Schellong-Test

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | BD mmHg | BD mmHg | Puls |  |
|  | min | Systole | Diastole | /Min | Symptome |
|  |  |  |  |  |  |
| liegend | 0 |  |  |  |  |
|  | 2 |  |  |  |  |
|  | 4 |  |  |  |  |
|  | 6 |  |  |  |  |
|  | 8 |  |  |  |  |
|  | 10 |  |  |  |  |
| stehend | 0 |  |  |  |  |
|  | 2 |  |  |  |  |
|  | 4 |  |  |  |  |
|  | 6 |  |  |  |  |
|  | 8 |  |  |  |  |
|  | 10 |  |  |  |  |
| liegend | 0 |  |  |  |  |
|  | 2 |  |  |  |  |
|  | 4 |  |  |  |  |
|  | 6 |  |  |  |  |

**Auswertung:**

* BD-Abfall systolisch nach dem Aufstehen: \_\_\_\_\_\_mmHg
* BD-Abfall diastolisch nach dem Aufstehen: \_\_\_\_\_\_mmHg
* Pulsveränderung nach dem Aufstehen: \_\_\_\_\_ /min

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | liegend | | | | | | stehend | | | | | | liegend | | | | |
|  | 0 | 2 | 4 | 6 | 8 | 10 | 0 | 2 | 4 | 6 | 8 | 10 | 0 | 2 | 4 | 6 |  |
| 200 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 200 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 190 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 190 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 180 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 180 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 170 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 170 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 160 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 160 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 150 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 150 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 140 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 140 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 130 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 130 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 120 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 120 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 110 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 110 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 100 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 100 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 90 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 90 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 80 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 80 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 70 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 70 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 60 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 60 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 50 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 40 |

BD systolisch: **∨** BD diastolisch: **∧** Puls: **x**