

Clinician Resources

This compilation of resources has been developed directly by members of the Topic Expert Group.

POTS Clinician Resources

Title (Source)	Link	Description
Evidence Based, Peer Reviewed and Expert Consensus Publications		
<p>Canadian Medical Association Journal (CMAJ article)</p> <p>Raj SR, Fedorowski A, Sheldon RS. Diagnosis and management of postural orthostatic tachycardia syndrome. CMAJ Can Med Assoc J. 2022 Mar 14;194(10):E378–85.</p>	<p>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8920526/</p>	<p>Article on diagnosis and management of POTS</p>
Supportive Resources for Diagnosis, Management and Research		
<p>POTS (Dysautonomia International)</p>	<p>https://www.dysautonomiainternational.org/page.php?ID=30</p>	<p>Educational resources and videos.</p>
<p>The gastrointestinal symptoms present in patients with postural tachycardia syndrome: A review</p>	<p>https://www.autonomicneuroscience.com/article/S1566-0702(18)30052-3/fulltext</p>	<p>Article regarding treatment of GI symptoms in POTS</p>

<p>of the literature and overview of treatment</p>		
<p>Management of Headache and Chronic Pain in POTS</p>	<p>https://www.autonomicneuroscience.com/article/S1566-0702(17)30340-5/fulltext</p>	<p>Article regarding considerations for treatment of pain in POTS</p>
<p>Cognitive Behaviour Therapy for Insomnia (CBT-i)</p>	<p>OHIP covered CBT-i programs run through various clinics can be searched online to determine which one may be best suited for the patient (programs may require referral)</p> <p>CBT-i Apps are also available for independent use and can be downloaded by the patient onto their personal device</p>	<p>Many people with chronic illnesses experience difficulty sleeping for various reasons</p> <p>Cognitive Behaviour Therapy for Insomnia (CBT-i) is an evidence based program that may help people develop individual tools to get better sleep.</p>