School Health Professionals
Prevent Sudden Cardiac Death in Your Schools

The SADS Foundation is alerting you to the risk of sudden unexplained cardiac death in young people. Death is due to an abnormality of the heart’s electrical system or of the heart muscle itself that can cause sudden loss of consciousness, arrhythmia, and sudden death. These children usually appear healthy and, in most cases, the young person and her/his parents have absolutely no idea that something might be wrong. Once diagnosed, these conditions are treatable.

We have included material in this packet that will acquaint you with the facts about sudden cardiac death in young people, how to determine if syncope (fainting) is life-threatening, screening for SADS conditions, and a brochure about Long QT Syndrome, one of the more common SADS conditions.

We are asking you to add the Risk Assessment questions (see Is Your Child At Risk? attached) to your school’s physical screening forms. If there are any “yes” answers, the student should have a cardiac screening.

We are also asking you to be alert for any symptoms of these conditions and to educate parents, teachers and coaches about the necessity to screen the child with symptoms.

Included in this packet are a teacher and a coach flyer for your information. If you would like more flyers for your teachers and/or coaches—or more Is Your Child At Risk? sheets for parents—please let us know. We are also including a SADS poster and would be happy to send you more posters for all your schools (to hang in halls, gyms, teacher’s lounges, school offices, etc.)

Our focus this year is creating SADS Safe Schools for all kids with a SADS condition. Everyone will need to implement this program is attached to the sheet: SADS Works to Keep Children Safe at School and includes a sample Medical Emergency Response Plan and examples of the Care Plans that we offer. We also provide information for families with SADS Conditions.

We would love to have you encourage your schools to receive a Heart Safe School Accreditation and have included a flyer in this packet with information.

You may order more materials at www.StopSADS.org. We will also be happy to answer any questions you may have—thanks for your help.