



# NEUROCARDIOGENIC SYNCOPE PLAN

AKA Neurally Mediated Hypotension, Fainting Reflex, Autonomic Dysfunction, Vaso-Vagal Reflex

SCHOOL YEAR: \_\_\_\_\_

STUDENT NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ STUDENT ID: \_\_\_\_\_

<b>MOTHER:</b>	<b>FATHER:</b>
<b>HOME:</b>	<b>HOME:</b>
<b>WORK:</b>	<b>WORK:</b>
<b>CELL:</b>	<b>CELL:</b>
<b>If parents cannot be reached call:</b>	
<b>Name:</b>	<b>Phone:</b>
<b>Name:</b>	<b>Phone:</b>
<b>Physician:</b>	<b>Phone:</b>

**BASIC INFORMATION:** Neurocardiogenic Syncope is a temporary loss of consciousness often caused by pooling of the blood in the lower parts of the body. This leads to less blood reaching the brain resulting in fainting. Possible symptoms include a sense of warmth, nausea, light headedness, visual gray-out. This condition is often treated by increasing salt and fluid intake.

Triggers include:

1. Prolonged periods of sitting or standing in one position
2. Warm environment-hot crowded room, hot shower or bath, post exercise
3. Emotional/stressful events-seeing blood or gory scenes, being scared or anxious, pain
4. Shift of blood flow to intestines, after eating

**STUDENT HISTORY:**

## MANAGEMENT

**Prevention:**

1. IMMEDIATELY SIT OR LIE DOWN IF SYMPTOMATIC
2. STUDENT MUST DRINK FLUIDS FREQUENTLY TO BE WELL HYDRATED
3. PARENTS MAY PROVIDE SALTY SNACK
4. WHEN SITTING/STANDING FLEX LEG MUSCLES AND CROSS LEGS TO INCREASE CIRCULATION

**Treatment for loss of consciousness:**

1. LAY FLAT
2. ELEVATE LEGS
3. TIME LENGTH OF UNCONSCIOUSNESS
4. CALL PARENT
5. WHEN AWAKE GIVE FLUIDS AND ALLOW TO REST

**CALL 911 IF:**

1. STUDENT DOES NOT REGAIN CONSCIOUSNESS AFTER 5 MINUTES
2. DIFFICULTY BREATHING/ CYANOSIS( BLUE TINT TO LIPS OR FINGERTIPS)
3. SIGNIFICANT INJURY OR BLOW TO HEAD

Copy of this plan has been provided to Transportation Supervisor Yes  No

\_\_\_\_\_  
PARENT SIGNATURE / DATE

\_\_\_\_\_  
COUNTY SCHOOL NURSE SIGNATURE / DATE