

EKG Screenings Can Protect Young Hearts



As pediatric primary care providers YOU are the first line of defense against sudden cardiac arrest (SCA) and death in youth.

The standard approach to well-child checkups and pre-participation physical examinations misses about 90% of heart conditions that can put kids at risk for SCA. And most of these conditions are not detectable with a stethoscope. Research shows that electrocardiograms (EKGs or ECGs) are the most effective way to diagnose an undetected heart condition. Given most youth do not report or recognize symptoms associated with a potential heart condition, Parent Heart Watch supports ECG screenings as a best practice in youth health care.

Here's what you can do to help protect young hearts:

- Proactively review cardiac questionnaire with both youth and parents
- Assess family history of heart disease or sudden death under the age of 50
- Ask if youth has experienced fainting, chest pain, shortness of breath, racing heart, dizziness or excessive fatigue
- Administer ECG for the early detection of conditions that may lead to cardiac arrest
- Refer patient to a pediatric cardiologist for further evaluation

SCA in Youth...*Not so Rare*

- 1 in 300 youth has an underlying heart condition that puts them at risk for SCA
- #1 killer of athletes during sports
- Leading cause of death on school campuses
- Up to 72% of youth stricken by SCA had unrecognized warning signs
- A cardiac diagnosis was not considered for 60% of SCA victims with preceding symptoms
- Up to 49% of SCA victims had a significant family heart history

Don't Take a Chance With a Child's Heart

Learn current ECG interpretation criteria that lowers the false positive rate to ~3%. Free online at:
<https://uwsportscardiology.org/e-academy/>



Parent Heart Watch.
THE NATIONAL VOICE
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

Find robust cardiac risk assessment tools at

www.ParentHeartWatch.org