



An Interprofessional Approach to the Non-Pharmacological Management of Postural Orthostatic Tachycardia Syndrome (POTS)

March 29, 2023, from 2-3:30 p.m. ET | by Cheryl Harris, MPH, RDN, LD

New Diagnosis Code:
As of October 1, 2022
ICD 10 code for POTS is G90.A

Organizations:

Dysautonomia International

<http://dysautonomiainternational.org/>

Dysautonomia Information Network

<https://www.dinet.org/physicians/> (US physicians search)

Ehlers-Danlos Society

<https://www.ehlers-danlos.com/>

Supplemental Reading:

ME/Long COVID Pacing/Management for Clinicians

<https://www.meaction.net/resource/pacing-and-management-guide/>

Long COVID Physio

<https://longcovid.physio/>

Canadian Cardiovascular Society POTS position statement

<https://www.sciencedirect.com/science/article/abs/pii/S0828282X19315508>



Resources:

Autonomic Testing

<https://medlineplus.gov/lab-tests/autonomic-testing/>

NASA 10-minute lean test

<https://batemanhornecenter.org/wp-content/uploads/2016/09/NASA-Lean-Test-Instructions-1.pdf>

List of ORS recipes from UVA

<https://med.virginia.edu/ginutrition/wp-content/uploads/sites/199/2021/01/Homemade-Oral-Rehydration-Solutions-9-2018-1.pdf>

Work accommodation

<https://askjan.org/> (search for POTS)

BMJ POTS & Long COVID infographic

bit.ly/bmj-pots (click infographic)

Gastro Psychologists Resources:

Gastro Psychologists

- <https://romegipsych.org/>
- <http://www.ibshypnosis.com/>

GI Psych Apps

- Nerva: <https://www.nervaibs.com/>
- Zemedy <https://zemedy.com/>

By prescription

- Mahana: <https://www.mahana.com/treatments/ibs>
- Regulora: <https://regulora.com/>