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**PEDIATRIC CARDIOLOGY center of oregon**

## SVT Protocol (vagal maneuvers) - Children and Teens

If child is in SVT:

1. Calm down and lie down for 5 minutes
2. If heart rate is still elevated, it is probably SVT, do the following **vagal maneuvers** but <u>wait 5 minutes between each one</u> to see if the SVT might stop.
    - Valsalva: Hold your breath and very forcefully bear down as if having a bowel movement, do this as long and as hard as you can until you can no longer hold your breath.
    - If still in SVT, try turning the child upside down (young children can be held by ankles, older kids can do a handstand or headstand with assistance) while also doing the Valsalva (breath-hold and bear-down)
    - If still in SVT, try putting your finger or a popsicle stick in the back of your throat; the goal is to gag and retch a bit, not to throw up
    - If still in SVT, try facial ice water immersion, fill a sink or bowl or bucket with freezing cold water. Hold your breath and put your face and head in the cold water as long as possible while also doing the Valsalva (breath hold and bear down)
3. Keep trying the maneuvers and alternating with 5 minutes of lying down and calming yourself or relaxing.
4. If still in SVT for more than 30-45 minutes:
    - At school: Call parents if patient is stable. If patient is unwell and unresponsive, call 911 and assess whether CPR is needed.
    - Parents: Call the cardiology office at 503-280-3418. After 5:00 p.m. and on weekends, call the on-call pediatric cardiologist, at 503-280-3418, option 9 to connect to the answering service. Let cardiologist on-call know who the child's cardiologist is, if your child is on medications for SVT, the dose and when the last medication was given.  We will provide advice on how to stop the SVT or give a recommendation to go to the ER.

Marc LeGras, M.D.
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