



STUDENT ATHLETE CARDIAC SCREENINGS

Governor Steve's Focus Project



PURPOSE

- ❖ Prevent Sudden Cardiac Death
- ❖ Detect Heart Rhythm Abnormalities
- ❖ Identify Heart Structure Abnormalities

HOSPITAL WE ARE PURSING/WORKING FURTHER PARTNERSHIPS

- ❖ Columbia Presbyterian Hospital
- ❖ Mercy Medical Center: first screening held 09/2016
- ❖ Stonybrook University Medical Center
- ❖ University of Buffalo
- ❖ Southside: asked for promotional assistance 10/2016
- ❖ St. Francis Hospital
- ❖ South Nassau Communities Hospital
- ❖ Hopefully others in the future.





OVERVIEW OF PROGRAM

- ❖ Initially sponsored by Governor Forbes last year.
- ❖ Chair is available for education to clubs in the downstate area,
please contact Jeanne for her availability.

PROGRAMS

- ❖ St. Francis in place for 6 years
- ❖ MMC started in September.
- ❖ Southside in place wants assistance promoting.
- ❖ Working with Martin Health Foundation (FL) in developing program.



OTHER THOUGHTS

- ❖ Partnering with a foundation that might be formed in memory of a child.
- ❖ A donation for maybe screening equipment at a hospital.



VARIOUS PROGRAM STRUCTURES

- ❖ Is it mobile to the community—going to a particular school?
- ❖ What is being performed solely EKG? and/or echo?
- ❖ Is there a process for follow up if needed?
- ❖ When are results communicated?

LITERATURE

- ❖ Covered in several publications of the Journal of the American College of Cardiology
- ❖ Focuses solely to athletes and/or to non athletes?
- ❖ Counter argument is incidence is not as high as other conditions and some authors are not advocates for mass EKG screenings.
- ❖ Incidence varies based on same size and population of students screened.

LITERATURE

- ❖ Use of just EKG is not recommended
- ❖ Having a Cardiologist screen is recommended.
- ❖ Recognize need of having certain cardiac questions added to assessments.
- ❖ Screenings are supported in principle by the American Heart Association

LITERATURE

- ❖ Recommended Screeners by qualified examiners
- ❖ Adequate resources needed to run quality controlled events
- ❖ Not enough data to make a case right now for a national case for screenings
- ❖ Recommends screening EKG for all children put on stimulant medication
- ❖ Intl Olympic committee recommends personal and family history collection, physical exam and 12 lead EKG for all sports participants beginning of competitive activity and repeated every 2 years

REFERENCES

❖ Maron et. al. JACC Vol. 64 ,No. 14, (2014 October 7) p. 1479-514

❖ Curtis et al. 'ECG Screening Is Not Warranted for the
Recreational Athlete.' JACC Vol. 63, No. 19, (2014 May 20). p.
2035-2036



LESSONS FROM ST. FRANCIS

- ❖ Program in place for 6 years.
- ❖ Hold about 9 screenings a year to coincide with the school year.
- ❖ Approximately 1650 students screened to date 7.6% requiring some type of follow up from this population.
- ❖ Perform echo, EKG, and have results same day
- ❖ Revisiting going on the road.



LESSONS FROM ST. FRANCIS

- ❖ Challenging being on road less controlled set up, moving equipment, to test equipment at site
- ❖ Had Program on day on a Sunday eventually through parents input determined the first Wednesday at 6PM was better.
- ❖ Seeing a decline in enrollment of slots most of 2015
- ❖ Sadly takes a story of a child collapsing on the field to gain awareness.

LESSONS FROM ST. FRANCIS

- ❖ Parents need to sign consent for the Echocardiogram
- ❖ Pediatric Cardiology screens up to age 21
- ❖ Results are shared with the parents and student unless emancipated.





THINGS YOU CAN DO

- ❖ Speak with your Lt. Gov.
- ❖ See if there is a local hospital in area doing screenings
- ❖ If yes see can you help promote or do they need equipment that maybe a fundraiser can assist
- ❖ Encourage school districts to screen if there is a hospital partner in area (North Shore high school partners with Glen Cove Hospital and encourage families to get screened)
- ❖ If not, see if there is a foundation in memory of a student in area.



HOW BEST TO GET THE WORD OUT

- ❖ Flyers
- ❖ Send letter to local hospital or school district (Sample letters on District Governor site)
- ❖ Email Blast
- ❖ A sponsor athletic director, superintendent, PTA rep
- ❖ Need a healthcare sponsor



A PERSONAL NOTE

- ❖ I'm lucky my dad didn't have sudden cardiac death as a child.
- ❖ He had a congenital hole in his heart a PFO (Patent Foramen Ovale)
- ❖ He was very active as a child and on various sports teams
- ❖ He collapsed shoveling at 62 and had open heart to repair.
- ❖ An echo possibly could have detected this at some point earlier in his life.



CONTACT INFO

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