

Importance of Blood Pressure & Heart Rate Monitoring



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We, as providers at Evolve, are dedicated to treating eating disorders. Treating eating disorders is a collaborative approach that includes the integration of different providers such as registered dietitians, psychotherapists, and nurses who work together to create and support your eating disorder treatment goals.



The nursing staff here at Evolve, will be monitoring your vital signs frequently. This includes checking your temperature, blood pressures, and heart rates. The primary focus of monitoring your vital signs, is to look for abnormal systolic and diastolic blood pressure readings, abnormal heart rates, and to monitor for orthostatic blood pressures. The need to monitor your vital signs during your eating disorder treatment is very important. Monitoring your vital signs ensures that you are medically stable and do not need further medical intervention.

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How does my eating disorder impact my blood pressures and Heart rates?



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The word "evolve" is written in a cursive font. The letters "e", "v", "o", and "l" are orange, while "v", "e", and "e" are blue. A blue vine with small leaves arches under the word.

Consuming fewer calories that does not meet the demands of your body, will cause your body to break down its own tissues, such as muscle mass, to use for fuel. Due to the lack of proper fuel, your heart rate and blood pressure will begin to drop as the heart has less fuel to pump blood throughout your body. Due to this, your blood pressure and heart rate levels will drop, which is termed “hypotension” and “bradycardia.”

**A Low
Heart Rate
or
“Bradycardia”
is defined as:**



The heart beats < than 60 beats/minute.
Bradycardia can be a serious problem if the heart doesn't pump enough oxygen-rich blood throughout the body. Starving the brain of oxygen.

Symptoms of Bradycardia:

- Near-fainting or fainting (syncope)
- Dizziness or lightheadedness
- Fatigue
- Shortness of breath
- Chest pains
- Confusion or memory problems
- Easily tiring during physical activity

**A Low
Blood Pressure
or
“Hypotension”
is defined as:**



A blood pressure reading lower than 90 millimeters of mercury (mm Hg) for the top number (systolic) and/or 60 mm Hg for the bottom number (diastolic).

Symptoms of Hypotension:

- Dizziness or lightheadedness
- Fainting (syncope) (in severe cases, it can be life-threatening)
- Blurred vision
- Nausea
- Fatigue
- Lack of concentration

What does it mean if my blood pressures are considered Orthostatic?



Orthostatic blood pressures are defined as:

A low blood pressure that occurs when you stand up from a sitting position and/or from a lying down position. This is also referred to as, positional hypotension. Causes of this with eating disorders are more commonly contributed to dehydration (lack of oral fluid intake).

Symptoms of Orthostatic hypotension:

- Lightheadedness or dizziness upon standing
- Blurry vision
- Weakness
- Fainting (syncope)
- Confusion
- Nausea

What if your
Blood pressure &
Heart rates are low
and/or your blood
pressures are
considered
orthostatic while
you are here for
treatment?



1. If your blood pressures are either too low (hypotensive), orthostatic, and/or heart rate is too low (bradycardia), the nursing staff will have you stay seated at all times, so you do not fall due to dizziness. You will be expected to drink 1 full bottle of Gatorade as quickly as possible.
2. Your vital signs will be re-checked in an 1 hour from completing the Gatorade.
3. If after having the Gatorade, the second vital sign reading continues to report low and/or orthostatic readings, the nursing staff will encourage you to contact your emergency contact on file to transport you to the nearest urgent care or emergency room department for follow up testing and medical care. We strongly encourage clients to schedule an appointment with their PCP to have their medical needs monitored. We are only monitoring for and catching abnormal vital sign markers. We are not able to treat abnormal vital sign markers as we are not fully equipped to do so.



If you have any questions,
or would like more
information regarding
Evolve Healing & our Eating
disorder programs, please
check our website at:

www.evolvehealing.org