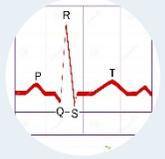


# Student Athlete EKG Screening



Read below for a better understanding of the EKG screening rationale, process, and potential outcomes to make an informed decision if this screening is right for your student.

**Why do we do student EKG screening?**  
Sudden Cardiac Arrest (SCA) is a situation that causes the heart to suddenly, unexpectedly stop. This results in death if not treated immediately. Sometimes students have symptoms indicating a cardiac issue, while many have no warning signs at all. This is why screening is important: to detect risk before a student begins playing sports, which may trigger a sudden cardiac arrest if underlying cardiac issues are present.

**What test do we use for this screening?**  
We use a test called a 12 Lead EKG to record the electrical activity of the student's heart. We place stickers on the student's chest/arms/legs, clip wires to the stickers, and get a picture. It takes less than 5 minutes and causes no discomfort to the student.

More information on Sudden Cardiac Arrest can be found here: <https://www.health.pa.gov/topics/school/Pages/Sudden-Cardiac-Arrest.aspx>

**Some warning signs for underlying cardiac issues include:**  
Dizziness or lightheadedness during exercise  
Fainting/passing out during or after exercise  
Shortness of breath or difficulty breathing with exercise, not asthma related  
Racing, skipped beats or fluttering heartbeat (palpitations)  
Fatigue (extreme or recent onset of tiredness)  
Weakness  
Chest pains/pressure or tightness during or after exercise.

**\*\*IMPORTANT\*\***  
To opt into the EKG screening process, parent/guardian and/or student of 18 years or older **MUST** sign the waiver and fill in the contact information to allow us to do the screening. If the waiver is not signed, the student will not be able to participate in the EKG screening.

**What does the screening process look like?**  
The student opts in and participates in the EKG screening, which takes place during in-school sports physicals each season. The EKG is then sent remotely to a UPMC pediatric cardiologist to be read. Those results will be reported back to the school's athletic trainer within 3 business days. Parents will receive a call **ONLY** if the EKG needs additional follow-up.

**What are some potential outcomes?**  
EKGs can result in the following:  
1. EKG is normal, no follow-up required  
2. EKG requires additional cardiology follow-up, student athlete will be withheld from sports until follow-up with cardiology is complete  
**\*Please note, if an EKG needs cardiology follow-up, that DOES NOT mean something is wrong.**

**What will happen if your student requires follow-up with Cardiology for their EKG?**  
Parents will receive results of EKG screening via phone call and a copy of the student's EKG as needed. **Parents are then required to complete one of the two options below:**  
1. Contact UPMC pediatric cardiology to schedule a follow-up appointment for the student (appointments are available within 1 week of the screening)  
- Front desk **via phone 717-761-0200**  
2. Can use different cardiology group for follow-up. Make sure to give them the following fax number to obtain the EKG results  
- Fax Number (717-782-5219)

**\*Make sure when you call cardiology, you tell them the student had an abnormal EKG at their PIAA sports physical screening**

**IMPORTANT - Please note:** The patient would be financially responsible for any additional services rendered based on the results of the EKG. This may include but is not limited to a physician consult, additional diagnostic testing, etc.. Many insurances require a referral from the student's pediatrician/ family doctor to schedule with cardiology. Some may require the student to

be seen in their office first.