



Wednesday March 2, 2022
8:30am–2:30pm

Holy Names Academy

728 21st Ave E., Seattle, WA 98112

Student screening forms are available at HNA or at:

www.nickoftimefoundation.org

All students must pre-register for an appointment at: <https://bit.ly/NoTFEKGAppt>

To confirm appt, return completed forms to Ms. London at the HNA Athletic Office or email to: llondon@holynames-sea.org
Questions, please call 425-967-5828

The Nick of Time Foundation is providing this EKG Youth Heart Screening at no cost or obligation. However, to help defer screening costs, and enable future community screening events, there is a suggested donation of \$25.00.

Donations are tax deductible, and can be made at time of registration, by cash, or check payable to:

Nick of Time Foundation

Or by online donation at:

www.nickoftimefoundation.org/donate/

Nick of Time Foundation EKG Youth Heart Screening

Dear Parent and Participant:

Nick of Time Foundation in partnership with the UW Center for Sports Cardiology conducts EKG youth heart screenings for adolescents and young adults ages 14-24. Screenings consist of a Heart Health Survey asking about possible signs & symptoms or family history of a heart condition. An EKG is performed that analyzes the electrical signals of the heart and the results are reviewed on site by medical professionals experienced in EKG youth heart screens. A simple EKG can identify certain serious heart conditions that cannot be detected by a stethoscope.

NO ONE WILL BE SCREENED WITHOUT THE SIGNED FORMS LISTED BELOW

1. **EKG Youth Heart Screening Permission Form and Waiver**
2. **Participant Medical History Questionnaire**

What happens at a screening?

The screening is completely painless and non-invasive (*no needles or x-ray exposure*) and consists of:

1. Review of health history questionnaire
2. EKG screening (Small patches with a mild latex free adhesive will be placed on the chest, legs and arms. Electrodes are attached to the patches and the heart's electrical activity is recorded)
3. "Hands only" instruction in CPR and AED training
4. Doctor consult & screening results review
5. Some participants may also have a heart sounds physical or limited echocardiogram (ultrasound) of their heart.

We want to assure you that participants' confidentiality, privacy and individual modesty will be respected throughout all aspects of the program. All girls will be screened by female health professionals in an area separate from boys. Additional privacy is available upon request.

Thank you for making your student's heart health a priority and for being a part of our mission to save young lives from Sudden Cardiac Arrest (SCA).

Nick of Time Foundation

