



Dear High School,

Sudden Cardiac Arrest (SCA) is not a heart attack. It's an abnormality in the heart's electrical system that abruptly stops the heartbeat. It's fatal over 90 percent of cases if not properly treated within minutes.

Among teens in the U.S

- 1 in 350 have an underlying heart condition that can put them at risk
- 1 in 500 people in the general population are affected by hypertrophic cardiomyopathy (HCM) the #1 identifiable cause of SCA in young people.
- 1 young athlete dies every 3 days in the US of SCA from an undetected heart condition

These kids may have been saved with heart screening.

What is a Heart Screening?

Heart screenings may reveal undetected heart abnormalities that could put teens at risk for Sudden Cardiac Arrest. The screening includes a health history form completed by parent/guardian, an electrocardiograms (EKG), and if warranted, an echocardiogram.

The EKG reads the heartbeat and the echo captures an image of the heart. The process is completely painless and non-invasive (no needles or x-ray exposure).

The first step in prevention is detection!

Baseline youth heart screening can help detect approximately 60% of the heart conditions that can lead to SCA. The tests take less than 20 minutes.

The Darius Jones Foundation is excited to be providing **FREE** youth heart screening at your school.

School Name

Date

Time

Attached is the School Tool Kit that outlines.

We look forward to working with you to screen your teens.

Thank you



Darius Jones Foundation Youth Cardiac Screening Program

School Toolkit

Thank you for helping us to save a life!

In partnership with schools like yours, we hope to screen thousands of teens, find undetected heart conditions and identify those youth that are at risk for sudden cardiac arrest.

With your help, we can work to prevent the tragedy of losing a young life.

Please use the resources in this toolkit to promote heart screening to you school community. A screening must have support from school administration, the athletic director, coaches and trainers, teachers, athletic boosters and the PTA.

All parents must be notified of the event via the many communication portals you have for them.

We know time is limited, so enlisting the help of a team of volunteers – especially school parent groups – is an especially effective way to get

the word out. This toolkit will help you communicate with everyone about the event, so please share its contents with anyone at your school.

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What Your School Provides

<p>1. Space Screenings require an open area for registration that is close to the area where the actual screening is held and a break room for volunteers. We can help to select a location at your school and will perform a walk as part of the preparation for the screening. The screening date and times will be determined mutually. We will need access to the school from 7am to 5pm.</p>	<p>2. Volunteer If your school can assist with volunteers, please have them divided into three shifts. Shift 1: 730am – 1100am, Shift 2: 930am – 100 pm, Shift 3: 1230pm – 400pm. Volunteers can be school staff, teachers, coaches, trainers, or parents. We will also need help with take down from 4 – 5pm. About 10 students would be helpful with this task. The program will provide over 75 medical and trained community volunteers.</p>
<p>3. Equipment The list of equipment is an addendum to this toolkit. We require items such as tables and chairs. Trash cans need to be emptied following the event.</p>	<p>4. Refreshments We will work with your school to provide breakfast (such as bagels, muffins, coffee, orange juice and lunch (pizza, sandwiches and water) to accommodate up to 100 volunteers. Please ask your PTA or athletic booster groups to assist. We will work with community groups and businesses for assistance.</p>
<p>5. Promotion of the Event Included in the Toolkit is a list of the many ways we recommend you promote the event. To maximize our medical volunteers' time, our goal is to screen upwards of 500 teens. The Darius Jones Foundation Youth Heart Screening Program will also promote the screening countywide through news media. For this reason, it is especially important that your front office staff is familiar with the event so that they can refer parents who call the school to the program website and the registration packet for more information.</p>	

How Your Administration Can Support the Screening

<p>1. Multi-Media Presentation When: Two to three weeks before the screening</p> <p>To rally support of the screening the Darius Jones Foundation Youth Heart Screening Program can make a presentation to teachers, coaches, students, and/or parents. Please let us know if you would like to schedule a presentation.</p>	<p>2. School Website – link to the Darius Jones Foundation Youth Heart Screening Program When: One month before the screening</p> <p>You will want to have the date and time of the screening prominently displayed on the home page of the school’s webpage with a link to the DJF page allowing students and parents to learn more about sudden cardiac arrest in youth and youth heart screening.</p> <p>We also encourage you to post the event in your school calendar, and web bulletin.</p>
<p>3. Customize Event Flyer for Your School We will create a flyer customized for your screening that can be attached to an email, posted on-line, copied and sent home with students, inserted into all staff/teacher/coach mailboxes and available in the front office. We can provide you with the flyer but we ask that you generate copies.</p>	<p>4. Extra Credit/Community Service Hours When: Notify students of the opportunity a month before the screening.</p> <p>Many schools have encouraged student participation by offering extra credit to those who are screened and community service hours to those who volunteer to work at the screening. This has proved to be a very successful motivator.</p> <p>With online access in the classroom, teachers and coaches can link to our website to discuss sudden cardiac arrest and heart screening. This is an especially pertinent topic for health classes and all athletic teams, as athletes are more at risk for SCA since 60% of the time it occurs during exercise.</p>

Outreach to Parents

1. Email to all Parents

When: Once a week starting three weeks prior to the event

Parents must be invited to have their child(ren) screened, so we recommend an all-school email to be sent directly to them about this event.

We have provided a text-based email that you can simply cut and paste, and a registration packet that you can attach to the email.

We have also included a flyer in PDF format that can be attached to the email or embed as a jpeg . The flyer can be used to spread the word about the event. You can also encourage parents to share the screening invitation with their teen's sport team, church, social and civic clubs.

Email:

Detection is Prevention! Youth Heart Screening Offered

Insert Day and Date, 8:00 am – 4:00 pm

School, School Location, Address, City, Zip

Every year thousands of our kids die when their heart suddenly and unexpectedly stops beating: Known as sudden cardiac arrest (SCA), this can happen without symptoms or warning signs.

Among teens in the U.S

1 in 350 have an underlying heart condition that can put them at risk

1 young athlete dies every 3 days in the US of SCA from an undetected heart condition

1 in 500 people in the general population are affected by hypertrophic cardiomyopathy (HCM) the #1 identifiable cause of SCA in young people.

The first step in prevention is detection! SCA is caused by an underlying heart condition that may be detected with a simple EKG. Heart screening is quick, painless and free.

The Darius Jones Foundation Youth Heart Screening program will be at

School Name on Date screening our students.

To register for the screening, please download the attached registration packet.

All individuals that participate in this screening must bring the following with them on the day of the screening.

- Consent Form signed by a parent or guardian (if the participant is under 18)
- Completed Heart Screening Questionnaire

2. All Call to Parents

When: One week before the screening

Name of School invites all students to participate in a free heart screening that could prevent a fatal cardiac arrest in your teen. Thousands die annually from an undetected heart condition that puts them at risk for sudden cardiac arrest (SCA). One young athlete dies every 3 days in the US. These kids could have been saved with a simple EKG.

In partnership with The Darius Jones Foundation Youth Heart Screening Program we are offering a free cardiac screening at NAME OF SCHOOL from 8:00 am to 4:00 pm on DAY & DATE. The screening is completely non-invasive and takes less than 30 minutes. The biggest misconception about SCA is that it won't happen to your teen. Don't take a chance with your child's heart. Register today for the free screening on DATE. What if your child is the **1**?

(attach registration packet)

How Students Can Get Involved

Students can help motivate their peers to participate in the screening by promoting the event through their many information portals.

<p>1. Articles in School Newspaper When: Up to six weeks before the screening</p> <p>We can provide an article and photos to your school newspaper about the heart screening. Or, we would be happy to provide an interview to an enterprising student journalist. Attached to the toolkit is a general press release. Photos are available upon request.</p> <p>We also encourage your newspaper to cover the actual event and report on the screening results. Please notify us for the results (e.g. number screened, heart abnormalities detected, those at risk for SCA), if you wish to use them in a newspaper story</p>	<p>2. ASB Posters When: One month before the screening</p> <p>We will create a flyer customized for your screening, but it would be great to generate interest in the screening if students wanted to make posters for your school.</p>
<p>3. PSA Announcement Schools often make morning announcements, which is a great opportunity to mention the commitment your school has made to teen heart health and the upcoming screening.</p> <p>Sample Message: October is Sudden Cardiac Arrest Awareness month. You may be the 1 in 350 teens who have an underlying heart condition that can put you at risk for sudden cardiac arrest. With sudden cardiac arrest the heart stops without warning. To detect these underlying conditions – a simple EKG may be all that is needed. Athletes are</p>	<p>4. School News Station If your school has the capability to produce a video news segment , we can provide a 60 second PSA to our student producer upon request.</p> <p>Social Media Students can talk about the screening among their peer groups via their social media portals. The event flyer can be posted online. While at the event we invite students to Tweet about the all-day screening to their friends to encourage them to come before the screening ends.</p>

particularly susceptible, but it's a good idea for everyone to know the condition of their heart so all students are encouraged to come to a FREE youth heart screening here at the school on DAY and DATE. Ask your parents to complete the registration packet and bring it and your friends to this important event.

How Athletics Can Support the Screening

1. Post flyers in training room.
2. Coaches can use PSA to talk about sudden cardiac arrest.
3. Coaches can give extra credit for individuals who are screened.
4. Exposure during sporting events

Halftime Announcements

Whatever sports season you are in, featuring a halftime announcement would help increase awareness about the event.

SAMPLE ANNOUNCEMENT

Hello Everyone - October is National Sudden Cardiac Arrest Awareness month – the perfect time to assure that your child’s heart is not the 1. 1 in 350 teens have an underlying heart condition that could put them at risk for sudden cardiac arrest. All students are invited to a fee cardiac screening that will be held here, at SCHOOL NAME on DAY and DATE. It is sponsored by the Darius Jones Foundation. The screening is quick, free and easy, so register your child today.

Scoreboard Message

In conjunction with your game announcements, we encourage you to post a message about the screening date to your scoreboard if you have that capability.

Ad in Sports Program

If you have space in your sports program we will work with you or provide you with a message that can be added to the program.

Promote Your Youth Heart Screening

The Darius Jones Foundation

In October 2009, Darius Jones suffered sudden cardiac arrest (SCA) while doing what he loved best: competing in a youth basketball game. He was fifteen years old. Darius's death exposed a need which is now being met by the foundation that bears his name. Nationwide, approximately 7,000 youth die of sudden cardiac arrest every year, mostly due to undiagnosed heart conditions. Cardiovascular disease is the second leading medical cause of death in children and adolescents in the United States. In Contra Costa County alone from May 2009 - February 2010, there were 9 sudden cardiac arrests experienced by children and youth, which resulted in 4 deaths and 5 saved lives. The youngest victim was 10; the oldest was 17. In each of these cases, there was a direct correlation between bystander use of cardio-pulmonary resuscitation (CPR) and those children who survived.

This tragic loss of life could also be greatly reduced through the use of Automated External Defibrillators. An AED is a computerized medical device that can be used by a layman bystander during a cardiac arrest. The device automatically analyzes the victim's heart rhythm to determine if a shock is required; provides prompts to ensure user safety; and then instructs the operator to deliver the electric shock. Having AEDs present in public locations so that bystanders can use them has been shown to save lives.

We specifically seek to reduce the disparity in cardiac arrest deaths in communities of color. In Contra Costa County, the death rate from heart disease in African-Americans is 258.8 per 100,000, compared with 151.9 for whites. Public awareness campaigns for the recognition of the signs of sudden cardiac arrest and the application of CPR have been widely embraced in white communities, while the African-American and Hispanic communities historically has displayed a distrust of the medical establishment. By conducting community-level outreach using a neighborhood, block-to-block approach, we aim to inform African American, Hispanic, and White families of the threat of sudden cardiac arrest and teach them life-saving ways to respond. We strive to provide services to the most underserved areas, and the credibility of Darius's story allows us to have the unique ability to connect with communities of color.

The Darius Jones Foundation has established partnerships with various organizations operating in Contra Costa County to fight cardiac arrest deaths, including the County's HeartSafe Community initiative; Contra Costa Health Services; American Medical Response (AMR) ambulance service; Annuvia Inc., an AED distributor; school district representatives; and others. It is our belief that we can complement the educational and outreach efforts of these organizations by accessing faith-based sites and providing culturally competent messages.

The Darius Jones Foundation hopes to achieve the broadest possible coverage of sudden cardiac arrest awareness, CPR training, and AED accessibility and prevention through detection with youth heart screening.

Initially, we focused on providing CPR training and AEDs at schools. In 2010, our first year of existence, we began to address this need by providing 11 AEDs to local schools. We are now embarking on prevention in the form of detection with youth heart screening. Screening would have found Darius' undetected heart condition that put him at risk for sudden cardiac arrest. Preventing one death through screening would help me to reach my goal – I want to make sure that a parent never feels as helpless as I did that day.

Dear Parents:

Sudden Cardiac Arrest (SCA) is not a heart attack. It's an abnormality in the heart's electrical system that abruptly stops the heartbeat. It's fatal over 90 percent of cases if not properly treated within minutes.

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The first step in prevention is detection!

Baseline youth heart screening can help detect approximately 60% of the heart conditions that can lead to SCA. The tests take less than 20 minutes.

The Darius Jones Foundation be providing **FREE** youth heart screening at your child(ren)'s school.

School Name

Date

Time

To register your child(ren) for this screening please go to our website. (www.). Registration forms, health history, and consent forms are also available in the front office at the school.

Each individual screened must come to the screening with a completed health history and signed consent form.

We look forward to screening your teen. Thank you

YOUTH HEART SCREENING MEDICAL QUESTIONNAIRE

ID Number: _____

Name: _____ Date of Birth: _____

Guardian Name: _____ Guardian Email: _____

Please complete the following questions regarding the individual being screened:

DEMOGRAPHICS

Age: _____

Gender: Male Female

Race/ethnicity: (check all that apply)

- African-American/Black
 - Caucasian/White
 - Hispanic/Latino
 - Asian/Pacific Islander
 - Native American
 - Other: Please specify: _____
-

SPORTS & PHYSICAL ACTIVITY

1. Do you play on an organized sports team or compete in an individual sport? Yes No

IF YES, what sport (s) do you play competitively or on an organized team?

(Check all that apply)

- | | | |
|--|---------------------------------------|--|
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Golf | <input type="checkbox"/> Skiing |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Cheer | <input type="checkbox"/> Hockey | <input type="checkbox"/> Swimming/Diving |
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Lacrosse | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Martial arts | <input type="checkbox"/> Track |
| <input type="checkbox"/> Football | <input type="checkbox"/> Rowing | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> Field Hockey | <input type="checkbox"/> Rugby | <input type="checkbox"/> Wrestling |
| <input type="checkbox"/> Fencing | <input type="checkbox"/> Soccer | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Frisbee | <input type="checkbox"/> Softball | |

2. Exercise and physical activity per week. On average I get...(check one)

- More than 10 hours of exercise or physical activity per week
- 5-10 hours of exercise or physical activity per week
- 2-5 hours of exercise or physical activity per week.
- Less than 2 hours of exercise or physical activity per week.

PAST MEDICAL HISTORY

1. Do you have any ongoing medical illnesses? Yes No

- IF YES**, what illness? Asthma ADHD Diabetes High blood pressure
 Pre-existing heart condition _____
 Other: _____

Are you taking any medication? Yes No

IF YES, what medication(s) _____

Have you/has your child ever:	YES	NO
1. passed out AFTER exercise?		
2. passed out DURING exercise, emotion, or startle?		
3. had extreme fatigue associated with exercise (different from peers)?		
4. ever had unusual or extreme shortness of breath during exercise?		
5. ever had discomfort, pain, or pressure in his/her chest during exercise or complained of his/her heart "racing or skipping beats?"		
6. ever had a doctor identify..		
7. high blood pressure <input type="checkbox"/>		
8. ever had a test ordered by a doctor on their heart? Name of Test:		
9. ever been diagnosed with an unexplained seizure disorder or exercise-induced asthma?		
10. used cocaine or strong stimulants more than once		

Family History Questions: Has any family member...	YES	NO
1. had a sudden, unexpected death before age 50 (including from sudden infant death syndrome [SIDS], car accident, drowning, or others)?	<input type="radio"/>	<input type="radio"/>
2. died suddenly of "heart problems" before age 50?	<input type="radio"/>	<input type="radio"/>
3. had unexplained fainting or seizures?	<input type="radio"/>	<input type="radio"/>
Been identified with certain conditions such as:		
Hypertrophic cardiomyopathy (HCM)		
Dilated cardiomyopathy (DCM)		
Aortic rupture or Marfan syndrome		
Coronary artery atherosclerotic disease		
Heart attack, age 50 years or younger		
Arrhythmogenic right ventricular cardiomyopathy		
Catecholaminergic polymorphic v. tachycardia		
Long QT syndrome		
Short QT syndrome		
Brugada syndrome		
Pacemaker or implanted cardiac defibrillator		
Primary pulmonary hypertension		
Congenital deafness (deaf at birth)		

Causes of SCD and the ability to detect them by 3 methods

Underlying Condition responsible for Sudden Death	Frequency of Occurrence	ECG	Echocardiogram	Treadmill
Hypertrophic Cardiomyopathy	36%	Helpful	Extremely Helpful	Helpful
Coronary anomalies	19%	Rarely Helpful	Occasionally Helpful, but sometimes misleading	Sometimes Helpful
Mild Cardiac Hypertrophy	10%	Helpful	Helpful	Sometimes Helpful
Conduction System Abnormality	6%	Sometimes Helpful	Not Helpful	Sometimes Helpful
Aortic aneurism	5%	Not Helpful	Very Helpful	Sometimes Helpful
Tunneled LAD coronary artery	5%	Rarely Helpful	Sometimes Helpful, Sometimes misleading	Sometimes Helpful
Aortic Stenosis	4%	Helpful	Extremely Helpful	Helpful
Myocarditis	3%	This is an acute illness. Screening is only helpful if having the illness at the time of screening.		

Dilated cardiomyopathy	3%	Helpful	Extremely Helpful	Helpful
Arrhythmogenic right ventricular dysplasia	3%	Sometimes Helpful	Not Helpful	Sometimes Helpful
Mitral Valve Prolapse	2%	Not Helpful	Very Helpful	Not Helpful
Coronary Artery Disease	2%	Occasionally Helpful	Not Helpful	Sometimes Helpful
Pulmonary Hypertension	<2%	Helpful	Very Helpful	Helpful
Pulmonary Embolism	<2%	This is an acute event without underlying cardiac disease but often underlying blood disease		

Darius Jones Foundation Youth Heart Screening

Consent

The purpose of the Darius Jones Foundation Youth Heart Screening is to detect potential abnormalities of the heart in our youth. Detection is the first step to prevention.

All individuals that participate in this screening must bring the following with them on the day of the screening.

- Consent Form signed by a parent or guardian (if the participant is under 18)
- Completed Heart Screening Questionnaire

During this screen, several non-invasive diagnostic tests will be performed.

They include:

1. Blood pressure and Heart Rate. A check of the participant's blood pressure and heart rate will be done to determine if they are within normal limits.
2. An electrocardiogram (EKG). The EKG will be performed to evaluate the electrical activity of the heart. Using electrodes placed on the chest, it translates the heart's electrical activity into line tracings on paper.
3. If needed, an echocardiogram. The echocardiogram will be conducted to obtain moving pictures of the heart – utilizing ultrasound, or sound waves, to evaluate the heart's structure and function.

Results of these tests and the screening questionnaire will be reviewed and interpreted by a physician. Results of these tests will be sent to you and your child's physician. If a heart abnormality is suspected additional evaluation through follow-up with a physician or specialist may be recommended.

By agreeing to participate/allow your child to participate in this program I give permission to the Darius Jones Foundation and medical personnel to provide screening results, if so indicated, with my/my child's physician or cardiologist and I authorize the physician(s) to share the results and diagnosis of any subsequent testing with the Darius Jones Foundation. *The physicians are not employees of and are not controlled by the Darius Jones Foundation.*

I hereby give my permission for images of my child/or myself, captured during a heart screening through video, photo or digital camera, to be used solely for the purposes of Darius Jones Foundation promotional material and publications and waive any rights of compensation or ownership thereto.

I acknowledge that I have read the above to participate and understand its contents. Any questions have been answered to my satisfaction. I agree to be a voluntary participant in this heart screening, and in connection therewith, I consent to the release of information obtained in connection with the screening as described above. I understand that The Darius Jones Foundation will not disclose my identity to any third party without my consent. I understand that I may withdraw from the screening. I further agree to hold The Darius Jones Foundation all physicians, technicians, volunteers, and all other persons, entities, individuals and organizations harmless and waive all subrogation rights against The Darius Jones Foundation and their directors, officers and volunteers as respects process and results in this free heart screening.

Signature of Participant

Date

Parental/Guardian Consent for Participants under the Age of 18:

As parent/guardian of the above minor participant, I acknowledge that I have read the agreement to participate and understand its content. Any questions have been answered to my satisfaction. I grant permission for my child to participate in this heart screening. I consent to the release of information in connection with the screening as described above. I understand The Darius Jones Foundation will not disclose my child's identity to any third party without my consent. I understand that may withdraw my child from the screening or follow-up at any time without penalty. I further agree to hold The Darius Jones Foundation, all physicians, technicians, volunteers, and all other persons, entities, individuals and organizations harmless and waive all subrogation rights against The Darius Jones Foundation and their directors, officers and volunteers as respects process and results in this free heart screening.

Signature of Parent/Guardian

Date

Thank you



REQUIREMENTS FOR SCHOOLS

School Supplied Screening Equipment and Staff

Screenings require an open area (gymnasium) for registration and the actual screenings will be held. We require power outlets, plus access to a break room for volunteers. We can help you select a location at your school, and will perform a walk through the week prior to the event. Our screenings are on Saturdays and we will need access to the school from 7am to 5 pm.

School Supplied Screening Equipment and Staff Needs.

(400–500 students screening)

- Tables & Chairs
- Power outlets
- 25–6 ft tables (sturdy enough to lie on),
- 25–6 ft tables for MD consult, check in/ out, medical supplies
- 15–Small tables or carts or stands EKG/ Echo machines
- 75–Folding chairs(25 padded for MDs/ F
- 10–Large garbage cans/liners
- 10–Small garbage cans/liners

Volunteers

Your school provides about 40 volunteers who will be divided into two shifts: 20 from 8 am to noon and 20 from 11:30 to 3:30 pm. Volunteers can be school staff, teachers, coaches, trainers or parents. We also need help with event set up and tear down from 7 to 8 am and 3 to 4 pm. About 10 students would be helpful for this task. The foundation provides about 50 medical volunteers.

Refreshments

Your school provides breakfast (such as bagels/cream cheese, muffins, coffee, orange juice plus cups, napkins, knives, sugar and creamer) and lunch (such as pizza, sandwiches and water) to accommodate up to 100 volunteers.

Promotion of the Event

Following is a checklist of the many ways we recommend you promote the event. To maximize our medical volunteers' time, our goal is to screen 10,000 teens by the year 2020. To accomplish that, we also work with partner schools in your area that you can help us identify. We will invite them to promote this opportunity in their parent/student community. All students/parents must register through Screening4YourHealth.org.

The Darius Jones foundation also promotes the screening countywide through news media. For this reason, it is especially important that your front office staff are familiar with the event so they can refer parents who contact the school for more information.