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# Basic management of orthostatic hypotension

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# Disclosures

Dr. Vernino has served as consultant for argenx, Alterity, Antag, CSL Behring

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This presentation includes discussion of off-label uses of medications

## Learning Objectives

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- Review the definition of orthostatic hypotension and the initial steps in evaluating this disorder
- Differentiate the features of neurogenic OH from other causes
- Recognize common medications that may contribute to OH
- Understand the non-pharmacological approach to treating OH
- Understand the use of FDA approved medications for OH

## Basic management of OH

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- Careful history and medication review is critical
- Most can be diagnosed and treated by any physician
  - Orthostatic vitals are very informative – and should be done !!
  - Home BP logs (or ABPM) provide additional information
  - Additional specialized testing may be indicated when the cause is not clear
- Non-pharmacological measures are effective and first-line
- Pharmacological management
  - Must include close monitoring

# References

*J Neurol* (2017) 264:1567–1582

## **The recommendations of a consensus panel for the screening, diagnosis, and treatment of neurogenic orthostatic hypotension and associated supine hypertension**

Christopher H. Gibbons<sup>1</sup> · Peter Schmidt<sup>2</sup> · Italo Biaggioni<sup>3</sup> · Camille Frazier-Mills<sup>4</sup> · Roy Freeman<sup>1</sup> · Stuart Isaacson<sup>5</sup> · Beverly Karabin<sup>6</sup> · Louis Kuritzky<sup>7</sup> · Mark Lew<sup>8</sup> · Phillip Low<sup>9</sup> · Ali Mehdiraz<sup>10</sup> · Satish R. Raj<sup>11</sup> · Steven Vernino<sup>12</sup> · Horacio Kaufmann<sup>13</sup>

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## **Diagnosis and treatment of orthostatic hypotension**

*Wouter Wieling, Horacio Kaufmann, Victoria E Claydon, Veera K van Wijnen, Mark P M Harms, Stephen P Juraschek, Roland D Thijs*







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## **Orthostatic Hypotension: Management of a Complex, But Common, Medical Problem**

Artur Fedorowski, MD, PhD , Fabrizio Ricci, MD, PhD, Msc , Viktor Hamrefors, MD, PhD , Kristin E. Sandau, PhD , Tae Hwan Chung, MD, James A.S. Muldowney, MD , Rakesh Gopinathannair, MD, MA , and Brian Olshansky, MD 