

# CONTINUING MEDICAL EDUCATION WORKSHOP

## Postural Orthostatic Tachycardia Syndrome (POTS): DIAGNOSIS & MANAGEMENT

### Purpose:

The purpose of this Continuing Medical Education program is to educate physicians and other health professionals about postural orthostatic tachycardia syndrome (POTS), including symptom recognition, diagnosis, differential diagnosis, pharmacological and non-pharmacological treatment approaches, and when to refer patients to tertiary care centers. While POTS is one of the most common disorders of orthostatic intolerance, impacting an estimated 1,000,000 Americans, many medical professionals are not familiar with the condition. As a result, patients can endure years of diagnostic delay, resulting in prolonged suffering and wasted health care resources. Physicians and other health professionals need to learn to recognize the symptoms that POTS and other autonomic disorders can cause throughout the body.

### Learning Objectives:

- Recognize symptoms indicative of postural orthostatic tachycardia syndrome
- Describe the role of autonomic testing in diagnosis and treatment
- Develop basic non-pharmacologic and pharmacologic management strategies

### Target Audience:

Primary Care Physicians, Pediatricians, Family Practice Physicians, Internists, Neurologists, Cardiologists, Physician Assistants, Nurse Practitioners, and Allied Health Care Professionals

### Accreditation:

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through Harvard Medical School. Harvard Medical School is accredited by the ACCME to provide continuing medical education for physicians. Harvard Medical School designates this live activity for a maximum of 2.0 AMA PRA Category 1 Credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Harvard Medical School designates this activity for up to 2.0 hours of participation for continuing education for allied health professionals.

### Registration:

There is no charge for this event, however seating is limited. Register today by emailing [events@dysautonomiainternational.org](mailto:events@dysautonomiainternational.org) with the following information: name/title, organization, address, phone, and email address.

**May 6, 2016**  
**1:00 PM – 5:00 PM**

Harvard Medical School  
Beth Israel Deaconess Medical Ctr  
East Campus, Sherman Auditorium  
330 Brookline Ave, Boston, MA

### Course Director



**Roy Freeman, MD**  
Professor of Neurology  
Harvard Medical School  
Director, Center for Autonomic and Peripheral  
Nerve Disorders  
Beth Israel Deaconess Medical Center

### Speakers



**Christopher Gibbons, MD**  
Associate Professor of Neurology  
Harvard Medical School  
Director, Neurocutaneous Skin Biopsy Lab  
Beth Israel Deaconess Medical Center



**Lauren Stiles, JD**  
President & Co-Founder  
Dysautonomia International

## Agenda:

- 1:00 – 1:10pm Welcome Remarks  
Roy Freeman, MD & Lauren Stiles, JD
- 1:10 – 2:00pm Overview of POTS  
Christopher Gibbons, MD
- 2:00 – 2:30pm The Differential Diagnosis of Orthostatic Intolerance:  
POTS, Orthostatic Hypotension & Neurally Mediated Syncope  
Roy Freeman, MD
- 2:30 – 2:55pm Non-Pharmacological Approaches to POTS  
Christopher Gibbons, MD
- 2:55 – 3:20pm Pharmacological Approaches to POTS  
Roy Freeman, MD
- 3:20 – 3:30pm Break
- 3:30 – 4:00pm President's Perspective  
Lauren Stiles, JD
- 4:00 – 4:30pm Patient & Parent Perspectives
- 4:30 – 5:00pm Q&A Panel/Closing

## Event Sponsors



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