

## Action Care Plan: Vasovagal Syncope

**Overview:** Syncope is a temporary loss of consciousness and posture, described as “fainting” or “passing out”. It is usually related to temporary insufficient blood flow to the brain. It most often occurs when the blood pressure is too low (hypotension) and the heart does not pump a normal supply of oxygen to the brain.

It may be caused by emotional stress, pain, pooling of blood in the legs due to sudden changes in body position, overheating, dehydration, heavy sweating or exhaustion.

| Signs & Symptoms   | Teacher's Action Plan  |
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| <p><b>Before the student faints due to vasovagal syncope, student may experience some of the following symptoms:</b></p> <ul style="list-style-type: none"> <li>• Skin paleness</li> <li>• A cold, clammy sweat</li> <li>• Dizziness or lightheadedness</li> <li>• Tunnel vision (field of vision is constricted)</li> <li>• Blurred vision</li> <li>• Seeing dots in the field of vision that gradually increase in size</li> <li>• Felling of warmth</li> <li>• Nausea</li> </ul> <p><b>During a vasovagal syncope episode, bystanders may notice:</b></p> <ul style="list-style-type: none"> <li>• Eyes roll back</li> <li>• Jerky abnormal movements</li> <li>• Student may have numbness &amp; extreme muscle weakness to lower extremities if student has lost consciousness longer then 10-15 seconds.</li> </ul> | <ul style="list-style-type: none"> <li>• If student feels any of the listed signs and symptoms or states he/she might faint, have them lie down and lift their legs.</li> <li>• If student cannot lie down, have them sit down and put their head between their knees until they feel better.</li> <li>• Never send a student with the mentioned signs and symptoms to the health office. Call for help and the health assistant will come to your location.</li> <li>• Ensure adequate access to water and salty snacks, especially if student states he/she feels dizzy.</li> <li>• If student faints, lay the body flat on the back with the feet higher than the head by 15-30 degrees.</li> <li>• Once the student is fully conscious, they may be relocated to the health office by school staff. Do not permit student who has lost consciousness to walk to health office alone or without adult supervision.</li> <li>• Be mindful of student's emotional well-being</li> </ul> |

## WHEN TO CALL 911

- If the student does not immediately regain consciousness (within 1 minute), notify health assistant and call EMS/9-1-1.
- If student obtained a head injury prior to collapse, call EMS/9-1-1. Respiratory distress, s/s shock or loss of vital signs, call EMS/9-1-1.

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