

# ED/UC Syncope Care Algorithm

## Inclusion Criteria:

- No previous cardiac diagnosis
- Presenting complaint of syncope

Encourage PO hydration (gatorade) during evaluation. Avoid IV fluids.

Patient Presents with chief complaint of syncope

## Standard workup includes:

- Situational History
- Family History
- Physical exam
- EKG (if none in past 3 months or new symptoms)

Testing shown to be generally unhelpful for initial workup of pediatric syncope:

- Holter monitor
- Event monitor
- Tilt Table Test
- CT scan
- Labs
- Orthostatic VS

## **Red Flags: (Any of the following)**

### HPI **Syncope (dizziness does not count) that occurs:**

- DURING exercise
- Preceded by chest pain
- Accompanied by significant physical injury from sudden fall
- Near drowning
- Seizure activity with post ictal state
- Focal neurological finding after event

### Demographics: Syncope in Age < 8 years

### Family History

### **First degree family history of:**

- Cardiomyopathy
- Sudden death <50 y/o
- Long QTC Syndrome
- Pacemaker or Defibrillator

### EKG

- QTc interval >470ms
- First degree AV block with a PR interval > 250ms
- Pre-excitation
- Brugada pattern
- Abnormal voltage
- T-wave inversion
- Pathological ST segment changes

### Exam

- Pathologic murmur
- Hepatosplenomegaly
- Loud S2
- Abnormal cardiac/neuro exam finding

Any Red Flags?

No

Yes

## Vasovagal / Neurocardiogenic

- Initial Treatment:
- Start hyperhydration with 100 oz/day H<sub>2</sub>O; daily exercise routine; increase Salt intake (3-5gm/day)
- No subspecialty F/U needed; Return if symptoms worsen and follow-up with PCP

## Refer to cardiology if:

- Age <8 yrs of age with syncope
- Syncope DURING exercise, preceded by chest pain, or accompanied with physical injury from sudden fall
- Family history of sudden death, cardiomyopathy, channelopathy or pacemaker/defibrillator
- Cardiology exam abnormal
- Near drowning (syncope while in water)

## Refer to Neurology

- Seizure activity with post ictal state
- Focal neurological finding after the event

If Work Up is Negative