Syncope Pathway
CHILDREN’S PHYSICIANS CLINIC

Inclusion Criteria:
Patient presenting with syncope or near syncope event

Exclusion Criteria:
• Seizure
• Congenital heart disease
• Central nervous disease
• Previous cardiac surgery
• Epilepsy

Syncope (also called fainting) is a sudden, temporary loss of consciousness and muscle tone that occurs due to a drop in blood pressure and blood flow to the brain. When a patient loses blood flow to the brain, they are at risk for brain damage. Syncope is usually associated with a feeling of lightheadedness, dizziness, or simply a feeling of being unsteady. It can be caused by a variety of factors, such as low blood pressure, low blood sugar, dehydration, or heart problems.

History and Physical Red Flags

A history and physical will identify red flags that may indicate a more serious problem.

5. Was the patient fully conscious prior to the syncopal episode?

6. Does the patient have any red flags?

7. Complete a CBC & ferritin

8. Was the patient able to walk the work-up path?

9. Continue with rehydration

11. Order ECG

12. Refracte with up to 80 ml/kg of healthy, salty snacks

13. Consider for small children, recommending hydrating with up to 80 ml/kg of healthy, salty snacks

14. Increase salt intake

15. Avoid caffeine

16. Consistent sleep and daily routine

17. Daily exercise routine

18. Appropriate stress management strategies

Evaluation of Fingerstick Blood Glucose in Children

• Fingerstick should be done at any time if the child is symptomatic

Table: Fingerstick values for age and gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>&lt;5y</th>
<th>5-9y</th>
<th>10-14y</th>
<th>15-18y</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>59</td>
<td>60-78</td>
<td>71-93</td>
<td>84-100</td>
</tr>
<tr>
<td>Females</td>
<td>58</td>
<td>60-76</td>
<td>71-96</td>
<td>83-99</td>
</tr>
</tbody>
</table>

Disclaimer: Pathways are intended as a guide for practitioners and do not indicate an exclusive course of treatment nor serve as a standard of medical care. These pathways should be adapted by medical providers, when indicated, based on their professional judgement and patient's individual circumstances.

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