

## SUDDEN CARDIAC ARREST IN SPORTS

### 1- DEFINITION AND EPIDEMIOLOGY

It's rare but devastating

A tragic event

2.1/100,000 a/y x 0.7/100,000 non-a/y

19.2/100,000 a/y basketball USA

### 2- COMMON CAUSES

a. NON-CARDIAC

b. CARDIAC

Box 30.1 Isakos book chapter

### 3- CARDIAC CAUSES

a. INHERITED

i. STRUCTURAL

ii. ELECTRICAL

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### 4- PREVENTION

a. PPE

b. EMERGENCY CARE

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### 5- PPE COMPONENTS

a. ECG

b. FAMILY SCREENING

### 6- PREDICTORS OF SURVIVAL

BLS Simplified figure

### 7- EMERGENCY PLAN

Sports arena

### 8- SPECIAL EVENTS

Marathons

Olympics

### 9- TAKE-HOME MESSAGES

Box Take home messages – Isakos book chapter