

### Postural Orthostatic Tachycardia Syndrome (POTS)

ICCS does not accept referrals for Postural Orthostatic Tachycardia Syndrome (POTS) or suspected POTS. We currently treat POTS as a co-morbidity, frequently seen in our patient population. We only diagnose and manage POTS in patients who also have a diagnosis or suspected diagnosis of Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME), Post COVID, Fibromyalgia or Chemical sensitivity/environmental illness.

Please see the following resources to support you in diagnosing and managing POTS for your patient.

1. Canadian Medical Association Journal Article -*Diagnosis and management of postural orthostatic tachycardia syndrome*, March 14, 2022  
[Diagnosis and management of postural orthostatic tachycardia syndrome \(cmaj.ca\)](#)
2. Canadian Journal of Cardiology Volume 36, 2020 - *Canadian Cardiovascular Society Position Statement on Postural Orthostatic Tachycardia Syndrome (POTS) and Related Disorders of Chronic Orthostatic Intolerance*  
[Canadian Cardiovascular Society Position Statement on Postural Orthostatic Tachycardia Syndrome \(POTS\) and Related Disorders of Chronic Orthostatic Intolerance - Canadian Journal of Cardiology \(onlinecjc.ca\)](#)
3. Bateman Horne Centre -**NASA 10 Minute Lean Test**  
-Instructions for Providers  
[NASA-Lean-Test-Instructions-1.pdf \(batemanhornecenter.org\)](#)  
-Preparation Instructions for patients [NASALeanTest\\_PatientPreInstructions\\_1\\_30\\_2017.pdf \(batemanhornecenter.org\)](#)
4. POTS UK Information Booklet for Patients  
[PotSUK-16ppbooklet-A5-DIGITAL.pdf](#)

Other recommendations:

Physiotherapy for POTS specific physical activity and conditioning.

Occupational therapy for accommodations for daily activities.

Compression can also be helpful. Guidelines in research and POTS UK information booklet above.

Thank you,

Integrated Chronic Care Service