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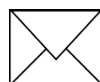
INNSBRUCK

Orthostatic hypotension and supine hypertension

Diagnosis and treatment

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Learning objective

At the conclusion of this session, participants should be better able to:

- Understand the mechanisms underlying orthostatic hypotension and supine hypertension
- Screen and plan the diagnostic work-up for people with suspected autonomic failure
- Treat people with orthostatic hypotension and/or supine hypertension.

Key messages

- **Screen** for neurogenic OH with supine to standing HR and BP measurements.
- **Confirm the diagnosis with cardiovascular autonomic function tests** under continuous non-invasive HR and BP monitoring.
- Screen for **neurogenic supine hypertension** when planning treatment.
- Treat both neurogenic OH and SH with a stepwise combination of non-pharmacological and pharmacological measures.

Literature recommendations

- Freeman R *Clinical practice. Neurogenic orthostatic hypotension*. N Engl J Med. 2008 Feb 7; 358(6): 615-24.
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- Jordan J, Fanciulli A et al. *Management of supine hypertension in patients with neurogenic orthostatic hypotension: scientific statement of the American Autonomic Society, European Federation of Autonomic Societies, and the European Society of Hypertension*. J Hypertens. 2019 Aug;37(8): 1541-1546.