



Cardiac Care Plan: Postural Orthostatic Tachycardia Syndrome

Student Name: _____ DOB: _____ Grade: _____ Year: _____

Provider name: _____ Phone Number: _____ Fax Number: _____

Postural orthostatic tachycardia syndrome (POTS) is one of a group of disorders that have orthostatic intolerance (OI) as their primary symptom. OI is a condition in which an excessively reduced volume of blood returns to the heart after an individual stands up from a lying down position. The primary symptom of OI is lightheadedness or fainting.

In POTS, the lightheadedness or fainting is also accompanied by a rapid increase in heartbeat of more than 30 beats per minute, or a heart rate that exceeds 120 beats per minute, within 10 minutes of rising. The faintness or lightheadedness of POTS is relieved by lying down again.

Students with POTS might complain of dizziness, feeling faint, fatigue, headache, tunnel vision, abdominal pain, nausea, sweating/temperature dysregulation, or heart palpitations. If this occurs, take these actions:

- Have the student lie down and elevate their feet
- Offer fluids if they are able to drink
- Do not leave the student unattended
- Call the student's parents
- Have them sit up slowly once the dizziness has subsided (may take 20 minutes)

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

Parent/Guardian Signature: _____ Date: _____ Phone: _____

Health Aide/Nurse Signature: _____ Date: _____

Provider Name: _____ Provider Signature: _____ Date: _____