

Paediatric POTS: symptoms to solutions (Remote delivery on Zoom)

Wednesday 14 October 2026 (08:30 to 17:15 hours)

(RCPCH CPD Expected)

Target audience

- Paediatric and Emergency Paediatric consultants and trainees
- Locally employed paediatric doctors
- Allied Health care professionals who deal with children and young people
- Neurology & Rheumatology professionals.

Course Objectives

- This is a Basic Plus course.
- Participants will be able to recognise the clinical features of Postural Orthostatic Tachycardia Syndrome in children and young people.
- Participants will refresh the pathophysiology, investigations, and diagnosis of suspected POTS
- Participants will update on investigations in the context of suspected POTS.
- Participants will learn the basics of drug and non-drug management of POTS
- Participants will recognise the practical issues related to POTS management in the NHS.
- Participants will understand the role of Physio, Gastro, Rheumatology, Mental Health and MCAS specialist colleagues in the diagnosis and management.

Course Organisers and Faculty

Course Directors:

P Venugopalan, Consultant Paediatrician with Cardiology Expertise, University Hospitals Sussex NHS Foundation Trust

P Nair, Consultant Paediatrician with Cardiology Expertise, Bedford University Hospital, UK

Course Organiser

P Patel, Consultant Paediatrician, Royal Surrey Hospital, Guildford

Course Faculty:

A Gandhi, Consultant Paediatrician with Cardiology Expertise, University Hospitals Birmingham

A Verma, Paediatric Cardiology Registrar, Southampton General Hospital

L Kavi, Retired GP & Trustee and chair, PoTS UK

J Simmonds, Director of Education, Great Ormond Street Institute of Child Health, University College London

T Segal, Consultant Adolescent Medicine, University College London

M Kinali, Consultant Paediatric Neurologist, NeuroVoyager, London

R Tozer, Consultant Paediatrician (Gastroenterology, ME/CFS and POTS), Torbay & South Devon NHS FT

A Sridhar, Consultant Paediatric Rheumatologist, Leicester Royal Infirmary, UK

C Ashby, MCAS specialist GP, Ascot, UK

M Maidment, Psychology Team, Bedford Hospital NHS Trust

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08.30 – 08.45	Registration & Log in procedures	
08.45 – 09.00	Welcome & Programme outline	Pramod/ Venu
	Moderator – AM Sessions – P Venugopalan	
09.00 – 09.30	Is this POTS? – clinical features	A Verma
09.30 – 10.00	Pathophysiology & Diagnosis	P Venugopalan
10.00-10.30	Management – non-pharmacologic	A Gandhi
10.30 – 10.45	Coffee Break	
10.45-11.15	Management - Pharmacologic	P Nair
11.15 – 11.45	Current Challenges, Strategy and Opportunities	L Kavi
11.45-12.15	Phyio – an essential to facilitate recorvery	J Simmonds
12.15 – 13.00	Lunch Break	
	Moderator – PM Sessions – P Nair	
13.00 – 13.30	Chronic fatigue burden in POTS	T Segal
13.30 – 14.00	Rheumatology & POTS	A Sridhar
14.00 – 14.30	Neurologic aspects of POTS	M Kinali
14.30 – 14.45	Coffee Break	
14.45-15.15	Gastro manifestations	R Tozer
15.15 – 15.45	MCAS and POTS	C Ashby
15.45 – 16.15	Psychology Support	M Maidment
16.15 – 17.15	Plenary Concluding session with Q&A	All available Faculty