



**EMBARGOED UNTIL 20<sup>th</sup> NOVEMBER 2022 1800HRS SGT**

## **Sports and SCD**

Preparticipation screening of athletes was first introduced in 1982. A thorough personal and family history, together with physical examination is key. A screening 12-lead electrocardiogram (ECG) can be considered but is also dependent on available resources.

Various questionnaires are used in preparticipation screening of athletes:

- 1) 14-point AHA recommendations
- 2) 5<sup>th</sup> Pre-participation Evaluation Monograph
- 3) European Society of Cardiology (ESC) questionnaire
- 4) International Olympic Committee (IOC) PPE
- 5) FIFA Pre-competition Medical Assessment.

Screening in athletes is recommended in those who participate in moderate to high intensity sports. However, shared decision making is very important.

Pertaining to athletes diagnosed with inherited arrhythmias, Dr Martin Stiles from University of Auckland suggests using Ackerman's 6 Critical questions:

1. Am I the right person to be doing this? – Can you make the decision for this patient?
2. The athlete and their parents/ guardian must be in agreement
3. NO covert operations – coaches, officials, trainers must be informed
4. An AED is part of the sports equipment
5. No "Shared decision making" – at high level sports, officials make the decision
6. Document the entire process

In patients with structural abnormalities e.g. hypertrophic cardiomyopathy, cardiac MRI may play a role in further risk stratification.

After shared-decision making, should an athlete diagnosed with inherited arrhythmia is keen to continue competitive sport, Prof Elijah Behr from St-George's Hospital recommends:

1. Regular monitoring: Annually or more frequently depending on the individual
2. Encourage the athlete to report symptoms, keep themselves well hydrated
3. Caution with use of supplements espccaily performance enhancing substanes
4. Put in place an emergency response planning team to allow the a point of contact.

### Message

As Dr Martin Stiles Director of Cardiac EP, Waikato Hospital & Associate Professor, University of Auckland, shared: As what Mike Singletary of Chicago Bears said "Do you know what my favourite part

of the game is? The opportunity to play.” – Perhaps we need to consider what our athletes want and continually re-evaluate what is most appropriate.

Session details: Sports and SCD : Sunday 20<sup>th</sup> November 2022 1.00-2.00 pm SGT

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