

**PRACTICAL PEARL: SYNCOPE**

<b>INTRODUCTION</b>	<ul style="list-style-type: none"><li>• Syncope is a common and generally benign complaint that is rarely associated with cardiac disease</li><li>• In the vast majority of pediatric patients, typical neurally-mediated syncope (e.g., vasovagal, postural hypotension) can be evaluated by the PCP in a single visit with conservative management</li><li>• Orthostatic vital signs add little to the initial evaluation</li><li>• <a href="https://pedsinreview.aappublications.org/content/37/4/159">https://pedsinreview.aappublications.org/content/37/4/159</a></li><li>• <a href="http://jaha.ahajournals.org/content/5/2/e002931.full">http://jaha.ahajournals.org/content/5/2/e002931.full</a></li></ul>
<b>INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE</b>	<ul style="list-style-type: none"><li>• Perform a complete history and physical exam</li><li>• A complete family history is essential</li><li>• Consider ECG</li><li>• Reassurance at the first evaluation coupled with education of the condition should decrease anxiety and missed school days</li><li>• Non-Pharmacologic Management includes: Increasing sodium intake to 2-4g/day, increasing fluids to 2-3L/day, antigravity maneuvers and recognition prophylaxis</li></ul>
<b>WHEN TO REFER</b>	<ul style="list-style-type: none"><li>• Syncope during exertion</li><li>• Non innocent murmur.</li><li>• Family history in a first degree relative or multiple family members with hypertrophic cardiomyopathy, sudden cardiac death &lt;50 years of age, or known ion channelopathy</li><li>• Abnormal ECG</li><li>• If symptoms are more severe as evidenced by &gt; 4 episodes that result in &gt; 1 ER visit or &gt; 3 missed school days in a year</li></ul>
<b>HOW TO REFER</b>	<ul style="list-style-type: none"><li>• (413) 794-KIDS Pediatric Cardiology</li></ul>
<b>WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT</b>	<ul style="list-style-type: none"><li>• Comprehensive evaluation for cardiac cause of syncope when indicated</li><li>• in the setting of a normal well child</li></ul>