



# SafeBeat™

## In-School Preventative Heart Screenings

***“Screening Hearts... Saving Lives!”***

**Lifesaving heart screenings are conducted in your school to protect your students. Your school district is leading the way in a movement towards proactive prevention!**

### **Sudden Cardiac Arrest (SCA) - The Facts:**

**Approximately 20 children between the ages of 6 & 18 will die today from sudden cardiac arrest (SCA)**

**Each year, approximately 7,000 young Americans ages 6-18 die from SCA.**

**Approximately 1 out of every 143 children have a cardiac arrhythmia syndrome.**

**Two thirds of SCA deaths occur in people without any prior indications of heart disease.**

**In 80% of SCA cases, the first symptom is the fatal collapse.**

**The sensitivity of an ECG/EKG when looking for hypertrophic cardiomyopathy (HCM), the leading cause of sudden unexpected death in adolescents, is 95%.**

**SCA is three times more prevalent in young athletes than nonathletes.**

**The African American population suffers SCA 3 to 5 times more than all other ethnic groups.**

**For every minute that passes after SCA without defibrillation, a person's chances of survival decreases by 10%.**

**Cardiac arrhythmia syndromes are often genetic and hereditary.**

**Once a CAS is detected, it's recommended that 1st and 2nd degree family members be tested.**

**Once diagnosed, most cardiac conditions are treatable allowing individuals a normal lifestyle.**

**What is SafeBeat?** *SafeBeat* is a national initiative that establishes local and regional preventative heart screenings in an effort to prevent sudden death in youth and create a healthier generation throughout America's public middle/high school systems. Our mission is that no family suffers the loss of a child because of sudden cardiac arrest.

**Do my students have to participate?** No, this is simply a service that will be offered to parents. Screenings are voluntary and parents will make the decision to opt-in when they register their child.

**How do parents register for a screening?** Registration is fast and easy. Parents can register online at [www.safebeat.org](http://www.safebeat.org).

**What does a screening consist of?** A preventive heart screening consists of a child and family heart health questionnaire, bi-lateral blood pressure (BP) reading, height/weight (BMI), and an electrocardiogram (EKG).

**What is an Electrocardiogram (ECG/EKG)?** An ECG or EKG is a test that measures the electrical activity of the heart and can be a useful tool in detecting heart abnormalities. In most cases, children do not exhibit symptoms of a heart problem, so a preventive heart screening can help to detect a condition before it has become an emergency.

**Where do the screenings take place?** Typically, screenings will take place at your child's school, during the school day.

**Who conducts the screenings?** The screenings are done by trained medical staff/volunteers who are working with the *SafeBeat Initiative*. All screenings are then over-read by a board-certified pediatric cardiologist.

**How long is SafeBeat at my school and where will they set up?** The number of days is based upon the number of pre-registered students to be screened. *SafeBeat* will either set-up inside the school in a location such as gym classrooms, library, media center, vacant classrooms or utilize the *SafeBeat* mobile screening buses (*based on availability*).

**How long does each individual screening take?** Each screening takes approximately 12 minutes. Teachers can expect that a student will be out of the classroom for 15-20 minutes for the individual appointment. Hall passes will be signed by a *SafeBeat* representative with the time in which the screening was completed. Students will be expected to return to class promptly.

**Who receives the results of the screening?** Screening results will be emailed directly to the parent or guardian of the student. Parents are encouraged to share the results with their primary care physician and speak with their PCP about any follow-up that was recommended.

**What if a student is uninsured/under-insured?** *SafeBeat* collaborates with local medical institutions that will provide follow-up care for any child no matter the level of insurance. Information regarding any needed follow-up is emailed directly to the parent or guardian with the screening results.

**Does the school see the results?** No, the school will not receive a copy of student's screening results. A parent may choose to share their results with the school at their discretion. However, the school may receive a list of students that were recommended for pediatric cardiology follow-up.

**What does an abnormal result mean?** An abnormal result simply means that the reading pediatric cardiologist has indicated that something within the students heart screening should be further evaluated. The vast majority of conditions detected are treatable, and in most cases students can continue to lead healthy active lives. In the event that your child's EKG result is normal, the follow-up recommendation is a result of the child health and family history provided during the intake questionnaire. The EKG is done while the child is at rest and is not a 100% indicator of an underlying heart condition.

**Are in-season athletes able to continue playing sports if an abnormal result is found?** Continuing with athletic participation will be at the parent's, family physician's and school's discretion. *SafeBeat* and its collaborating medical partners do not determine whether a child can continue playing sports; only recommendations can be given. Detection of a possible condition does not necessarily mean ineligibility from sports.

**Is there any liability on my school?** No, the school does not hold any liability in regards to this screening. This is simply a preventative heart screening that is offered to parents for the safety and health of their children. *SafeBeat* carries its own insurance policies and will be contacted directly if any circumstance arises that requires legal action.

**What are the costs to the students or the school?** The cost of screening is offset by the generosity of parent donations (from ones that can), community partners, individual and corporate donors/sponsors.

**What about AEDs? Are they a solution for sudden cardiac arrest?** An AED is crucial when someone collapses with sudden cardiac arrest. An AED must be used properly within moments of an cardiac arrest to be effective and even then, it is not assured that the person can be revived. *SafeBeat* is a proactive preventive approach that can help prevent sudden cardiac arrest from even arising.

**What is required by my school if we choose to offer a *SafeBeat* screening?** *SafeBeat* screening programs are turn-key operations and require minimal efforts from the schools. Please view the following for some examples:

**As a host school some responsibilities would include:**

- ◆ Appoint a school representative(s) to work closely with our *SafeBeat* coordinator.
- ◆ Select a location that provides easy access to the screening event and coordinate the opening and preparation of the screening.
- ◆ Secure executed screening agreement (*agreement provided by SafeBeat*)

**Actively support the promotion of the screening event by:** (*information, links, and email notice will be provided*)

- ◆ Posting information on school website and linking it to the *SafeBeat* registration website. Distributing email, robo-calls, and social media notices to students, families, and staff.
- ◆ Distributing *SafeBeat* informational materials to families.
- ◆ Announcements via your tele-information system, as well as public announcements at sporting events, theater arts, and presentations.
- ◆ Placing *SafeBeat* posters throughout school (*information will be provided*) about the preventative heart screening in areas such as: front office, hallways, gymnasium, library, etc.



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