

Cardiac Care Plan: Postural Orthostatic Tachycardic Syndrome (POTS)

Date: _____ Name: _____

Parent/Guardian 1: _____ Phone : _____

Parent/Guardian 2: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Postural Orthostatic Tachycardic Syndrome (POTS) is an imbalance of the natural systems the body has in place to regulate blood pressure. It causes an excessive increase in heart rate when someone goes from sitting or lying down to standing up that can result in many different symptoms.

Daily routine: Student with POTS need to drink water throughout the day to regulate their blood pressure. Allow the student to carry a water bottle with them at all times and have unrestricted bathroom access. Student may need to stand and change position during class, and eat salty snacks throughout the day. Allow student to have an unrestricted nurse and bathroom pass.

What to do Dizziness or feeling faint

- Have the student lie down and elevate their legs
- Offer fluids
- Do not leave unaccompanied
- Call the student's parents
- Have them sit up slowly once the dizziness has subsided (may take 20 minutes)

Fainting (syncopal episode without loss of consciousness)

- If there is a warning, help the student lie down and elevate their legs
- If there is no warning, check the student's heart rate and reassure them
- Do not leave unaccompanied
- Offer fluids
- Have them sit up slowly once the dizziness has subsided (may take 20 minutes)

Other symptoms may include:

- Fatigue
- Headache
- Tunnel vision
- Nausea
- Abdominal pain
- Temperature regulation problems
- Anxiety
- Heart palpitations

What to do:

- Have the student lie down and elevate their legs
- Offer fluids

Who to contact:

1. Call the school nurse
2. Call the student's parents

When to call 911:

- If the student is found unconscious or unresponsive
- POTS episode with fainting, if it has never happened before
- Severe chest pain

Health Care Provider: _____ Date: _____

Parent/Guardian: _____ Date: _____

School Nurse: _____ Date: _____