E-Poster

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# Normative Data for the 10 min NASA Lean Test in Individuals Without Orthostatic Intolerance

**Topic:** Diagnosis

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## BACKGROUND

Orthostatic intolerance syndromes such as Orthostatic Hypotension (OH) and Postural Orthostatic Tachycardia Syndrome (POTS) are common symptoms seen in post-infection conditions and other neurological conditions with autonomic dysfunction. The NASA Lean Test (NLT) is a short clinical test used to assess these symptoms and direct management. There is however no robust literature on normative data for this test. The aim of this study was to produce a healthy control data set for NLT which can be used for comparison with patient population with health conditions.

## METHODS

Individuals recruited into the study had no orthostatic intolerance or history of autonomic dysfunction, post-infection conditions (such as long COVID) or other neurological conditions with hemodynamic instability. Each participant underwent an NLT and results were recorded. Participants were primarily recruited from the general population in a metropolitan city.

## RESULTS

Complete dataset was available for 110 individuals (62.7% Female, 36.4% Male). Population was 62.7% Caucasian, 8.2% Asian, 3.6% Black/Caribbean, 10% Mixed, 15.5% Other; the mean age was 35.6 ± 15.1, with a BMI 24.8 ± 4.0; 40.9% individuals had a background medical condition but none of the exclusion criteria.

## CONCLUSION

With our current understanding, the NLT data from a healthy population without orthostatic intolerance has been gathered for the first time in the current literature. This normative data will help interpret NLT data in patients with Orthostatic Intolerance better and be useful in management of dysautonomia in specific conditions.

**Statement of Disclosures**

None

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