

## Sudden Cardiac Arrest Awareness Form

### 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.

### 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**

### 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)

### 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**