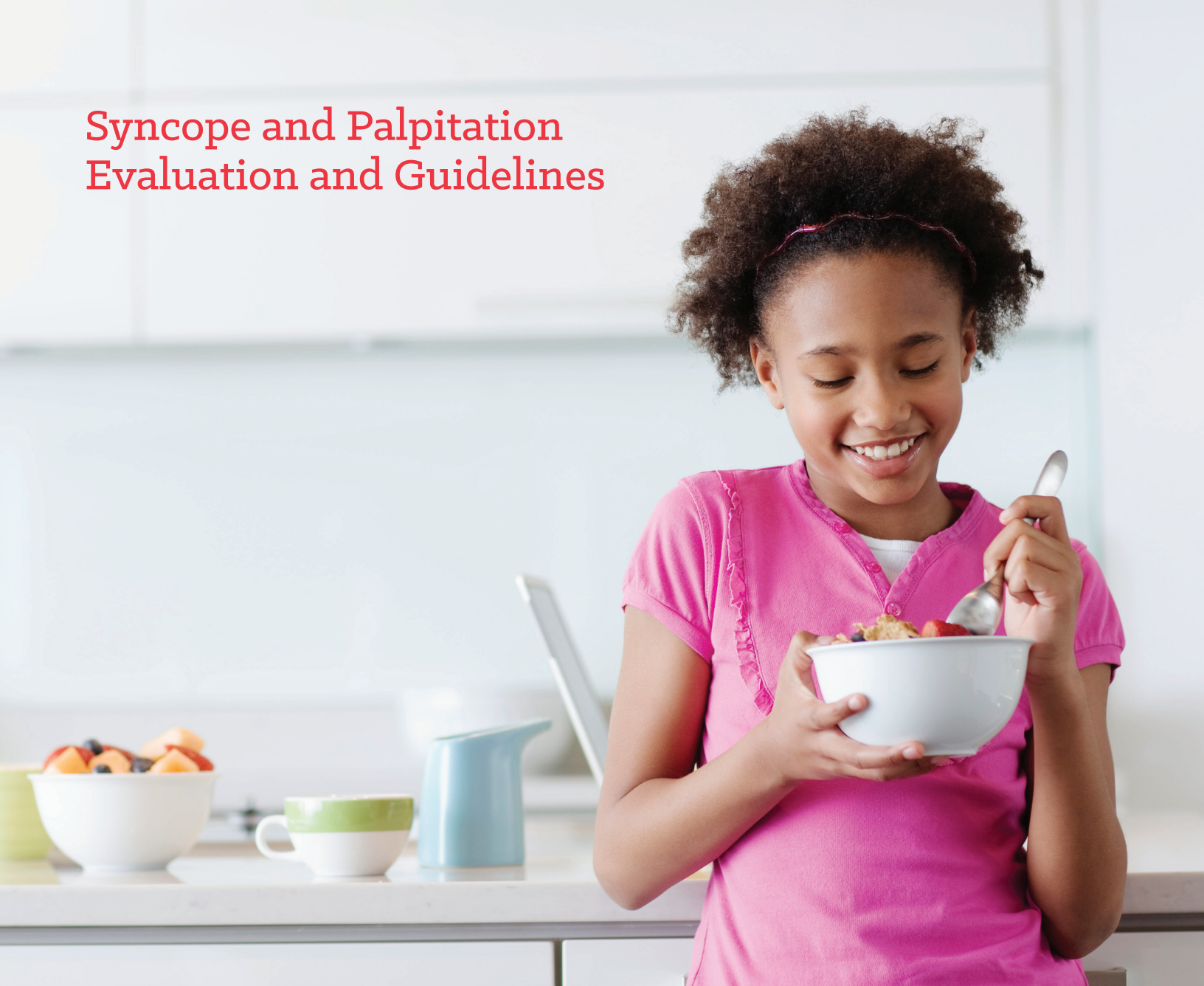


The Congenital Heart Collaborative

University Hospitals
Rainbow Babies & Children's
Nationwide Children's Hospital

Syncope and Palpitation Evaluation and Guidelines



The Congenital Heart Collaborative

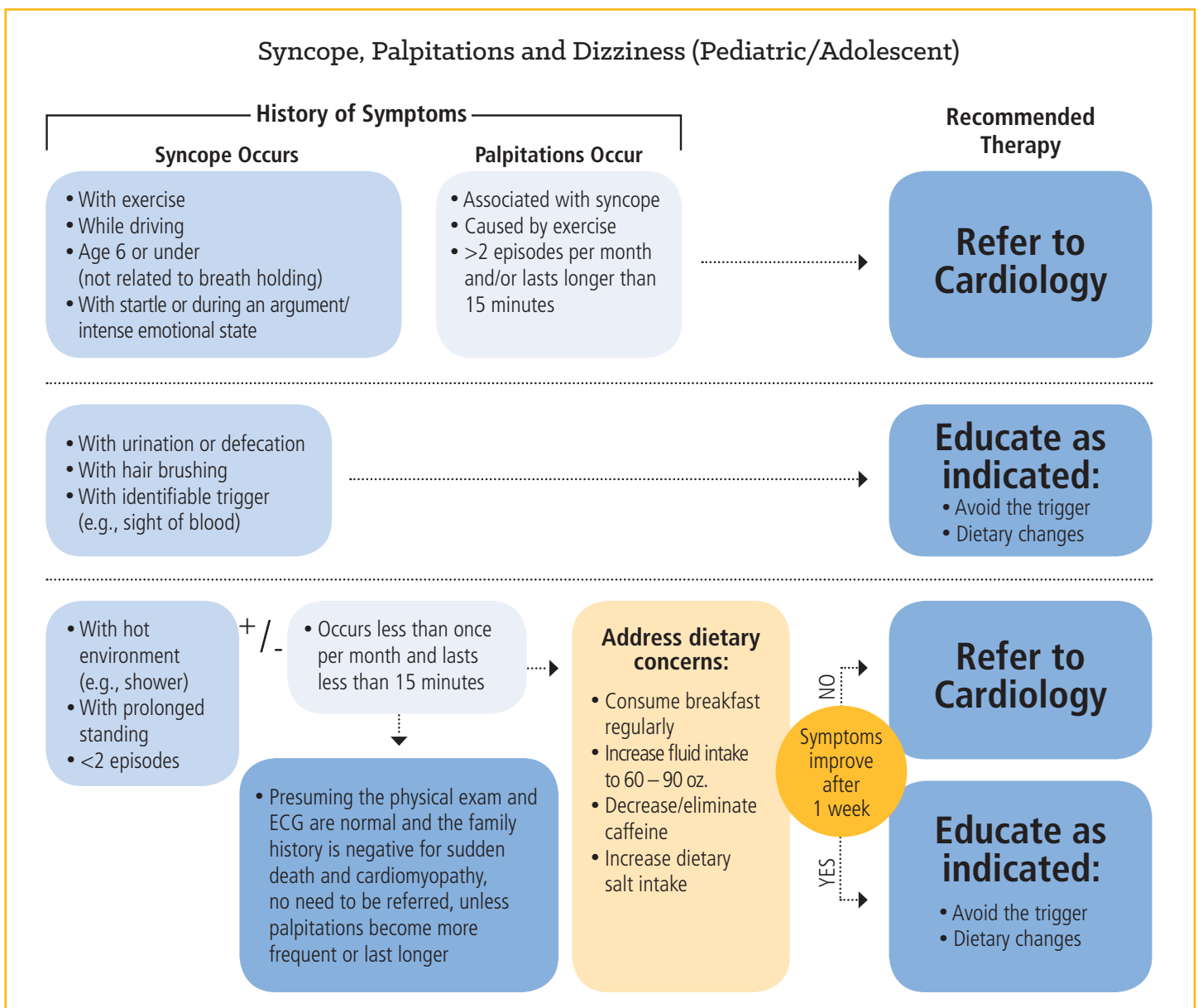
University Hospitals Rainbow Babies & Children's Hospital and Nationwide Children's Hospital have formed an innovative affiliation for the care of patients with congenital heart disease from the fetus through adulthood. The innovative collaboration provides families with access to one of the most extensive and experienced heart teams – highly skilled in the delivery of quality clinical services, novel therapies and a seamless continuum of care.

Syncope and Palpitations

Syncope and palpitations are common complaints in the pediatric and adolescent age groups. Initial workup for patients presenting with palpitations is often aimed at ruling out an arrhythmia. Palpitations may be due to autonomic nervous system dysfunction that is the cause of dizziness and syncope; therefore, the workup for these symptoms (palpitations, dizziness and syncope) is along a continuum. The diagnostic and therapeutic modalities that are most appropriate for the individual patient can be determined after completing a patient history, physical examination, family history and ECG.

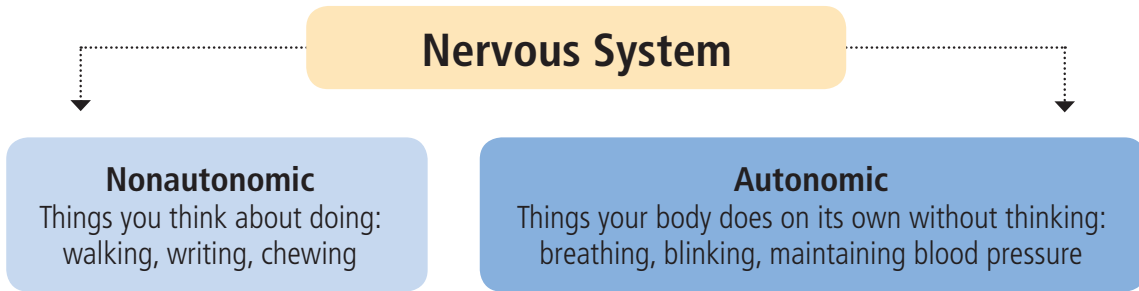
Guidelines and Management

If physical examination, ECG and family history are negative, the following algorithm can be used:

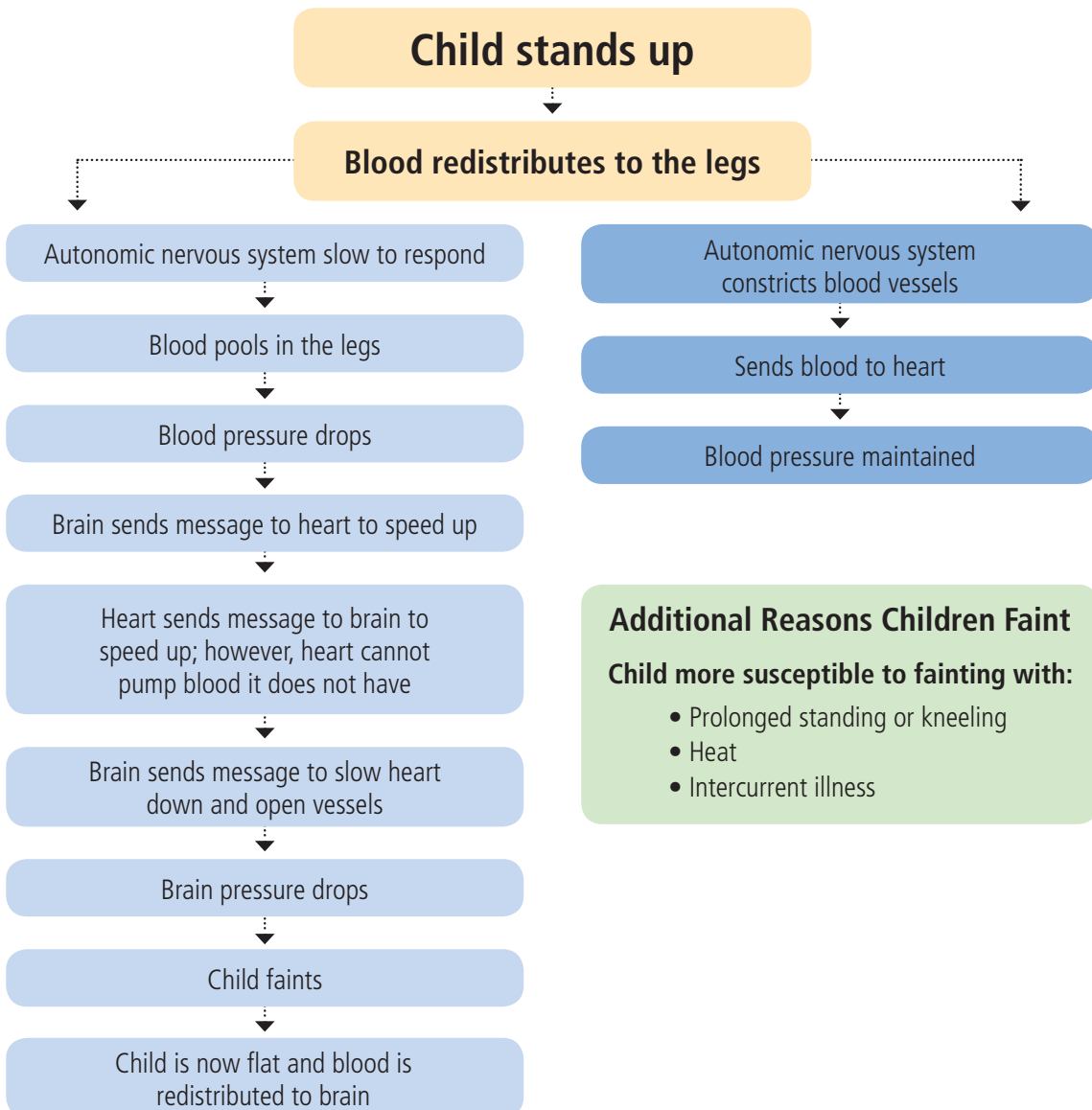


Why Children Faint

Autonomic (Automatic) Nervous System



Comparison: Normal vs. Abnormal Autonomic Nervous System



Evaluation Process and Checklist

History of Circumstances Surrounding Symptoms

Syncope

- What was patient doing at time of episode? _____
- When did it occur?
 - With exercise While driving In hot environment (e.g., shower) After prolonged standing
 - With identifiable trigger (e.g., sight of blood) During emotional stress
- Patient's position at time of episode Lying down Sitting Standing
- How long was patient unconscious? _____
- How often is patient experiencing the symptoms? _____
- Associated symptoms
 - Dizziness Pallor Cold sweat Nausea Loss of bladder or bowel control Seizure
- Dietary
 - Amount of food and beverage consumed prior to episode _____
 - Breakfast consumed on day of episode? Yes No
 - Amount of fluid consumed per day (teens target 50 – 70 oz. per day) _____
 - Caffeine consumed regularly and/or on day of episode? Yes No
 - Amount of salt present in diet _____
 - Number of times patient urinates per day _____
 - Color of urine _____

Palpitations

- With syncope? Yes No With exercise? Yes No
- Rate Mild (<100 bpm) Moderate (100 – 150 bpm) Racing (>150 bpm)
- Can patient tap out rate? Yes No
- How long did palpitations last? _____
- How often is patient experiencing palpitations? _____

Family History

- Sudden cardiac death/SIDS Deafness Cardiomyopathy Long QT Syndrome
- Implantable defibrillator or pacemaker Brugada Syndrome Syncope

Physical Examination Normal Abnormal

Notes _____

Electrocardiogram Read by pediatric cardiologist or pediatric electrophysiologist

Physician-to-Physician Consultation Line

216-UH4-ADOC (216-844-2362)

Physician Access Line

(Patient transfers, admissions referrals,
emergency department referrals, appointments)

216-UH4-PEDS (216-844-7337)

Rainbow.org