



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!

What is SafeBeat? *SafeBeat* is a national initiative that establishes local and regional preventative heart screenings in an effort to prevent sudden cardiac death in youth and create a healthier generation throughout America’s 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 students. Screenings are voluntary and parents/students will make the decision to opt-in to register.

How do parents/students register for a screening? Registration is fast and easy. Register online at www.safebeat.org. (*must be 18 or older to register*)

What does a screening consist of? A preventive heart screening consists of a student and family heart health questionnaire, bi-lateral blood pressures (BP) reading, height/weight (BMI), electrocardiogram (EKG) and Echocardiogram (Echo).

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.

What is an Echocardiogram (ECHO)? An echocardiogram is a test that utilizes ultrasound to help evaluate the structural functionality of the heart’s valves and chambers. This is a limited echo looking for specific conditions that can lead to SCA.

Where do the screenings take place? Typically, screenings will take place on your campus during the school day.

Who conducts the screenings? The screenings are done by trained medical staff/volunteers who are working with *SafeBeat*. All screenings are then over-read by a board-certified peds/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 20 minutes. Teachers can expect that a student will be out of the classroom for 30 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/guardian of the student or directly to student if 18 or older. Parents/students are encouraged to share the results with their primary care physician and speak with their PCP about any follow-up that was recommended.

Sudden Cardiac Arrest (SCA) - The Facts:

Approximately 20 children between the ages of 6 & 25 will die today from sudden cardiac arrest (SCA)

Each year, approximately 7,000+ young Americans ages 6-25 die from SCA.

Approximately 1 out of every 300 children have a cardiac arrhythmia syndrome.

Majority of SCA deaths occur in people without any prior indications of heart disease.

In many 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 an adolescent, is 95%.

SCA occurs 7-8 more often in non-registered athletes.

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.

SCA is the #1 killer of student athletes and students on school campuses. Most SCA cases in youth can be prevented!

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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/guardian or student (*18 or older*) 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/student may choose to share their results with the school at their discretion.

What does an abnormal result mean? An abnormal result simply means that the reading cardiologist has indicated that something within the student's 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 student's EKG/Echo screening result is normal, but a follow-up recommendation is given, it is a result of vitals taken and/or result of the child health and family history during the intake questionnaire. The EKG/Echo is done while the student 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 regarding this screening. This is simply a preventative heart screening that is offered to students for their safety and health. *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? Event costs are offset by our request of a \$25 donation per individual screened (paid by parent/guardian). Occasionally the cost of screening is completely covered by the generosity of community partners, individual donors, and/or corporate 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 a 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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