



**Wednesday, Nov. 6, 2019**  
**9am–2:30pm**

**Bothell High School Gym**  
9130 NE 180th St, Bothell, WA

Student screening forms are  
available at BHS or at:  
[www.nickoftimefoundation.org](http://www.nickoftimefoundation.org)

Return completed forms to Ms. Cano or  
Ms. Murray in the main office or scan  
and email to: [ecano@nsd.org](mailto:ecano@nsd.org)  
For questions please call 425-967-5828

The Nick of Time Foundation is  
providing this EKG Youth Heart  
Screening at no cost or obligation.

However to help defer screening costs,  
and enable future community screening  
events, there is a suggested donation  
of \$25.00.

Donations are tax deductible, and can  
be made at time of registration, by  
cash, or check payable to:  
Nick of Time Foundation  
Or by online donation at:  
[www.nickoftimefoundation.org/donate/](http://www.nickoftimefoundation.org/donate/)

Nick of Time Foundation is a 501 (c) (3)  
Nonprofit Organization.

# Nick of Time Foundation EKG Youth Heart Screening

Dear Parent and Participant:

Nick of Time Foundation in partnership with the UW Center for Sports Cardiology conducts EKG youth heart screenings for adolescents and young adults ages 14-24. Screenings consist of a Heart Health Survey asking about possible signs & symptoms or family history of a heart condition. An EKG is performed that analyzes the electrical signals of the heart and the results are reviewed on site by medical professionals experienced in EKG youth heart screens. A simple EKG can identify certain serious heart conditions that cannot be detected by a stethoscope.



**NO ONE WILL BE SCREENED WITHOUT THE SIGNED FORMS LISTED BELOW**

- 1. EKG Youth Heart Screening Permission Form and Waiver**
- 2. Participant Medical History Questionnaire**

## **What happens at a screening?**

The screening is completely painless and non-invasive (*no needles or x-ray exposure*) and consists of:

1. Review of health history questionnaire
2. EKG screening (Small patches with a mild latex free adhesive will be placed on the chest, legs and arms. Electrodes are attached to the patches and the heart's electrical activity is recorded)
3. "Hands only" instruction in CPR and AED training
4. Doctor consult & screening results review
5. Some participants may also have a heart sounds physical or limited echocardiogram (ultrasound) of their heart.

We want to assure you that participants' confidentiality, privacy and individual modesty will be respected throughout all aspects of the program. All girls will be screened by female health professionals in an area separate from boys. Additional privacy is available upon request.

Thank you for making your student's heart health a priority and for being a part of our mission to save young lives from Sudden Cardiac Arrest (SCA).

**Nick of Time Foundation**

