High School Athlete Heart Screening Program

Saturday, October 25, 9:00 am – 3:00 pm

John Muir Medical Center, Concord
2540 East Street, Concord
Concord Conference Room

Appointments are required.
To schedule an appointment, please contact Wellness Services at (925) 941-7900, option 1.

About the Screening
The purpose of the John Muir Health High Student Athlete Heart Screening is to detect potential structural or other abnormalities of the heart that may raise a student’s risk of sudden cardiac arrest when engaged in strenuous physical activity. Heart screening of competitive athletes is increasing in frequency and is now offered by many universities. This screening is provided by John Muir Health employees and cardiologists and follows the guidelines set by the American Heart Association for the screening of competitive athletes.

During this screening, several non-invasive diagnostic tests will be performed. These include:

1. An electrocardiogram (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 tracings on paper.
2. The student’s blood pressure and heart rate will be checked to determine if they are within normal limits.
3. If needed, an echocardiogram will be performed to obtain moving pictures of the heart. This test utilizes ultrasound, or sound waves, to evaluate the heart’s structure and function.
4. These tests and a screening questionnaire will be reviewed by a cardiologist who will also listen to the student’s heart through a stethoscope.

Registration Process
Each student will register in advance and will be sent a screening questionnaire and parental consent form. Students should arrive with a completed questionnaire and consent form signed by a parent or guardian. Questionnaires and consent forms may be completed on site if a parent or guardian is present. There is no charge for the screening.

Results and Referral
Results of the screening are mailed to the student’s parent or guardian and primary care physician within one week of the screening. If further evaluation is recommended, a list of physicians in the community will be provided.