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## **SVT PROTOCOL – CHILDREN AND TEENS**

If a child is having an episode of SVT, first have them calm down and lie down for 5 minutes. If the heart rate is still elevated, the following “vagal maneuvers” are recommended to terminate the episode.

1. Valsalva:

- a. Have the child hold their breath while bearing down as if having a bowel movement for 10-15 seconds (or as long as they can) **OR**
- b. Have the child put the tip of their thumb to their lips and blow (as if it were a straw) while letting out no air for 10-15 seconds (or as long as they can).
- c. Check heart rate again. If still in SVT, wait five (5) minutes before trying again or trying the next maneuver.

2. Handstand/Headstand:

- a. Physically permitting, have the child do a handstand or headstand against a wall (with assistance) while also bearing down for 10-15 seconds (or as long as they can) **OR**
- b. Have the child lie on their back with their legs elevated at a 90-degree angle while also bearing down for 10-15 seconds (or as long as they can)/
- c. Check heart rate again. If still in SVT, wait five (5) minutes before trying again or trying the next maneuver.

3. Gag reflex:

- a. Have the child put their finger or a popsicle stick in the back of their throat to cause a gag reflex; the goal is only to gag or retch a bit, not to throw up.
- b. Check heart rate again. If still in SVT, wait five (5) minutes before trying again or trying the next maneuver.

4. Cold water:

- a. If possible, fill a sink or tub with very cold water and have the child hold their breath and submerge their face for 10-15 seconds (or as long as they can) **OR**
- b. Place a Ziplock bag of ice and cold water on the face from the forehead to the nose for 10-15 seconds.
- c. Check heart rate again. If still in SVT, wait five (5) minutes before trying again or re-trying any maneuver.

**These maneuvers can be repeated and alternated with 5 minutes of lying down and calming down between each attempt.**

**If the child has had SVT for more than 30-45 minutes, call 911 or go to the nearest emergency room.**