FALLS AND SYNCOPE SERVICE
Royal Victoria Infirmary

Information about Tilt-Training for Patients with Vasovagal Syncope

This has been designed to give you and your family some basic information about Tilt-Training for patients with Vasovagal Syncope, and what you can expect to happen before or after any related investigations from Falls and Syncope Service.

What is Tilt-training?

Tilt-training is a physical treatment for patients who suffer from repeated fainting episodes from a condition called vasovagal syncope or simple faints.

Does it really work?

Tilt-training has been showed to reduce the likelihood of future fainting episodes with patients with vasovagal syncope in a few small studies. However, as it is quite time-consuming, it is only likely to be effective in highly-motivated individuals.

How does it work?

We still don’t know for sure how it works. We believe that this treatment gradually increases your body’s ability to stay upright. A study by our unit suggests that it improves the reaction of the nerves that control your heart rate and blood pressure.

Why was I recommended this treatment?

Your doctor would normally recommend this treatment after you have tried the more conventional treatments, as it is not a fully tested treatment.

What do I have to do?

You will have to stand with your back against a wall with your feet 15 cm (six inches) from the wall for 40 minutes. Stop immediately if you feel light headed or experience any other symptoms at all. Lie down with your feet slightly elevated to avoid blacking out as quickly as possible.
How often and how long?
You should aim to perform tilt-training at least 6 days per week. We would normally recommend that you try this for at least one month. However, you may need longer if you are finding it hard to get to 40 minutes after one month.

What special precautions do I have to take?
We always recommend that you have someone at home with you when you perform tilt-training if possible. Find a safe area with no surrounding obstacles, so you won’t get hurt if you do fall over during training.

You must take immediate action as soon as you feel any symptoms at all: stop, lie down, prop your feet up.

If you do not normally experience any warning symptoms before your blackouts, this may not be the right treatment for you. Please speak to your doctor about it.

What are the potential risks?
Training may bring on symptoms that you have experienced before. There is a chance you may blackout which is why we ask you to train in a safe environment.

We hope that this leaflet has been helpful.
This information is intended as a guideline, you may have many more questions, which the doctors, nurses, physiotherapists and occupational therapists will only be happy to answer any questions you may have. Please don’t hesitate to reach us by any contact as below:

Contact
Falls and Syncope Service
Telephone 0191 282 5237
Hours Monday to Friday 9.00am – 5.00pm
This information can be made available in larger print, other formats and languages on request. Please contact 0191 233 6161 extension 27740.

Arabic:
هذه المعلومات يمكن أن تتوفر بأحرف الطباعة الكبيرة وباللغات الأخرى حسب الطلب. الرجاء الاتصال ب رقم 0191 233 6161 داخل ال 27740.

Bengali:
এই তথ্য বৃহত্তর লিখিত রূপে এবং আরো কয়েকটি ভাষায় এবং অন্যান্য ব্যাপকভাবে প্রাপ্ত হতে পারে। কৃত্রিম 0191 233 6161 একাডেমিক 27740 এ সংযোগ করুন।

Chinese Simplified:
本小册子备有大字印刷、其它格式和其它语言版本可供索取。
请拨打0191 233 6161分机27740索取。

Chinese Traditional:
本小冊子備有大字印刷、其它格式和其它語言版本可供索取。
請撥打0191 233 6161分機27740索取。

Czech
Tyto informace jsou k dispozici také ve velkém fontu, v jiných mediálních formátech a v dalších jazycích. Zavolejte na telefonní číslo 0191 233 6161, linka 27740.

Farsi Persian:
اگر درخواست کنید، این اطلاعات منواد با حروف بزرگ، ‘قرم دیگر و يا زبان های دیگر دردسترس شما قرار می‌گیرد. لطفاً با شماره 0191 233 6161 0191 233 6161 0191 233 6161 0191 233 6161 0191 233 6161 مکان داخلی 27740 تماس بگیرید.

French:
Ces informations peuvent être proposées en gros caractères ou dans d'autres formats ou langues sur demande. Veuillez contacter le 0191 233 6161, extension 27740.

Polish:
Na życzenie niniejsze informacje mogą być udostępnione w wersji z dużym drukiem oraz w innych formatach i językach. Prosimy o kontakt pod numerem 0191 233 6161 wew. 27740.

Portuguese:
Mediante pedido, esta informação pode ser disponibilizada em letras maiores, noutros formatos e noutras línguas. Por favor ligue para o 0191 233 6161 extensão 27740.

Turkish:
Bu bilgi, talep edildiğinde, büyük puntoyla yazılı olarak, diğer format ve dillerde de sağlanabilir. Lütfen bunun için 0191 233 6161 dan dahili 27740′ı arayın.

Urdu:
پہ معلومات درخواست پر بھی طریقہ، دیگر فرمات اور زبانوں میں ممبئی کی جامعہ کی ہے۔ برائے مردیاتی 0191 233 6161 ایکسپیشن 27740 پر رابطہ کریں۔