



**awareness, support, screening and research**

01737 363222 cry@c-r-y.org.uk www.c-r-y.org.uk

## Cardiac Testing

### Who are CRY and why is cardiac testing important?

CRY is a UK charity whose mission is to raise awareness of potentially life-threatening cardiac abnormalities in apparently healthy young people. At least 12 young people aged 14–35 die every week in the UK from undiagnosed cardiac conditions. The majority of these deaths are preventable.

### The CRY Screening Programme



Our tests are able to detect the majority of cardiac abnormalities most likely to affect young people. Before you are tested you should fully read the information provided.

CRY's screening programme is overseen by Professor Sanjay Sharma, Professor of Inherited Cardiovascular Disease and Sports Cardiology at St George's, University of London; Medical Director of the London Marathon; and Consultant Cardiologist for the London Olympics in 2012.

If you have any questions about screening, please visit [www.testmyheart.org.uk/q-a](http://www.testmyheart.org.uk/q-a) which features Professor Sharma's responses to common questions. Alternatively, contact CRY's screening team on 0203 691 0000 or at [ecg@c-r-y.org.uk](mailto:ecg@c-r-y.org.uk).

**Before your appointment** - A personal and family history medical questionnaire is completed at the time of booking an appointment. A copy of the consent form will be sent via email when the appointment is confirmed. Please print and sign the consent form and bring along to the appointment. Spare consent forms will be available on the day to sign. Please note that young people under the age of 16 must have their consent form signed by a parent or guardian before being tested.

It is advised not to apply body lotions on the morning of the screening. ECG leads will be attached to the chest, wrists and ankles, please wear suitable clothing for the test (e.g. avoid tights & dresses).

### Procedure

An electrocardiogram (or ECG for short) takes 5–10 minutes to perform. You should rest for at least 30 minutes prior to your ECG.

Your ECG is reviewed by a doctor who is an expert in these conditions. At ECG only screening events, the ECG will be reviewed remotely. The doctor reviews each ECG in conjunction with the personal and family history medical questionnaire. Your results will be confirmed in writing within 4 weeks of the screening.

If you are female, please note that you will be required to either remove or loosen your bra for the ECG (and echocardiogram if required – see below). All CRY staff are DBS checked and female physiologists will be used when possible. If you wish, a chaperone can accompany you for the procedure.

We strongly recommend that a parent or guardian is present when the person being tested is under the age of 16.

### Further testing

About 5–10% of individuals will require another test in the form of an echocardiogram (ECHO). An ECHO is similar to the ultrasound scan that is used on a pregnant woman to check the health of her baby. The echo may be performed at the screening event if available.

Sometimes individuals will be invited to attend an appropriate hospital for further cardiac testing. Approximately 2–4% of people have abnormalities that need to be followed up in this way. The majority of these are not a problem. Additional tests such as a Holter monitor (a 24 or 48-hour ECG) or exercise stress test may be required. It is important to realise that a further review does not necessarily mean you have a cardiac condition, only that further information is required to give a full diagnostic evaluation.





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## **Consent Form for Cardiac Screening – Elite Athlete/Sport**

It is extremely important that you have read and understood the information sheet provided with this consent form.

Please tick the following box to confirm you have fully read and understood the screening information on the attached.

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**Test Procedure:** An Electrocardiogram (or ECG for short) is a simple, non-invasive and painless test that examines the electrical activity within your heart. Small stickers are placed at strategic points on your chest. Flexible leads that extend from the ECG machine are then attached to these stickers. The electrical rhythm of your heart is recorded and printed out on thermal paper. If requested by the doctor, an Echocardiogram (ECHO) may also be performed on the day. An Echocardiogram (ECHO) is an ultrasound scan of the heart that measures cardiac dimensions and the flow of the blood in and out of the heart. Just like a sonogram of a pregnant woman, the scan is painless, non-invasive and takes no more than 20 min. Where possible, female physiologist will be used to perform cardiac evaluation on female individuals. If you wish, a friend or chaperone can accompany you during the procedures. All medical personnel linked to CRY are fully qualified. Please also note that there may be doctors or other health care professionals in training present at some screenings. All results are treated in the strictest of confidence. CRY may contact you in the future for information about any follow up tests you may require.

**Results:** It should be noted that the results will appear abnormal in a small percentage of cases and follow up tests will be required to further evaluate cardiac health. CRY aims to notify you (or your parents if you are under 16) and your sports doctor (or GP if advised to) within 4 working weeks after the screening event.

STATEMENT: I have read and understood the implications of further testing, outlined in the CRY Information Sheet. I understand that in the rare event an abnormality is confirmed, this may affect some types of mortgage and health/life insurance applications and that it may also affect some careers. Questions concerning the testing procedure have been answered to my satisfaction. I also understand that I am free to withdraw consent and discontinue participating in any procedures without giving a reason. I have also been informed that the information derived from these tests is confidential and will not be disclosed to anyone other than my doctor or others who are involved within my care. However, I do agree that the information from these tests will be held on a database at CRY and can be used anonymously for research purposes. For more information on research go to [www.c-r-y.org.uk](http://www.c-r-y.org.uk)

I have been informed that the information derived from these tests is confidential and can only be disclosed to the club/team doctor/physio in charge of my medical file, general practitioner, or other medical practitioners who are involved in my care.

CRY may contact you in the future to have your tests repeated for research purposes. If you wish to be contacted to be offered repeat testing please tick the box.

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NAME OF CLIENT (PRINTED).....

SIGNATURE OF CLIENT .....

PARENT'S SIGNATURE.....  
(Required if individual is under 16 years of age)

CONTACT TEL. NO.....

DATE.....