

Important Information for Parents/Guardians

Cardiac Screening Programme

What is involved in your child's cardiac screening?

There are 2 parts to the screening;

1. Physical Examination – carried out by a Medical Doctor
2. 12 Lead (Resting) Electrocardiogram (ECG) – carried out by a Nurse/Cardiac Physiologist.

Physical Examination

- Review of personal and family history questionnaire (completed by you prior to your child's appointment).
- Cardiac physical examination by our Medical Doctor including listening to your child's heart using a stethoscope.
- BMI measured (taking height & weight)
- Waist circumference measured
- Blood pressure measurement

ECG

An electrocardiogram (ECG) is a test that can be used to check your child's heart rhythm and electrical activity.

- An ECG tracing involves placing sticky electrodes on the chest, arms and legs to take the readings of the electrical activity of the heart. These are connected by wires to an ECG recording machine.
- Please note: your child will be required to loosen clothing to allow for the placement of the electrodes by the Nurse/Cardiac Physiologist. Loose clothing such as a tracksuit is recommended for comfort and to enable quick attachment of the electrodes for the ECG.

Note:

The medics (doctors/nurses/physiologists) on the day are all qualified, garda vetted professionals and may be male or female or both.

What Preparation is required ahead of your child's screening?

- We recommend that there is limited/no exertional physical activity for approximately one hour before the screening (this is to ensure your child is fully rested ahead of their appointment).
- Please avoid use of any creams on the body on the day, as this may prevent the effective attachment of electrodes to the skin.

How is the screening organised on the day?

- Your child should attend at their allotted time per their on-line booking.
- We do not have the facility of calling pupils from class so it is important they know their time and request permission to leave class.
- A Clinic Manager will be present on the day of the screening to manage the appointments and answer any questions.
- Typically, the screening is carried out in two rooms: a doctor in one room and a nurse or cardiac physiologist in the other room.
- Students can choose to attend their appointment on their own, with a friend, or with a parent. If parental supervision is preferred, we will aim to work out an appointment time, in agreement with the school, to accommodate the parent. It is important that we have advance notice of such requests.

When and How do I get my Child's results?

- No results will be given or discussed with your child on the day.
- The only exception to this is in the unusual event that a child has symptoms on the day which the examining doctor feels requires urgent attention. In such a case, a school representative would be informed and parents contacted.
- All medical data and the ECG is examined and reported on by one of our Consultant Cardiologists with results being issued to you as parent/guardian via email link within 10 working days of your appointment.
- Approximately 6% of participants may be recommended further follow up cardiac investigations. Any follow up investigations are the responsibility of the parent/guardian.