



**St. Vincent de Paul School**

206 E Chestnut St. Mt. Vernon, Ohio 43050 740-393-3611 [www.saintvdpschool.org](http://www.saintvdpschool.org)

August 2018

Dear St. Vincent de Paul Families,

Your child's and our students' welfare is of our utmost concern. It is out of this concern we became accredited through the National SADS Foundation to be a Heart Safe School. This means that more than 90% of our Faculty and Staff have been fully trained and certified in CPR and have been AED trained. Our students in 8<sup>th</sup> grade will receive certification this year and other school age children will learn about CPR and AED use. Our school also runs medical emergency drills to better respond to medical emergencies.

The other important part of this accreditation status is to increase awareness, education, and prevent death from sudden cardiac arrest. Attached to this letter you will find a facts sheet for you to keep and a survey. The survey is meant for you to assess your child's risk factor and have a discussion with your child's physician. The school does not need the survey back unless you answered yes to any of the questions and wish to share the information with the school to create a care plan for your child. A care plan is created for a child who has specific possibly serious medical condition (i.e. prior heart history, asthma, severe allergy etc.). This plan is created to help increase our school, faculty, and staff awareness and our response to your child's needs.

As always, if you have any questions and or concerns, please do not hesitate to call or e-mail me.

Blessings,

Martha Downs

*Learning through Christ, the Saint Vincent de Paul School family strives to excel in knowledge, service, leadership, and faith through Roman Catholic Tradition.*

# Facts about Sudden Cardiac Arrest in Youth



Fairfield Medical Center  
**SNIDER**  
Cardiovascular Institute

Courtesy of: The Snider Community Heart Watch  
401 N. Ewing Street • Lancaster OH • 740.689.6893

## Did You Know?

- Up to 7,000 young people suffer Sudden Cardiac Arrest (SCA) annually according to the Pediatric Clinics of North America Journal.
- Cardiovascular disease is the second leading medical cause of death in children and adolescents in the United States.\*
- SCA is indiscriminate as to age, race or gender.
- Data estimates that 1 in 50 high schools has an SCA (in a student or older person) on school grounds each year.



## Early detection is crucial.

- Youth are not adequately screened for heart conditions.
- Frequently, the warning signs and symptoms of a heart condition in youth go undetected or are misdiagnosed.
- Those who work and live with youth must be aware of these signs and symptoms. If any exist, they should be reported to the youth's physician immediately.
- Being prepared to perform CPR and use an AED can save a young life.
- Most occurrences of SCA in youth occur in public places.
- The increased availability of publicly accessible automated external defibrillators (AEDs) in schools and school sponsored athletic events will dramatically increase the probability that youth will survive SCA.
- Knowing and properly executing the critically time urgent links of the Cardiac Chain of Survival can help save the life of a youth in SCA.

\*Circulation. 2003;107:1447-1453. National Survey of Sudden Cardiac Arrest in Youth. Published April 22, 2004. Volume 107, Number 17

# Cardiac Risk Assessment Survey

Dear St Vincent de Paul Parents,

Please answer the following questions and share the information with your child's Physician, especially if any of the answers are yes.

## Patient History Questions:

- Has your child fainted or passed out DURING exercise, emotion or startle?
- Has your child fainted or passed out AFTER exercise?
- Has your child had extreme fatigue associated with exercise (different from other children)?
- Has your child ever had unusual or extreme shortness of breath during exercise?
- Has your child ever had discomfort, pain or pressure in his chest during exercise?
- Has a doctor ever ordered a test for your child's heart?
- Has your child ever been diagnosed with an unexplained seizure disorder?

## Family History Questions

- Are there any family members who had an unexpected, unexplained death before age 50?  
(include SIDS, car accident, drowning, others)
- Are there any family members who died of heart problems before age 50?
- Are there any family members who have had unexplained fainting or seizures?
- Are there any relatives with certain conditions such as:
  - Hypertrophic cardiomyopathy (HCM)
  - Dilated cardiomyopathy (DCM)
  - Aortic rupture or Marfan syndrome
  - Arrhythmogenic right ventricular cardiomyopathy
  - Long QT syndrome (LQTS)
  - Short QT syndrome
  - Brugada syndrome
  - Catecholaminergic ventricular tachycardia
  - Primary pulmonary hypertension
  - Pacemaker
  - Congenital deafness

Please explain more about any "yes" answers here:

**If you answer yes to any of these questions please take this survey to your child's physician to make them aware and check your child's heart.**

Child's name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Please list any extracurricular activities in which your child participates:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**If you answered yes to any of the questions and wish to share this information with the school to create a care plan for your child to address your child's emergency medical needs while in attendance to St. Vincent de Paul school, please copy the survey and return to the school office in a sealed envelope. The office staff will be in contact with you to create a plan that will be shared with all faculty, staff, coaches, and or supervisors of your child.**

For More information or if you need a referral to a heart specialist, contact:  
**(740) 689-6893 SADS Foundation • 1-800-STOP SAD • [www.StopSADS.org](http://www.StopSADS.org)**