

# Cardiac Risk Assessment in Youth



## Making Sudden Cardiac Arrest Prevention Part of Your Practice

A Free Online CME Presented by John Rogers, M.D. and the Eric Paredes Save A Life Foundation

Training provided by University of California, Irvine—Office of Continuing Education and San Diego State University Institute of Public Health

**CME Accreditation:** This activity has been approved for *AMA PRA Category 1 Credit™*

**Nursing Credits Granted By The Institute For Public Health:** Provider approved by the California Board of Registered Nursing, Provider Number CEP17194, for 2 contact hours.

Register Online at [epsavealife.org/what-we-do/cme](https://epsavealife.org/what-we-do/cme)

Studies show cardiac consideration is an often overlooked area of assessment, with practitioners, parents and patients largely unfamiliar with warning signs and risk factors that require follow-up. Join us for an in-depth discussion of what primary care practitioners can do to incorporate evidence-based sudden cardiac arrest prevention protocol into their practices and equip youth to be their own heart health advocates.

### Course Outline:

- Incidence, Mortality, Disparities, Etiology
- Prevention
  - Recognition of warning signs and symptoms
  - Tools and processes to assess risk
  - Family history solicitation
  - Physical exam
  - Diagnostic follow up
- Screening and follow up with family members after SCD
- Championing prevention



**About The Presenter** Dr. Rogers, a cardiovascular disease and electrophysiology specialist at Scripps Health in San Diego for nearly three decades, is passionate about SCA prevention in youth. He has been the volunteer Medical Director of the Eric Paredes Save A Life Foundation for ten years, facilitating free heart screenings for nearly 33,000 adolescents and counting, finding 500+ with previously undiagnosed cardiac abnormalities.

Sudden Cardiac Arrest is the **LEADING CAUSE OF DEATH** on school campuses

**#1 KILLER** of student athletes

**1 IN 300** YOUTH HAS AN undetected heart condition that puts them at risk

Records show at least **12 SAN DIEGO** YOUTH are lost each year

