Wolff-Parkinson-White’s syndrome

**Summary:**

Common heart problem, congenital, although symptoms may only develop later in life. Heart beats abnormally fast for periods of time. Can be life-threatening if comorbid with atrial fibrillation.

**Symptoms:**

* Mild episodes of racing heart; pounding or fluttering heartbeat
* Feeling light-headed/dizzy
* Shortness of breath
* Chest pain
* Sweating
* Feeling anxious
* Passing out/fainting

Symptoms may last for seconds, minutes, hours. Occurrence will vary from person to person. Occur randomly but may be triggered by strenuous exercise and caffeine/alcohol.

**Strategies:**

May need first aider/ambulance if symptoms persist. Can be medicated at hospital.

Vagal manoeuvre: technique to help slow heart rate down. Hold nose, close mouth, exhale hard while straining (as if on the loo).

Medication taken daily can help prevent episodes.

**Information source:**

[**https://www.nhs.uk/conditions/wolff-parkinson-white-syndrome/**](https://www.nhs.uk/conditions/wolff-parkinson-white-syndrome/)