

# Commonly Asked Questions about EKG Screening

## *1. Does it cost anything to get an ECG screening?*

An ECG is being offered to your student **FREE OF CHARGE** at Flowing Wells Junior High School.

## *2. If my child's EKG is within normal limits does this mean that they have a healthy heart?*

An ECG can detect only some of those at risk for Sudden Cardiac Death. There are some conditions that cannot be detected with an ECG. Until further testing is available, however, an ECG coupled with a thorough medical history, is the best tool to detect those at risk. Fainting, dizziness with exercise and a family history of sudden death due to cardiac or unknown causes in a blood relative are possible alerts to hidden cardiac disease. Unfortunately, many of those who die from sudden cardiac causes have no identifiable symptoms or family history.

## *3. If my child's ECG is within normal limits does it need to be repeated again in future years?*

Current international recommendations are to repeat the ECG every other year through age 25.

## *4. Will my child's results be shared with the school?*

Detailed healthcare information will not be shared with the school, and will only be shared with you in the interest of protecting your child. However, the fact that your child has been referred for follow up screening may be shared with the school, and they may restrict your child's participation in athletics until you have completed further follow up with medical professionals. This is not in an effort to punish your child, or limit their participation, but to protect them in the event they have a cardiac condition that could impact their health.

## *5. Will I be notified if my child's results are within normal limits?*

All participants will be notified of results, and if there is no need for further follow up, you will receive a letter within three weeks of the screening.

## *6. What does it mean if my child's screening ECG is outside normal limits and requires further investigation?*

It may indicate the presence of a significant cardiac condition and requires further evaluation and testing by a physician.

## *7. If my child's ECG is outside normal limits, does that mean she or he has a life threatening condition?*

Possibly. Your child will need to have further evaluation and testing. There is a chance that your child's ECG will result in "false positive" findings. A false positive ECG indicates a defect may exist, but further testing shows there is no problem. We realize that this may cause anxiety, but believe that the benefit of this potentially life-saving screening outweighs this concern.

## *8. How soon should I have my child see a physician?*

You should have your child examined by a cardiologist within two weeks of being notified that the results of the screening ECG were outside normal limits.

## *9. Will additional testing be needed?*

Your child's physician, working with a cardiologist, will determine the need for further testing, consultation and treatment.

# Student FAQ

## *What is an ECG?*

An ECG, or Electrocardiogram, is a completely painless test, which evaluates the health of your heart. It measures your heart rate and heart's electrical activity to tell the doctor if you have an irregular or at risk heartbeat that can't be detected with a stethoscope.

**How is the test done?** You will lie down on a table and 10 adhesive pads (electrodes) will be placed on your arms, legs, and chest. A wire is then attached to each electrode connected to a special recording machine. During the ECG, electrical signals from your heart are sent from the electrodes to the ECG machine. The ECG machine records a reading of your heart rate and electrical activity on paper. This will only take about 2-3 minutes.

## *What should I wear?*

You should wear your gym uniform, if possible. If not, boys should wear a loose fitting shirt that can be easily removed for the screening. Girls should wear a loose fitting shirt with a bra underneath for the screening. Avoid wearing a dress, tights or leggings of any sort, as well as lotion. All students should avoid wearing multiple layers of clothing the day of the screening. \* **Boys and girls will be tested in separate areas.**

## *Does it hurt?*

No, an ECG is painless. Removing the electrodes is similar to removing a Band-Aid. If you have any allergy to adhesives (Band-Aids or tape), you may experience some redness and/or irritation where the electrodes were placed. **Please let us know if you have an allergy to adhesives.**

For more information, please visit [www.andraheart.org](http://www.andraheart.org)