

Frequently Asked Questions



1. When and where will the screening take place?

Large-group screenings can take place on your school's campus when organized by the athletic director or trainer or at a community screening event. Otherwise a parent can call our office at 225-768-2590 to schedule an individual, in-office screening at your convenience. Ask to schedule a "Free LPCF heart screen." Our office is located at the following address:

LPCF
2137-A Quail Run Dr. Suite A
Baton Rouge, LA 70808

2. What do I need to do to have my child screened?

A parent/guardian of the student will sign an "Informed Consent and Release" form, along with some demographic information and a short medical history questionnaire that we will provide for you (included in this packet or available for download on our website- www.lpcf.com). If possible, please have the form filled out prior to your arrival in order to expedite the check-in process.

3. What tests will be run?

- 12 lead electrocardiogram (EKG)
- Limited echocardiogram (ECHO) to assess heart size and structure

***There will be no needles, blood work, radiation exposure, or sedation.

4. How long will the screen take?

The screening takes approximately 10-15 minutes. However, if we are screening a large number of athletes then there may be an extended wait-time.

5. What is the cost?

There is no cost and we will not obtain or bill your insurance. The value of this free test is approximately \$150 - \$200/student. LPCF is a 501(c)(3) nonprofit and provides this service free of charge to the community. Donations of any amount are welcome but not required.

6. How can I make a donation to LPCF to help defer costs?

You can make a tax deductible donation to Louisiana Pediatric Cardiology Foundation on the day of the screen or online at www.lpcf.com. We accept cash or checks made payable to LPCF.

7. What is Hypertrophic Cardiomyopathy (HCM)?

Hypertrophic Cardiomyopathy (HCM) is a genetic heart condition that causes a thickening of the heart wall, leading to the obstruction of blood flow and erratic heartbeat. It is the leading cause of sudden death in young people. One in 500 people have HCM.

8. What are common symptoms of Hypertrophic Cardiomyopathy (HCM)?

Not all patients will necessarily experience symptoms of HCM. However, some of the symptoms associated with HCM may include chest pain, fatigue, dizziness, heart palpitations, lightheadedness, fainting (especially after exercise), or shortness of breath.

9. How can Hypertrophic Cardiomyopathy be detected?

Initial signs of HCM can be detected through an electrocardiogram (EKG). The diagnosis can also be made by utilizing an echocardiogram (ECHO), which is an ultrasound of the heart.

10. What is an electrocardiogram (EKG)?

An EKG is a test that measures the electrical activity of the heartbeat. With each beat, an electrical impulse (or “wave”) travels through the heart, causing the muscle to squeeze and pump blood from the heart. The EKG displays the amount of time it takes the wave to travel from one part of the heart to the next, showing if the electrical activity is normal or slow, fast or irregular. The EKG can also determine if parts of the heart are too large or are being overworked.

11. What is an echocardiogram (ECHO)?

An ECHO is a technique that sends sound waves (like sonar) into the chest to rebound from the heart’s walls and valves. The recorded waves show the shape, texture, and movement of the valves. The ECHO also shows the size of the heart chambers and how well they are working.

12. When will I receive the results?

A pediatric cardiologist will read every test 2-3 weeks following the screens. All normal test results will be mailed to the patient’s family at the address provided on this form. If the test results happen to be abnormal, a doctor or physician assistant will call the student’s parent/guardian to discuss necessary follow-up. Please allow 3-4 weeks to receive the test results.

13. My child has received an electrocardiogram (EKG) in the past by someone other than LPCF. Does he/she need to be screened again?

LPCF’s screening program provides both an EKG and an Echocardiogram. This is a thorough, comprehensive screening, and we recommend all athletes have both an EKG and an Echo. LPCF recommends that high school athletes be screened every other year.

14. What is the likelihood that my child has the most common cause of sudden cardiac death?

The frequency of Hypertrophic Cardiomyopathy ranges from 1:500 to as rare as 1:5000. We expect to identify one child per 1000 screened having HCM. However, many other cardiac abnormalities are identified through our screenings.

15. Will my child’s school or coach get a copy of the results?

No. Your privacy is protected in the same way as if you were seeing a physician for a typical appointment. LPCF will not provide test results directly to schools, however, at the parent’s request, we can provide a letter to the family stating that the child had a heart screen from LPCF.

16. What does it mean to have an ABNORMAL screen?

If your child has an ABNORMAL screen, you will be contacted by a pediatric cardiologist or physician assistant for further guidance. Many students ultimately are cleared.

17. What does a NORMAL screen mean? Does it mean my child has no risk for any cardiac issues?

A NORMAL screen rules out over 65% of the cardiac causes of sudden cardiac death. The screen does not completely rule out all causes, but does focus on the most common.

18. Who do I contact if I have additional questions?

If you have any further questions, please feel free to contact Devin Durdin, LPCF Heart Screen Coordinator, at 225-768-2590 or devin.durdin@lpcf.com. Our main office address is:

Louisiana Pediatric Cardiology Foundation
2137-A Quail Run Dr. Suite A
Baton Rouge, LA 70808

Keep in touch! Please “Like” our Facebook page: Louisiana Pediatric Cardiology Foundation.