

Effective for _____ school year.

POTS Care Plan

Student Name: _____

DOB: _____

School: _____

Postural Orthostatic Tachycardia Syndrome (POTS) is a disorder of the body's innate regulatory systems. Patient with POTS can experience racing heart rate, dizziness, and fainting. This is often triggered by standing up quickly after a period of lying or sitting down. Students with POTS need to drink plenty of water throughout the day to regulate their blood pressure. Keeping salty snacks available helps to maintain the body's blood volume so the water they drink doesn't get processed and wasted immediately. Doctors also typically recommend two salty snacks a day for patients with POTS. Anyone with this diagnosis ought to be allowed to carry a water bottle and a salty snack (like chips, pretzels, or an electrolyte solution) with them through the school day and have as-needed access to the restroom.

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
- Call the student's parents
- After 15 minutes, re-assess the student's ability to sit up without symptoms

Alarming symptoms include **loss of consciousness for more than two minutes, unresponsiveness, vomiting, pulse >160 at rest, or failing to resolve symptoms at the 15-minute re-assessment**. If this occurs, take these actions:

- Call the student's parents
- Call 911

POTS prescriptions: _____

Additional information: _____

Parent name: _____

Parent signature: _____

Provider name: _____

Provider signature: _____