

HOW CAN I PREVENT SCD IN THE YOUNG?

- Learn to recognize the **"The Warning Signs"** for a potential heart condition.
- Keep a record, with the date and time, of any episodes of fainting or seizures. It is very important to indicate the activity or circumstances leading up to the event.
- Recommend that this individual be referred to a cardiologist for a complete cardiac assessment. This assessment should include an analysis of the heart rhythm and, where indicated, cardiac imaging and exercise testing.
- Consider limiting participation in physical activity until a medical assessment is completed.
- Promote CPR training in your community and lobby for the installation of Automated External Defibrillators (AEDs) in all schools, public sports facilities and other public places where people congregate eg: Community Centres, Malls, Churches, government buildings etc.

HOW CAN I HELP A STUDENT WHO HAS BEEN DIAGNOSED?

DO inform your staff. Are staff trained to perform CPR and to use an AED (Automated External Defibrillator)? Review emergency procedures in your facility.

DO NOT panic. Most children cope very well with these conditions and are well aware of their own limitations.

DO establish communication with the parent/guardian to ensure that you know how to react appropriately to an emergency situation: eg. How do I quickly reach the parent/guardian?

DO record all pertinent information in the student's file for the purposes of consistent follow-up by other teachers or coaches.



MISSION STATEMENT

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



For more information:
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Supporting Families.
Saving Lives.



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INFORMATION
PAMPHLET
FOR EDUCATORS & COACHES