



Sudden Cardiac Arrest Awareness Form

1. What is Sudden Cardiac Arrest?

- A condition in which the heart suddenly and unexpectedly stops
- An electrical malfunction (short-circuit) which causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs, and other vital organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

2. What are the symptoms/warning signs of Sudden Cardiac Arrest?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual Fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age less than 50

The presence of ANY of these symptoms/warning signs that occur while exercising may necessitate further evaluation from your health care provider before returning to practice or a game

3. What is the treatment for Sudden Cardiac Arrest?

- Time is critical and an immediate response is vital
- CALL 911
- Begin CPR
- Use an Automated External Defibrillator (AED)

4. What causes Sudden Cardiac Arrest?

- **Conditions present at birth**
 - **Inherited** (passed on from parents/relatives) **condition of the heart muscle**;
 - **Hypertrophic Cardiomyopathy**- hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in the United States.
 - **Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC)** – replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.
 - **Marfan Syndrome** – a disorder of the structure of blood vessels that make them prone to rupture; often associated with very long arms and unusually flexible joints.
 - **Inherited conditions of the electrical system**
 - **Long QT Syndrome** – abnormality in the ion channels (electrical systems) of the heart
 - **Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT) and Brugada Syndrome** – other types of electrical abnormalities that are inherited.

- **Non-inherited** (not passed on from the family but still present at birth) **conditions;**
 - **Coronary Artery Abnormalities** – abnormality of blood vessels that supply blood to the heart. The second most common cause of sudden cardiac arrest in athletes in the United States.
 - **Aortic Valve Abnormalities** – failure of the aortic (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.
 - **Non-Compaction Cardiomyopathy** – a condition where the heart muscle does not develop normally.
 - **WOIFF-Parkinson/White Syndrome** – an extra conducting fiber is present in the heart’s electrical system and can increase the risk of arrhythmias.
- **Conditions not present at birth but acquired later in life**
 - **Comotio Cordis** – concussion of the heart that can occur from being hit in the chest by a ball, puck, or fist.
 - **Myocarditis** – infection/inflammation of the heart, usually caused by a virus.
 - **Recreational/Performance Enhancing drug use** – use of drugs such as cocaine, and or high doses of stimulants can be associated with Sudden Cardiac Arrest.
- **Idiopathic:** Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

Risk of Inaction - Given that only 10.4% of EMS-treated non-traumatic victims of any age survive, the risk of ignoring signs and symptoms can lead to catastrophic consequences.

**Sudden Cardiac Arrest Awareness
Parent/Student-Athlete Acknowledgement Statement**

I _____, the parent/guardian of _____,
 Parent/Guardian Name of Student-Athlete

acknowledge that I have received information on all of the following:

- The definition of a Sudden Cardiac Arrest
- The signs and symptoms of Sudden Cardiac Arrest to observe for or that may be reported by my athlete
- What to do if I think my athlete requires medical attention due to Sudden Cardiac Arrest.

Parent/Guardian _____ Parent/Guardian _____ Date _____
 PRINT NAME SIGNATURE

Student Athlete _____ Student Athlete _____ Date _____
 PRINT NAME SIGNATURE

Information to create this acknowledgement statement was obtained from the American Heart Association (www.heart.org), Parent Heart Watch (www.parentheartwatch.org) and the Sudden Cardiac Arrest Foundation (www.sca-aware.org). Visit these sites for more information.

For official use only: Name of Athlete _____ Sport/season _____ Date Received _____
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