

## Freedom of Information request 100-22

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### Request

Postural Tachycardia Syndrome:

1. How do you code activity for a patient with a diagnosis of Postural Tachycardia Syndrome (PoTS)?
2. In the 3 years prior to the COVID-19 pandemic (2017/18, 2018/19 and 2019/20) how many patients within your board were given a diagnosis of Postural Tachycardia Syndrome (PoTS)? Please provide numbers for each year.
3. Which specialty are patients with PoTS referred to for management and treatment of their PoTS symptoms?
4. Do you have an established pathway to support the management for diagnosis and treatment of PoTS?
5. Do you have a specialist within your health board with the knowledge required to diagnose and manage complex patients with PoTS? If so, can you please name them and their specialty?
6. Do you run any specialist clinics or services for the management of PoTS in adults and in children?

Long Covid:

1. Since the start of the COVID-19 pandemic, how many referrals have you had for the assessment and treatment of long-COVID?
2. How many patients have subsequently had a diagnosis of PoTS following a confirmed or suspected COVID-19 infection? Please provide numbers for each year 2020/21 and 2021/22.
3. For patients experiencing breathlessness, palpitations, fatigue, chest pain and syncope, do you follow SIGN guidelines to screen for orthostatic intolerance?
4. What testing to do offer for orthostatic intolerance?
5. Do you run any specialist clinics or services for the management of patients with long-COVID and which specialty do they sit within?

### Response

Postural Tachycardia Syndrome (PoTS):

1. NHS Borders code patients with an ICD10 classification of 149.8, please note however that this code can also be used for other conditions.
2. Please see table below for the number of patients given a diagnosis of PoTS from 2017 to 2020:

Year	Number of patients
2017/18	12
2018/19	<5
2019/20	5

3. Patients with PoTS are referred to the Syncope Clinic and Cardiology Clinic for management and treatment of their symptoms.
4. No, NHS Borders does not have an established PoTS pathway however in the last year we have established a Passive Standing Test as a tool for diagnosis of PoTS. Prior to Covid-19 we were also performing tilt table testing.
5. No, NHS Borders does not have a PoTS specialist.
6. No, NHS Borders does not run any specialist clinics or services for the management of PoTS in adults and in children.

Long Covid:

1. There have been 51 patients referred for Physiotherapy since the start of the Covid-19 pandemic.
2. Please see table below for the number of patients given a diagnosis of PoTS following a confirmed or suspected case of Covid-19

Year	Number of patients
2020/21	0
2021/22	<5

3. Yes, NHS Borders follows SIGN Guidelines to screen for orthostatic intolerance.
4. We routinely carry out a 3 minute active stand test; patients may also be referred for a longer standing test if required following clinical assessment.
5. NHS Borders has no specialist clinics for the management of patients with Long Covid however we do have 1.5 days Clinical Health & a Neuropsychologist, with other referrals being made to various specialties including; dietetics, physiotherapy occupational therapy.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or [foi.enquiries@borders.scot.nhs.uk](mailto:foi.enquiries@borders.scot.nhs.uk).

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **100-22** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.