

WONEWOC-CENTER SCHOOLS STUDENT SVT HEALTH FORM

Student _____ **Date of Birth** _____
Grade _____ **Teacher** _____ **School Year** _____
Parent/Guardian _____ **Phone Number** _____
Practitioner _____ **Phone Number** _____

Supraventricular Tachycardia (SVT) is an irregular heart rhythm (arrhythmia) that originates in the bottom chambers of the heart (above the level of the ventricles). Some patients may have specific triggers to SVT, such as exercise, while others can have SVT episodes at rest. This is a health plan for patients experiencing SVT with guidelines for intervention and emergency actions.

If the student is found unconscious or unresponsive, start CPR or use Automated External Defibrillator (AED), and call 911.

Symptoms: SVT episode can include:

- Fast heart rate or palpitations
- Shortness of breath
- Lightheadedness or dizziness, rarely fainting
- Fatigue
- Chest discomfort (pressure, tightness, or pain)
- Sweating
- Skin that looks pale

What to do: If you think a child is having an episode of SVT, have them do these vagal maneuvers:

- Take a deep breath and bear down as if having a bowel movement
- Rapidly drink ice cold water
- Apply ice to the face
- If able, assist them with performing a head stand against a wall

Vagal maneuvers may be repeated as often as necessary and can be performed in conjunction with one another. If the SVT is successfully stopped by one of the vagal maneuvers, the student can stop doing vagal maneuvers.

Who to contact:

1. Child should go to the nurse's office
2. Call the student's parents

When to call 911:

- SVT episode that does not stop with vagal maneuvers after 15 minutes.
- SVT episode with fainting
- Severe chest pain in addition to SVT, not relieved by vagal maneuvers

Signature of Parent/Legal Guardian

Date

Physician Printed Name

Address

Phone

Signature of Physician

Date