



Remember...

- Most cardiac problems that may cause sudden death in the young can be diagnosed and treated.
- With treatment, people with these conditions can have normal, productive lives.
- Most sudden cardiac deaths in children are due to hereditary conditions, so every family member should be tested.

Warning Signs:

- A family history of unexplained, sudden death in a young person (under age 40)—including drowning suddenly
- Fainting (syncope) or seizure during exercise, excitement, or startle
- Consistent or unusual pain and/or shortness of breath during exercise.

SADS' Mission

To save the lives and support the families of children & young adults who are genetically predisposed to sudden death due to heart rhythm abnormalities.



Back to School Checklist

For Parents of Students with SADS Conditions

Make sure you do the following to help your school environment be as safe as possible for your SADS child.

Ask to meet with the principal, school nurse, and, possibly, the 504 plan team. At the meeting:

- ___ 1. Develop an Individualized School Health Care Plan for your child (SADS has recommended plans for you to customize at www.StopSADS.org). This plan may also be called a 504 plan or another name but, no matter what it's called, it should include everything on our recommended plan. To develop the plan:
 - a) Take our plan to your child's physician to complete the activities, etc. **OR**
 - b) Work with your school nurse to complete the plan—using your knowledge of your child's condition and your doctor's recommendations **OR**
 - c) Fill out the plan yourself and take it to the meeting
- ___ 2. To ensure that your child's Individualized School Health Care Plan is in place and working, verify the following:
 - Who is responsible for receiving the plan (the principal, school nurse)?
 - Where is the care plan housed (in a file, binder, etc.)?
 - Who is responsible for implementing the plan, if needed?
 - How does the school train staff regarding the existence and implementation of individual care plans?
 - Ensure the plan includes the buddy system for your child everywhere they go.
- ___ 3. Make a plan to ensure that all above recommendations are in place.
 - Ensure that all staff has a picture of your child.
 - Offer to provide training in existing staff meetings, etc.
 - Speak directly to all staff that deal with your student (lunch room and playground aides, coaches or PE teachers, break out teachers, etc.)
- ___ 4. Is your school a Heart Safe School™?
 - If the answer is YES, you are done!
 - If the answer is NO:
 - a) Ask the principal what the school's Emergency Medical Plan is, and whether all staff are trained on their role. (See SADS recommendations for these plan and samples at www.StopSADS.org)
 - b) Check to see if the school has an AED, a plan for the use of the AED and whether all appropriate staff is trained to use an AED.
 - c) Initiate the Heart Safe School Accreditation process.

If you feel like your school is not able to provide a safe environment and need additional help, call your school district. They will often advocate for your child, and educate you regarding the federal law pertaining to a child.