



Health Services

## Postural Orthostatic Tachycardia Syndrome (POTS) Emergency Care Plan

POTS is a form of dysautonomia that affects the flow of blood through the body, thereby causing dizziness when standing. Precipitating factors for symptoms include prolonged periods of sitting or standing, exposure to heat, eating, stress and menstruation.

<b>If You See This</b>	<b>Do This</b>
<ul style="list-style-type: none"> <li>• Dizziness on standing</li> <li>• Fast heart rate/Palpitations</li> <li>• Sweating</li> <li>• Headache/Fatigue</li> <li>• Nausea</li> <li>• Complain of pain, pressure or discomfort in chest or upper abdomen</li> <li>• Shortness of breath</li> <li>• Brain Fog</li> <li>• Anxiety; a feeling of impending doom</li> <li>• Unresponsive/Loss of consciousness or a sudden collapse</li> </ul>	<p><b><u>Stay with student, keep student calm/quiet</u></b></p> <p>*Allow student to sit or lie in a comfortable position</p> <ol style="list-style-type: none"> <li>1. <b>Call 911 immediately:</b> If the student has any of the following symptoms:               <ul style="list-style-type: none"> <li>• Severe or crushing/squeezing pain in chest. May be described as a crushing or squeezing pain</li> <li>• Respiratory difficulties; shortness of breath</li> <li>• Unresponsive/Loss of consciousness</li> <li>• Stay with student and begin steps of First Aid/CPR if certified as necessary.</li> </ul> </li> <li>2. Send for School Nurse and state student's name</li> <li>3. Notify Administration</li> <li>4. Nurse /Administration will notify Parent/Guardian</li> </ol>

An **Emergency Care Plan (ECP)** is a plan that gives specific steps for school staff to take when a student has a medical emergency. The plan contains a short definition of the condition, signs and symptoms of the health condition that are emergent and a written step-by-step instruction that outlines what school staff should do for that emergency. Skyward provides information regarding the student's medical condition and parental/guardian's contact information. Health Conditions and ECPs are to remain confidential. Please keep in a secure location and not out in the open.

- We ask that teachers familiarize themselves with the ECPs that are applicable to students' health condition/s in their class. Ask privately:
  1. If the student uses emergency medication/s
  2. If the student keeps emergency medication/s with them
  3. If the student keeps emergency medication/s in the schools' clinic
- Fill out the Student Health Condition List. Print out as many as needed or one per class period.
- Leave the Student Health Condition List and ECPs pertinent to current health conditions in the substitute teacher folders in a secure location
- Ask the school nurse to meet in order to answer any questions on student's health condition or to provide training on emergency medication/s