

Postural Orthostatic Tachycardia Syndrome (POTS) Emergency Action Plan

Name: _____ Date of birth: _____ Age: _____ Grade: _____

Teacher(s): _____

Parent(s)/Guardian(s): _____

Phone: _____ Work: _____

Emergency contact: _____ Phone: _____

Emergency contact: _____ Phone: _____

Physician: _____ Phone: _____

POTS affects the flow of blood through the body and thus, a person with POTS may have dizziness and a fast heart rate when standing. Factors that can cause symptoms include long periods of sitting or standing, exposure to warm environments and low intake of water and salty food.

IF YOU SEE THIS:	DO THIS:
<p>URGENT</p> <ul style="list-style-type: none"> ● Dizziness when standing ● Fast heart rate/palpitations ● Headache ● Nausea ● Major fatigue ● Severe anxiety ● Pain or pressure in chest ● Shortness of breath 	<ul style="list-style-type: none"> ● Allow student to sit or lie down with legs elevated ● Notify school nurse ● Stay with student ● Give student water and salty snack if available ● School nurse will assess student ● School nurse, administrator or teacher will contact parent as needed
<p>EMERGENCY</p> <ul style="list-style-type: none"> ● Unresponsive ● Loss of consciousness ● Respiratory distress (blue or grey lips/nail beds, fast/hard breathing, nostrils are wide, trouble walking, trouble talking, retractions where skin is sucking in at ribs and neck) ● Severe pain in chest (may be described as crushing or squeezing) 	<p>Call 911</p> <ul style="list-style-type: none"> ● Call the school nurse ● Notify parent and administrator ● Stay with student until medical services arrive ● Initiate CPR/AED if indicated

Parent/Guardian signature: _____ Date: _____

School Nurse signature: _____ Date: _____