



Thank you for your interest in Operation Screen Your Athlete's (OSYA) Community Outreach Program. OSYA's mission is to prevent sudden cardiac arrest and death in young adults between the ages of 12-18 years of age. We accomplish this by offering free cardiac screenings that include 12-lead EKGs, consultation with a qualified medical provider and if needed, a limited 2-D echo. OSYA screens young adults with four EKG machines that were designed by pediatric cardiologists specifically for youths and are programmed to look for specific abnormalities that can be life threatening to young adults.

OSYA will work with you to establish a date that is best suited for your area as well as our organization. We will handle registration for your screening through our website and will provide a link to parents to download our medical questionnaire that will be completed by parents. This medical questionnaire will be used by the providers as part of the screening process. It is important that you advertise that parents/legal guardians are required to attend with their child(ren). Once the required criteria are met, we will advertise your screening and give you the necessary flyers/brochures to advertise in your area.

***The following required criteria must be in place before your screening is announced on our website/Facebook page and registration opened to the public. Registration is limited to the first 160 that sign up.***

- At least 1 cardiologist confirmation – a pediatric cardiologist is preferred by not required.
- At least 1 echo technologist confirmation
- A location must be established with rooms or areas that provide privacy for screenings (especially female screenings), provider consultations, and echoes. We strictly adhere to HIPAA regulations.

***The following must be in place before the day of the screening:***

- 4-6 qualified medical providers – to be qualified the individual must be comfortable in reading and interpreting EKGs - especially pediatric EKGs. The individual must also be familiar with the following cardiac conditions and identifying them on EKGs:
  - Hypertrophic cardiomyopathy
  - Dilated Cardiomyopathy
  - Aortic Root Aneurysm
  - Long QT Syndrome
  - Wolff Parkinson-White
- 2-3 echo techs – We recommend 1 echo tech for every 50 registered participants.
- 20-30 volunteers (RNs, LVNs, EMTs, nursing students, athletic trainers, parents, students, etc.)
  - We recommend at least 1 RN and 1 EMT per room for each EKG machine as well as 1 RN per provider. A RN or EMT is *required* to perform all EKGs. Other volunteers will be distributed where needed by one of our coordinators.
  - We recommend 1 ambulance on stand-by (but not required) in case an emergency case is found and needs to be taken to a hospital.
- EKG patches – at least 200 patches
- Blood pressure cuffs of all sizes including thigh cuffs and manual blood pressure cuffs
- Linen/towels for echoes and to cover female participants
- Water/Gatorade for parents and youth. **No caffeinated products.** You may also provide snacks if you prefer.
- Food/drinks for volunteers. It will be a long, busy day for your volunteers and food is a great way to say "Thank You!" We recommend finding a local business to donate the food. We will mention the business on our website as a sponsor of the event.
- A table at the front for registration with at least 2 chairs
- A centralized location for the screening discharge process with access to a copy machine
- 3-4 reams of white paper
- Folders for parents' discharge paperwork – not required but it is helpful
- A list of available providers for cardiac follow-up in the event any abnormalities are found during a screening



***A brief description of our cardiac screening process:***

1. Parents arrive with their child(ren) and have paperwork filled out. Registration will check them off the list and ensure all paperwork is completed and signed by both parent and child.
  - a. If parent does not have paperwork completed a packet is given to them to complete.
2. Child and parent are taken to one of the EKG/vital signs rooms.
3. Complete set of vital signs are taken. Blood pressures are taken on right arm and right leg. We check blood pressure this way to check coarctation of the aorta.
4. EKG is completed by either a **RN or EMT**. Female youth will be in female volunteer only rooms.
5. Child and parent will proceed to see one of the qualified medical providers. The provider will review the medical questionnaire, the vital signs, EKG and complete a quick physical assessment.
  - a. If deemed necessary by the provider at this time the child will proceed to echo for a limited 2-D echo.
  - b. The parent will be given one of two letters – either normal evaluation or further evaluation is needed.
6. Child and parent will proceed to check-out where their medical questionnaire and EKG is copied. The original stays with OYSA and the copy is given to the parent.

**Once again it is imperative that at least one parent/legal guardian attends the cardiac screening with their child. We cannot and will not allow exceptions to this rule for any reason. In the event that an abnormality is found, a parent must be present to discuss the abnormality with the provider and discuss the next step in treatment or follow-up. Any potentially life threatening conditions requiring immediate medical attention will be handled as such.**

We have found that 12:00-4:00 PM on Saturdays works best for providers and parents. This is the typical time we will hold our cardiac screenings.

***Volunteers:***

Volunteers that will be helping with set-up need to arrive by 10:30 AM. All other volunteers will need to arrive by 11:00 AM. Parents typically will start arriving by 11:45 AM. We need time to explain the process to volunteers and give instructions on how to use the EKG machines.

Typically most of our volunteers have always stayed the entire 4 hours of the screening but you can have shifts if you prefer. However it is imperative that you let us know if someone new will be using the EKG machines so that they can be taught how to use the machines correctly. Our EKG machines are not the typical EKG machines that most RNs and EMTs are accustomed to using and we want to ensure they are used correctly to obtain proper EKG readings.

If you have any questions, please do not hesitate to contact us at [osyaoutreach@gmail.com](mailto:osyaoutreach@gmail.com).