

Silverdale Baptist Academy
Supraventricular Tachycardia (SVT) Care Plan

Parent/Guardian complete and sign the top portion of this form.	
Student:	DOB:
Parent/Guardian:	Cell Phone:
Other Contact:	Phone:
Grade:	Homeroom Teacher:
Physician:	Phone:

BRIEF HISTORY: SVT is a heart condition in which an “extra” electrical pathway causes episodes of rapid heart rate, at rest. Symptoms may start and stop abruptly. Short episodes are usually tolerated without notable complaints and are not life threatening.

STUDENT HISTORY / MEDS:

- SYMPTOMS:**
- Child may say their “heart is running away”
 - Mild chest pain/pressure/palpitations (pain, alone, is rarely a symptom)
 - Light headed or dizzy at onset’
 - Nausea
 - Pale, lethargic, clammy
 - Neck or chest pulsations from rapid heart movement

- WHAT TO DO:**
- Check heart rate. If heart rate is _____, then start treatment plan for child.
 - Normal heart rate zones:
 - Newborn to 3months = 85 to 205 bpm
 - 3 months to 2 years old = 100 to 190 bpm
 - 2 years old to 10 years old = 60 to 140 bpm
 - > 10 years old = 60 to 100 bpm
 - Check box(es) below for treatment plan for your child:
 - Hold breath & bear down.
 - Ice bag to face for 15-20 seconds.
 - Other: _____
 - Other: _____

CALL PARENTS IF ANY EPISODES OCCURS.

CALL 911 IF:

- Change in level of consciousness or confusion
- Cyanosis (definite blue coloration to lips and nail beds) with or without lethargy
- Heart rate greater than _____ beats per minute for _____ minutes.

Parent signature: _____ Date: _____