

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

## SPORTS & CARDIAC RISK FACTOR CLEARANCE

Please fill this out for all patients over 10 years old, at annual check ups, sports physical, camp physical, and all patients at initial behavior evaluations.

### **PERSONAL HISTORY:** Have YOU, the patient, ever had any of the following:

[\*Please explain any "yes" responses at the end]

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|--|------------------|
| 1. Fainting, dizziness, passing out, or blacking out during or after exercise? | <b>1. YES NO</b> |
| 2. Chest pain, tightness or pressure with exercise?                            | <b>2. YES NO</b> |
| 3. Heart racing, funny heart beats or irregular heartbeats during exercise?    | <b>3. YES NO</b> |
| 4. Any heart problems diagnosed by a doctor?                                   | <b>4. YES NO</b> |
| 5. Any tests ordered by a doctor for your heart, e.g. ECG, Cardiac Echo        | <b>5. YES NO</b> |
| 6. Lightheaded or Short of breath more than your friends during exercise?      | <b>6. YES NO</b> |
| 7. Seizures?   | <b>7. YES NO</b> |
| <b>8. Hospitalized for COVID or MIS-C?</b>                                     | <b>8. YES NO</b> |

### **FAMILY HISTORY:** Has anyone in your FAMILY had any of the following:

Please explain any "yes" responses at the end. Include the relationship of any affected family members and their age at the time of the cardiac event/diagnosis

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|---|-------------------|
| 9. Heart attack or sudden, unexplained death in someone young (under 35 years old)?   | <b>9. YES NO</b>  |
| 10. An implanted pacemaker or defibrillator?  | <b>10. YES NO</b> |
| 11. Event needing resuscitation in young members (under 35 years old)?  | <b>11. YES NO</b> |
| 12. Abnormal heart rhythm or Wolf-Parkinson-White ?   | <b>12. YES NO</b> |
| 13. Genetic heart problem such as Hypertrophic Cardiomyopathy (HCM), an enlarged heart, Marfans syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), Long QT Syndrome (LQTS), short-QT Syndrome (SQTS), Brugada Syndrome, or catecholamineinergic polymorphic ventricular tachycardia? | <b>13. YES NO</b> |

EXPLAIN ANY "YES"

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