



## Rowan University, Disability Resources

# Faculty Fact Sheet- Postural orthostatic tachycardia syndrome (POTS)

*Definition: This syndrome is usually triggered when a person stands up after lying down. It most commonly affects women between the ages of 15 and 50.*

### **Typical Symptoms:**

<ul style="list-style-type: none"><li>• Feel dizzy or faint</li><li>• Have blurry vision</li><li>• Feel nauseous or shaky</li><li>• Throw up</li><li>• Sweat a lot</li><li>• Have brain fog</li><li>• Feel extremely tired</li></ul>	<ul style="list-style-type: none"><li>• Chest pain</li><li>• Feeling hot or cold</li><li>• Feeling anxious, nervous, or jittery</li><li>• Headaches and neck pain</li><li>• Insomnia</li><li>• Unusual color in hands and feet</li><li>• Diarrhea or constipation</li></ul>
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### **Classroom Behaviors:**

Students may:

- Faint in class
- Be distant or unfocused
- Have trouble concentrating
- Seem anxious

(Please note: This behavior is situational and may be different for every student)

### **Strategies:**

1. Allow student to leave class when necessary
2. Allow student to have food or drink when necessary
3. Discuss certain accommodations with student
4. Make sure student is aware that they will not be penalized for these extra accommodations
5. Do not draw unnecessary attention to the student
6. Understand the needs of the individual student.

Fact Sheet developed by Montclair State University /Disability Resources Center

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