

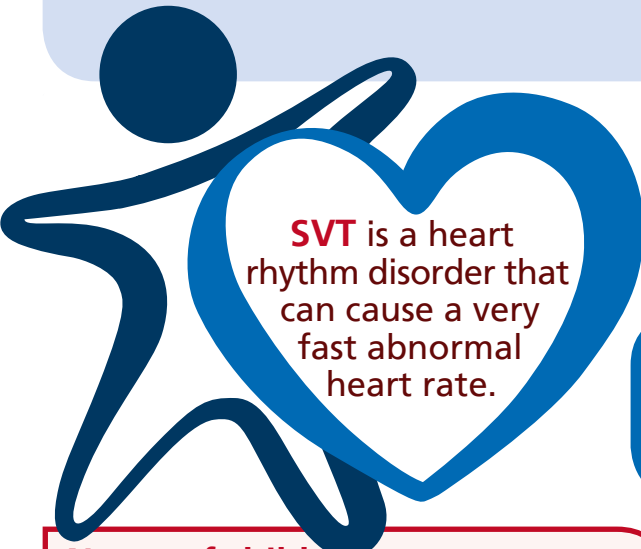
Guidance for care of a child who has a history of SUPRAVENTRICULAR TACHYCARDIA (SVT) in nursery/school

Palpitations can also cause the child to **complain of dizziness.**

Symptom:

The child complains of **palpitations.**

Palpitations can also cause the child to **complain of tiredness and breathlessness.**



SVT is a heart rhythm disorder that can cause a very fast abnormal heart rate.

IMPORTANT:

Keep the child calm, sit them in a quiet place and ensure a responsible adult stays with them.



Palpitations are due to a rapid heart rate.

You can feel this by placing your hand on the child's chest.

STEP 1:

If the child feels ok after few minutes they can return to normal activities. No restrictions after or between episodes are necessary.

STEP 2:

If episode does not stop after a 10-15 minutes (or the child feels unwell) inform parents/ guardians.

STEP 3:

If episode persists beyond 45 minutes arrange for the child to be taken to the local A&E department. **This is not a 999 emergency as long as the child is not unwell.**

The treatment of SVT

- The child can try closing their nose, mouth & breathing out strongly (valsava manouevre)
- Regular medication (rarely prescribed in school hours)
- A radio frequency ablation in hospital (for children over 7 years)

More information is available at:
www.leedscongenitalhearts.com

Name of child:

Date of birth:

Parent/guardian contact details: