

POTS SCREENING FORM

Although POTS is not a heart problem, cardiologists sometimes see POTS patients because the symptoms of POTS can be similar to the symptoms of a heart issue. Our priority is to rule out heart problems that could be contributing to symptoms. This form will help us determine what, if any, testing is needed before your visit.

A. Does this patient have any of the following symptoms (please check all that apply)?

- Fainting during exercise
- Lightheadedness or feeling faint during exercise
- Abnormal fatigue with exercise
- Chest pain during exercise
- Unexplained shortness of breath compared to peers (with or without exercise)

B. "Palpitations" are a noticeable sensation of heart beating faster and harder than normal.

Does the patient experience palpitations? Yes No

If your answer is no, please go to the next section.

If your answer is yes, when do the palpitations occur (check all that apply)?

- With a change in position to standing
- At random times (how often? _____)
- Heart racing during exercise, as expected for intensity of exercise
- Heart racing that seems out of proportion to intensity of exercise

C. Does the patient have hypermobility (abnormally flexible joints)? Yes No

Has the patient been diagnosed with EDS (Ehlers Danlos syndrome)? Yes No

D. Does the patient have a family history of the following (include parents, siblings, aunts, uncles, grandparents):

- Connective tissue disorder (e.g. Ehlers Danlos syndrome, Marfan syndrome)
- Aortic dilation
- Aortic aneurysm, dissection, or rupture
- Sudden cardiac death or cardiac arrest

E. Has the patient had blood work done in the last three months? Yes No

If yes, where was the blood work done? _____

F. Does the patient have any of the following (check all that apply)?

- Dermatographia (scratching the skin causes raised welts)
- Unexplained urticaria (hives)
- Unexplained flushing
- Unexplained itching
- Food allergies

G. Anything else you would like us to know?
