

SAMPLE CARE PLAN

School Health Care Plan

For a Student that suffers from:

Neurocardiogenic Syncope/Vasovagal Syncope/Reflex Syncope

Photo of
Student

Name of Student: Alex Smith Date of Birth: _____ School
Year: 2008/09

School: Gill Middle Homeroom Teacher: Mr. Jones
Grade: 7

Medical Diagnosis:

Neurocardiogenic Syncope (NCS) also known as Vasovagal Syncope (VVS), Reflex Syncope: either simple or complex, there is sudden triggering of brain reflex. The nerves involved are part of the nervous system that behaves automatically. When we raise our arm or lift our leg, we do this voluntarily, but the automatic nervous system acts without our efforts.

The correct name for this automatic behavior is an 'autonomic reflex'. With NCS/VVS, the heart rate slows down or may even stop for several seconds (bradycardia) and the blood pressure drops sharply (hypotension). This reflex mechanism is present in all of us, but in a more exaggerated form in some individuals.

In effect, the reflex has shut down the body's blood circulation. When this happens insufficient oxygenated blood is pumped to the brain leading to dizziness and fainting.

Triggers and Warning Signs: (need to individualize)

NCS/VVS can be triggered by many different stimuli.

Alex's blackouts are triggered by dehydration and being in a very warm environment. He usually experiences light-headedness and sometimes nausea prior to a blackout. Sometimes, he does not fully blackout, but has a 'near miss'.

Management Strategy:

Alex is usually able to detect when he is going to blackout. He must:

1. Sit, squat or lie down IMMEDIATELY.
2. Put his legs up in the air if able to lie down.
3. Only get up when he feels better.

If he suddenly loses consciousness before detection someone must:

1. Lie him down on his side.
2. Remove any surrounding safety hazards.
3. Carry out simple checks to ensure clear airway.
4. If he does not regain consciousness within a minute as usual, turn him on his back and raise his legs up to increase the blood pressure.

Emergencies: (Individualize)

If he does not regain consciousness after 2-3 minutes, call for an Ambulance. (This is extremely unlikely to occur).

If he suffers a head injury during collapse, call an Ambulance.

Emergency Contacts:

Name _____ Relationship _____ Phone Number _____

Name _____ Relationship _____ Phone Number _____

Name _____ Relationship _____ Phone Number _____

Physician Name: _____ Phone Number _____

Health Care Provider _____ Policy # _____ Name _____

Special Considerations and Precautions: (must be individualized)

Alex must be allowed to drink water during class.
 Allow to be excused when needs to go to bathroom.
 He should be allowed to sit near a window to avoid overheating.
 Following a blackout, he can often feel very tired. He must be allowed to rest in the nurse's office and to go home if he feels it is necessary.

Activity/PE Restrictions: (Individualized)

Parent/Guardian Signature:

Principle/Nurse Signature:

_____ Title: _____

Alex Smith Signature: _____

Date: _____