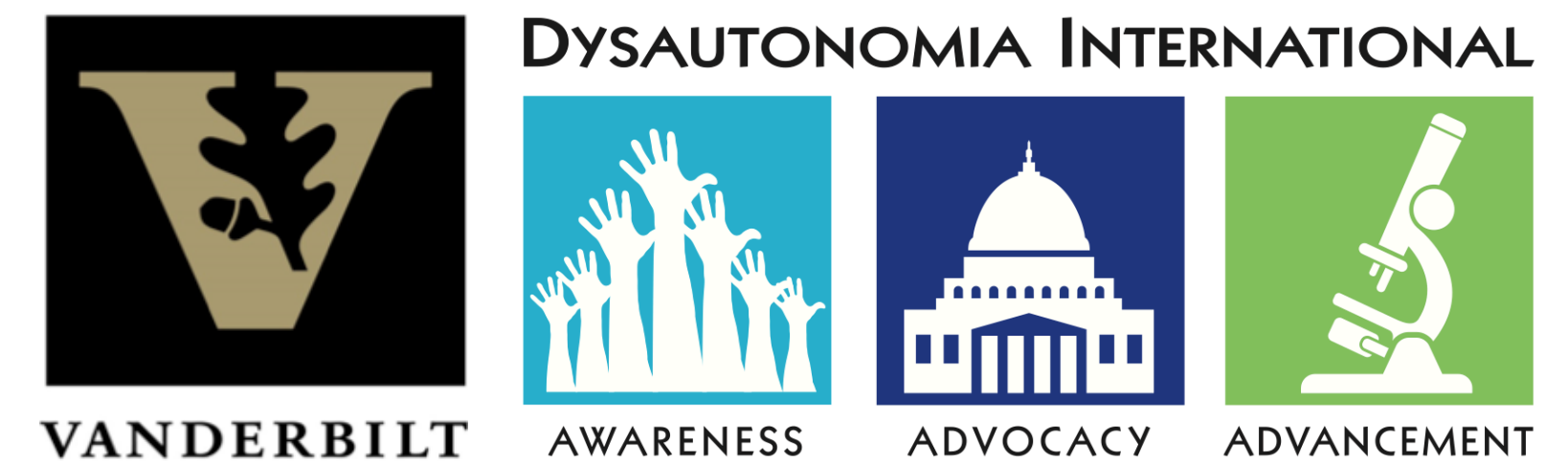


EDUCATIONAL & SOCIAL IMPACTS OF POSTURAL TACHYCARDIA SYNDROME: INSIGHTS FROM A CROSS-SECTIONAL COMMUNITY-BASED SURVEY

Lauren E Stiles JD¹, Kate Bourne², Jessica Ng BSc², Brett H Shaw MSc², Elizabeth A Green MD², Cyndya A Shibus MD MSCI³, Luis E Okamoto MD³, Emily M Garland PhD MSCI³, Alfredo Gamboa MD MSCI³, Amanda Peltier MD MSCI³, Andre Diedrich MD PhD³, Italo Biaggioni MD³, David Robertson MD³ and Satish R Raj MD MSCI^{1,2,3}

¹Dysautonomia International, East Moriches, NY, USA; ²Libin Cardiovascular Institute of Alberta, University of Calgary, Calgary, AB, Canada; ³Autonomic Dysfunction Center, Vanderbilt University, Nashville, TN, USA

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AIM

Identification of patient-reported educational and social impacts of postural tachycardia syndrome (POTS).

BACKGROUND

POTS is a common form of orthostatic intolerance. Little is known about the socio-economic impacts of POTS. We report on a large community-based study of POTS patients that suggests POTS results in significant educational and social strain on patients and their families.

METHODS

- Structured, web-based survey
- "Diagnosis and Impact of POTS" study
- Vanderbilt IRB Approval
- Survey links posted to Dysautonomia International websites and social media
- Cross-sectional survey
- Parents could complete survey for children <18
- Data collected July 2015 - October 2016
- Patients from 15 countries participated

RESULTS

- **Individuals diagnosed with POTS by a physician that completed the survey: 4178**
- Peak age of POTS onset: 14 years of age

- The majority of individuals were age 18 or over at the time of the survey (88%)
- A majority of individuals developed POTS prior to completing formal education (61%)

Fig. 1 - Days of School Missed Due to POTS Amongst Individuals Who Developed POTS Before Completing Formal Education.

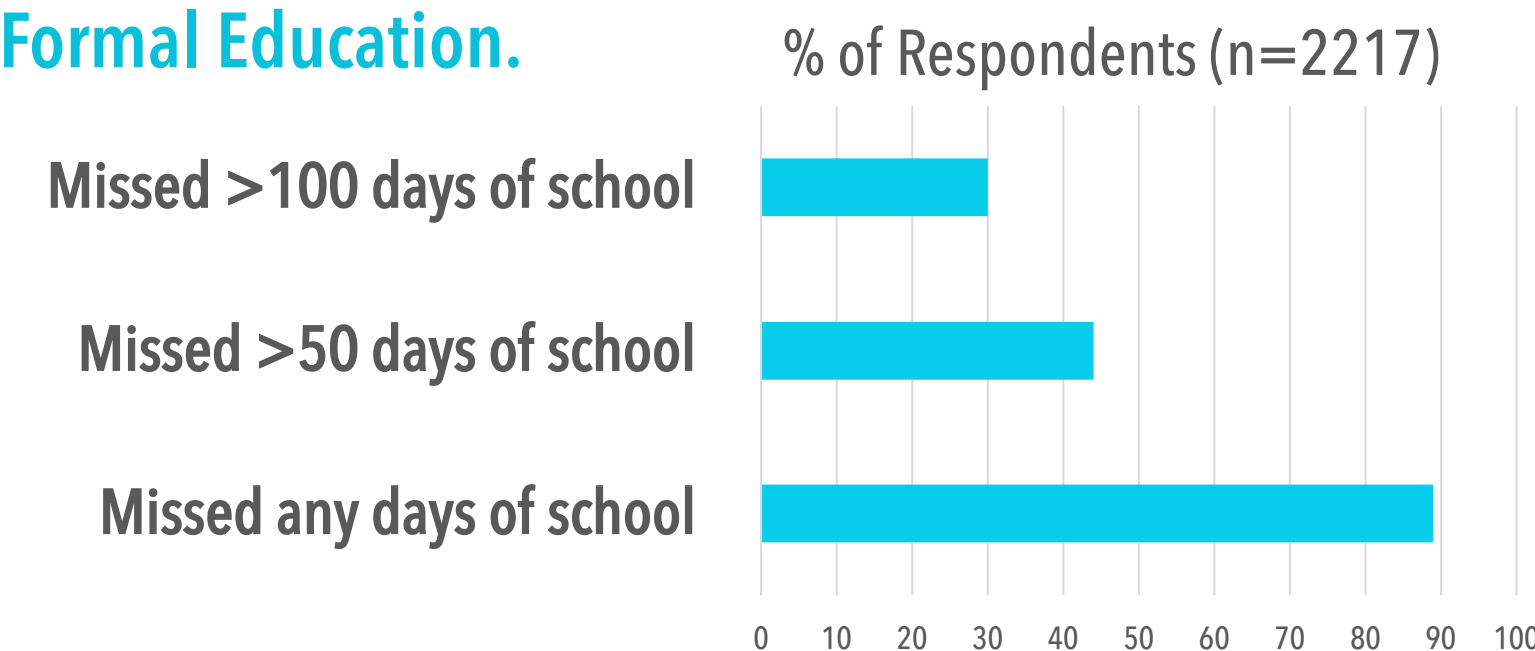


Table 1 - Percentage of Students who Required Modified Coursework/Schedules due to POTS

High school students (n=2211)	40%
College students (n=1562)	54%
Grad school students (n=765)	42%

Table 2 - Percentage of Students who Delayed or Postponed Enrollment or Completion of Higher Education Due to POTS

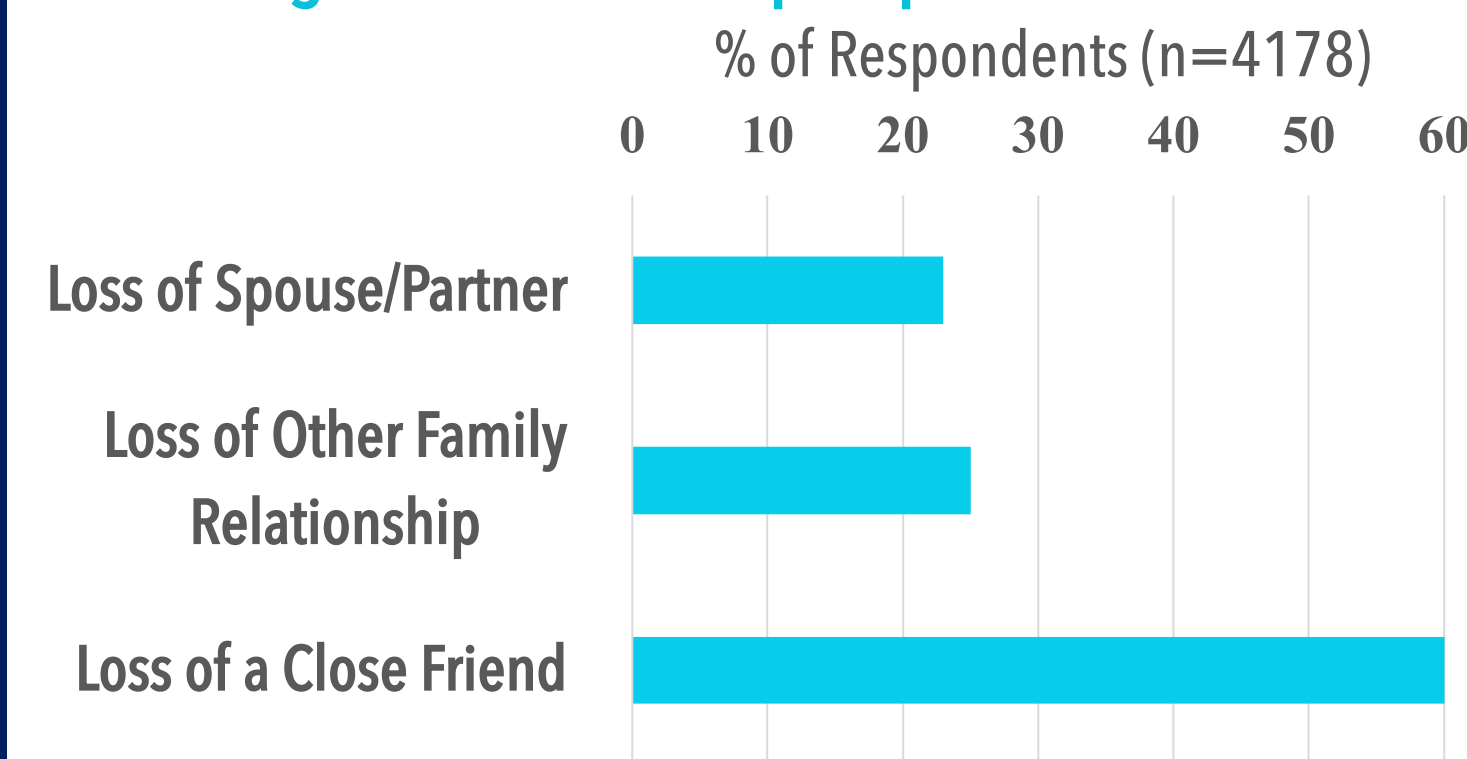
College (n=1669)	50%
Graduate school (n=1093)	44%

- One quarter of students with POTS have used homeschooling services (25%)
- 23% of all students with POTS have dropped out of college and 7.2% have dropped out of grad school due to POTS

Table 3 - Housing Impacts of POTS

Moved out of parents home	67%
Living with parents	33%
Moved back in with parents due to POTS	10%
Would not live with parents if not for POTS	26%

Fig. 2 - Relationship Impacts of POTS



- About half of POTS subjects have been married (48.3%), with 8.3% of those individuals reporting a divorce due to POTS

CONCLUSIONS

- POTS places a strain on educational advancement, family and social relationships, and the ability to live independently.
- Raising awareness about POTS amongst educators and providing information on educational accommodations may improve educational outcomes for students with POTS.
- Improved access to care, optimized treatment, and support services may allow more individuals with POTS to live independently.
- Providing informational resources on POTS for family members and friends may improve family and social relationships.
- **Clinicians should seek to identify and work with POTS patients to improve their educational, family, social and/or housing goals as part of their overall wellbeing.**

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