications-** A review of your medications may also be required. Your GP may add some medications to help reduce your postural drop, or even stop some medications that may be causing the postural drop.



What can others do (family/friends/carers)?

- Inform others that you must have your binder on before getting out of bed and walking. They may be able to help you with putting it on and taking it off.

Links for further information:

- <https://www.nhs.uk/conditions/low-blood-pressure-hypotension/>
- <https://www.bhf.org.uk/information-support/risk-factors/high-blood-pressure/low-blood-pressure>

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.